

GOOD FOODS

FOR HEP POSITIVE FOLKS

BITTER GREENS

[SPINACH, DANDELION, ARUGULA, ETC.]

YELLOW AND ORANGE FRUITS AND VEGGIES

beans

peas

HIGH FIBER VEGGIES

[CABBAGE, POTATOES, CARROTS]

WHOLE GRAINS

[OATS, WHOLE GRAIN BREAD, ETC.]

SULFUR RICH FOODS

[ONIONS, GARLIC, EGGS]

CYSTEINE RICH FOODS

[YOGURT, TURKEY, CHICKEN]