COFFEE is beneficial to people with FATTY LIVER DISEASE (Which affects about 100 million Americans)

DID YOU KNOW...

YOUR CUP OF JOE HELPS YOUR LIVER:

★ Offset a high-fat diet
★ Reduce liver scarring
★ Slow liver disease

Behold the mighty coffee bean!

Patients with fatty liver disease should drink at least 3 cups of coffee a day to help lower the stiffness in their liver, which loses elasticity due to fat in the organ.

But why COFFEE?

Studies show it could be the CAFFEINE or:

POLYPHENOLS
A type of flavonoid

TOCOPHEROL
A form of vitamin E

CHLOROGENIC ACID
An antioxidant

How do you take YOUR coffee?

<table>
<thead>
<tr>
<th>GOOD</th>
<th>OK</th>
<th>NOPE!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drip-filtered</td>
<td>Splash of skim</td>
<td>Sugar</td>
</tr>
<tr>
<td>Black coffee</td>
<td>Low-fat dairy</td>
<td>High-fat dairy</td>
</tr>
<tr>
<td>Caffeinated</td>
<td>Decaffeinated</td>
<td>Lattes</td>
</tr>
<tr>
<td></td>
<td>Add nutmeg or cinnamon</td>
<td>Frappes Frappes Frappes</td>
</tr>
</tbody>
</table>

To learn more, visit uchospitals.edu • For an appointment, call (773) 702-5571