

EASY C FACTS

Diet

One of the best things you can do to become healthy is to eat a well-balanced diet that contains lots of fresh fruit, vegetables, and some lean meat. Most people with hepatitis C (HCV or Hep C for short) do not need a

special diet until the liver is so damaged that it can not function well. If possible see a nutritionist (diet specialist) for advice on what to eat to stay healthy. *A diet based on the ChooseMyPlate.gov is generally recommended.*

Healthy Eating Habits.....

- ◆ Do eat lots of fruits and vegetables as well as chicken, fish and some lean red meat. It is also good to eat cereals, bread, rice and pasta that are labeled as multigrain.
- ◆ Do not eat any raw or undercooked shellfish because they could damage your liver even more.
- ◆ Try to stay away from foods that are high in fat, sugar, and salt. If possible stay away from fried or over-processed food that you can get from fast food restaurants.
- ◆ Visit *www.choosemyplate.gov* for more detailed information on eating well.