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?

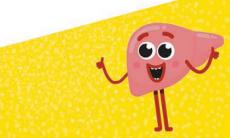
Have a look and share your video/photo with us!











For more information, visit LiverWELL

liverwell.org.au/your-liver/living-well/

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

Or call us

LiverLine 1800 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





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/alcoholteenagers

Youth Central – Drugs and Alcohol

youthcentral.vic.gov.au/advice-for-life/health/drugs -and-alcohol

LiverWELL - Drinkaware

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

Smiling Mind

smilingmind.com.au

Beyond Blue

beyondblue.org.au

Sleep Health Foundation sleephealthfoundation.org.au



Get Active

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



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.

