

Protect yourself and others from getting Hepatitis C

- Keep other people's blood out of your body
- Do not share rigs, water, spoons, filters, cookers, or vials if fixing
- Do not share tubes, straws or pipes if snorting or smoking
- Do not share earrings, studs or needles used for body piercing
- Do not share needles or ink for tattooing
- Do not share razors, toothbrushes, or nail clippers
- Avoid getting into fights
- Cover open sores or breaks in the skin
- Practice safe sex (use condoms especially during a period)

List of places to get food

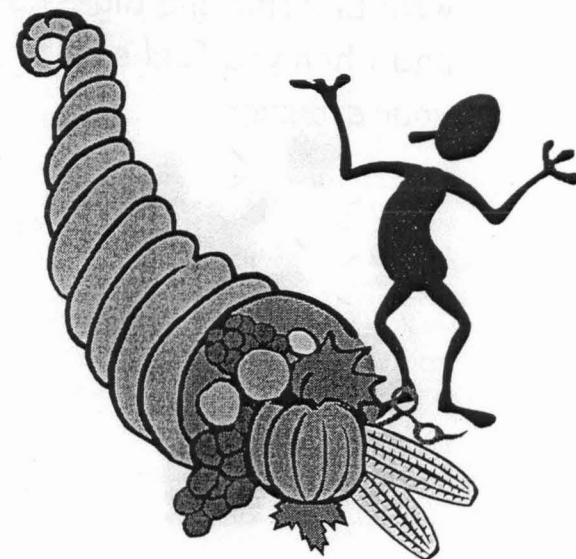
- Main Food Bank 425-4190
- Anawin Food Bank
10635 96 St. DROP IN
- Mustard Seed 429-0400
- Salvation Army 424-9222
- Bissell Centre 423-2285
- Humans on Welfare
471-2187

Free Meals

- Mustard Seed 10635 96 St.
Lunch 12:00 noon
Thurs/Fri. 7:30 pm
- Bissell 10527 96 St.
Mon to Fri. 10:30 am
- Mission 10304 96 St.
Sat 5:30 - 7:00 pm
Sun 6:00 - 8:00 pm

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DIET And Hepatitis C



Hepatitis C Peer Support Project
Bissell Centre
10527 96 Street
423-2285 ext 257

DID YOU KNOW:

- A person with liver disease can lose up to 35-40% of their weight
- EATING right helps the liver grow new liver cells
- Sometimes eating small meals causes less stress on your liver and may help with bloating and digestion and when you feel sick to your stomach



It is very important
to eat right
EVERYDAY
if you have Hepatitis
C

WHAT YOU SHOULD TRY TO EAT EVERYDAY:

- Fruits and Vegetables
(apples, pears, bananas,
potatoes, carrots)
5 to 10 servings a day
1 serving = 1 apple
1 serving = $\frac{1}{2}$ cup of vegetable
- Grains and Bread (pasta,
rice, bread, cereal)
6 to 12 servings a day
1 serving = 1 slice of bread
1 serving = $\frac{1}{2}$ cup of
spaghetti, macaroni, rice
- Milk (milk, cheese,
yogurt, ice cream)
2 to 4 servings a day
1 serving = 1 cup of milk
1 serving = 2 oz of cheese
- Meat and Alternatives
(chicken, pork, fish,
beef, nuts, beans,
peanut butter, eggs)
2 to 3 servings a day
1 serving = 2 oz of meat
1 serving = 2 small eggs

WHAT YOU SHOULD EAT IF YOU HAVE SCARRING OF THE LIVER (CIRROHSIS):

It is important that you
eat all food groups if you
can

- Cut down on salt
 - Cut down on fats
 - Drink Ensure or Boost
 - Ask your doctor about vitamins
 - Mineral supplements
- For Bloating (ASCITES)
- Cut down on salt
- For swelling in the feet,
legs, or back (EDEMA)
- Cut down on salt

