

# Eat Well

*Make healthy eating fun and simple for you, family and friends!*



Eating well and good nutrition are important steps in supporting healthy growth and development. It can also decrease the risk of liver disease.

### **Balanced diet**

Eat from all the food groups: whole grain cereals, fruits, vegetables, proteins like eggs, lean meat, beans and fish.

### **Substitute**

Substitute sugar/sweeteners with honey or maple syrup. Replace white rice with brown rice or cauliflower rice.

### **Be creative**

Try... plant-based food, vegetarian, vegan and plant-based recipes and healthy recipes from other cultures.

### **Avoid foods that are:**

High in salt, sugar and oil.



Have tips for others or wanting to see how others keep their liver healthy?

Have a look and share your video/photo with us!



**For more information, visit LiverWELL**

[liverwell.org.au/your-liver/living-well/](http://liverwell.org.au/your-liver/living-well/)

Check out our **Eating Well: A LiverWELL Lifestyle Guide** for tasty and easy liver friendly recipes!

**Youth Central**

[youthcentral.vic.gov.au/advice-for-life/health](http://youthcentral.vic.gov.au/advice-for-life/health)

Or call us

**LiverLine**  
1 800 703 003

# Healthy Living Guide

*for young people*

*The four domains of healthy living*

**Eat Well**



**Drink Aware**



**Get Active**



**Feeling Well**



Liver disease affects 1 in 4 Australians

Living well while you're young helps to keep your liver healthy!

Your liver has around 500 different jobs that keep your body working at its best

**LiverWELL**



# Drink Aware

**Avoiding or limiting alcoholic and sugary drinks is best for your liver!**



**There can be a lot of hidden sugar in drinks**

- Soft Drink (up to 9 of teaspoons)
- Juice (up to 6.5 teaspoons of sugar)
- Flavoured Milk (up to 7 teaspoons of sugar).

**Being drink aware can be healthy, fun and easy**

- use a teaspoon of honey instead of sugar
- reduce or cut out sugar in your coffee or tea
- bring a water bottle wherever you go
- add fruit or fruit cubes into your water
- make smoothies using low fat or reduced milk and yoghurt.

For more information about drinking, and the effects of your liver health, please visit:

**Better Health Channel**

**- Alcohol & teenagers**

[betterhealth.vic.gov.au/health/healthyliving/alcohol-teenagers](https://betterhealth.vic.gov.au/health/healthyliving/alcohol-teenagers)

**Youth Central – Drugs and Alcohol**

[youthcentral.vic.gov.au/advice-for-life/health/drugs-and-alcohol](https://youthcentral.vic.gov.au/advice-for-life/health/drugs-and-alcohol)

**LiverWELL – Drinkaware**

[liverwell.org.au/your-liver/living-well/drink-aware/](https://liverwell.org.au/your-liver/living-well/drink-aware/)



# Feeling Well

**Managing stress, taking time for ourselves, and connecting with people is good for you and your liver!**



Feeling well is good for our mental health and can improve our immune system, nutrition absorption, lower blood pressure, and relax muscles.

Try mindfulness and meditation • do things that you enjoy: listening to music, drawing, playing sport • hang out and spend time talking with friends and family • get a proper nights sleep so your body can recover.

Work, study, relationships, and identity can affect our physical and mental health. If you do start to feel low, reach out to friends, family and health professionals that you are comfortable with.

For more tips and help, check out:

**Headspace**

[headspace.org.au](https://headspace.org.au)

**Smiling Mind**

[smilingmind.com.au](https://smilingmind.com.au)

**Beyond Blue**

[beyondblue.org.au](https://beyondblue.org.au)

**Sleep Health Foundation**

[sleephealthfoundation.org.au](https://sleephealthfoundation.org.au)



# Get Active

**Being active helps improve your overall health and is great for your liver!**



30 – 60 minutes of activities a day can help improve physical health, wellbeing, mood, concentration, memory, and energy levels. Getting active can be easy and fun no matter where you are!

**On your daily commute** • park/get dropped off further away from school/work and walk the rest of the way • take the stairs instead of the elevator or escalator • stand on public transport instead of sitting.

**School/Uni or Work** • walk during your lunch break or recess • hold a standing or walking meeting • take 5 minute exercise breaks from study and work.

**At home or indoors** • boost your physical activity through cleaning the house, gardening • bodyweight activities like squats or pushups • yoga or pilates • dancing • indoor sports.

**Outdoors** • talk with friends while walking, jogging or cycling • join a sports club or outdoor activities group • listen to music/recorded books/podcasts while you walk.

