Diet and Medication Tips

- Talk to your health care provider about what makes up a healthy, balanced diet.
- If appetite loss is a problem, eat many small meals throughout the day.
- For nausea, try crackers, toast, or ginger ale.
- Take medications as they are prescribed.

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- Avoid iron supplements unless prescribed.
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Department of Veterans Affairs HCRC Resource Center www.hepatitis.va.gov

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