



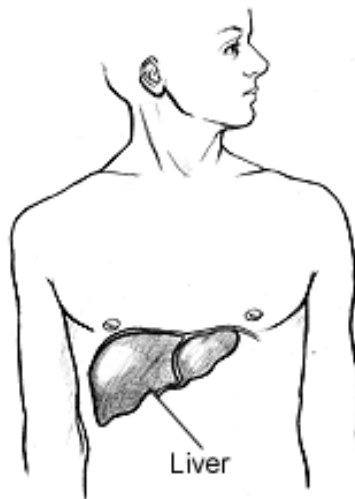
BLACKTOWN MT DRUITT HOSPITAL  
WE'RE GROWING



Health  
Western Sydney  
Local Health District

Nutrition and Dietetic Services.

# Healthy Eating with Chronic Liver Disease



It is very important to eat well when you have chronic liver disease, as you may be at risk of losing body fat and muscle. Your diet should be adequate in energy, carbohydrates, proteins and fats.

The following nutritional advice will help you manage your condition:

- Eat high energy, high protein foods,
- Eat small frequent meals and snacks,
- Try a nutritional supplement drink,
- Limit your salt/sodium intake,
- Limit your fluid intake if you are on a fluid restriction.

If you need more information, contact your Dietitian.

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

Hospital: \_\_\_\_\_

Date: \_\_\_\_\_

## Eat Foods High in Energy and Protein:

- Eating a diet high in energy and protein is important to maintain your weight, muscle and fat stores and improve your health outcomes.
- To increase your energy and protein intake at each of your meals and snacks, select at least one food from each of the columns below:

### Energy Rich Foods:

Breads  
Breakfast cereals  
Pasta, rice, noodles  
Cakes and biscuits  
Potato, sweet potato, corn  
Butter or margarine, oil  
Cream, mayonnaise  
Jam, honey, peanut butter  
Sugar and sugary foods

### Protein Rich Foods:

Milk  
Yoghurt  
Cheese  
Custard  
Meat, fish, chicken  
Eggs  
Nuts and seeds (including pastes e.g. peanut butter)  
Legumes (e.g. baked beans, lentils, chickpeas, hummus)  
Tofu

NB: Some of the foods listed above may be high in salt (sodium). If you have been advised to limit your salt intake, refer to the *Limit Salt (Sodium) Intake* section.

- Instead of low energy drinks such as tea, coffee, or water, have high energy drinks, such as nutritional supplements, full cream milk, juice, cordial or soft drink.

## Eat Small Frequent Meals and Snacks:

- Eat small frequent meals and snacks each day to help you increase your intake, especially if you feel full quickly or have a poor appetite.
- Aim to eat every two to three hours.
- Include a late evening high energy snack or drink before bed to reduce the length of time between meals.



## Nutritional Supplements:

- Oral nutritional supplements are recommended to meet your nutrient requirements when your intake from food is inadequate.
- There are a number of nutritional supplements available and your Dietitian can advise you about these.
- Make **high protein milk** by adding **3 tablespoons skim milk powder to 600mls of full cream milk.**



## Limit Salt (Sodium) and Fluid Intake:

- Restricting your salt intake is recommended if you are retaining fluid around your stomach area (ascites), or the feet and legs (oedema).
- Your Doctor will advise you as to whether you need to restrict your fluid intake as well.
- Salt is the common name for Sodium Chloride and is written on food labels as 'Sodium'.
- Simple ways to reduce your salt intake include:
  - Eat fresh whole foods
  - Avoid salty processed, preserved, canned, and packaged foods.
  - Look for 'No Added Salt' and 'Salt Reduced' products.
  - Don't add salt to your cooking or to your meal at the table (sea salt, rock salt, vegetable salt, celery salt, garlic salt are the same as table salt).
  - Certain bottled water is high in salt, read the labels.



## A Guide to Reading Nutrition Information Panels – Sodium:

NUTRITION INFORMATION		
Serving Size Per Package:9		
Serving Size: 83.5g (2 Slices)		
	Quantity per Serve	Quantity per 100g
Energy	91.8 kJ	1100 kJ
Protein	6.1 g	7.3 g
Fat	2.8 g	3.3 g
Carbohydrate	39.8 g	47.7 g
Dietary Fibre	6.6 g	7.9 g
<b>Sodium</b>	230 mg	<b>275 mg</b>

Low Salt: 120mg/100g or less  
 Reduced Salt: 400mg/100g or less

- Simple ways to replace the taste to your foods without using salt:
  - Steam, microwave or stir-fry your vegetables to retain their natural flavour.
  - Add herbs and spices to your recipes.
  - Experiment with flavours you may not normally use e.g. lemon juice, onions, garlic, tomato, and vinegar.
- Allow your tastebuds time to adapt. It may take up to 4-6 weeks to adapt to a lower sodium intake and to appreciate the natural flavours in food.
- It is advisable that you do NOT use salt substitutes unless you ask your doctor as these may be high in sodium and/or potassium which may interact with your ascites medication.

# Sample Meal Plan

**BREAKFAST**

Bowl of porridge made up on *milk*

Toast with *butter or margarine* plus *peanut butter or jam*

Coffee or tea with *sugar and high protein milk*

**MORNING TEA**

Full fat *yoghurt* with *dried fruit* on top

**LUNCH**

Reduced salt soup made with added *cream*

Sandwich with *avocado and lean meat*

**AFTERNOON TEA**

Scone with *butter, jam, and cream*

**DINNER**

Crumbed *chicken* with *creamy sauce*

Mashed potato with *extra butter or sour cream* and steamed vegetables with *butter or oil* on top

*Tinned fruit* and ice cream, *cream or custard*

**SUPPER**

*Hot chocolate* made on *high protein milk*

Use full cream or high protein milk. Add sugar and dried fruit for more energy.

These spreads add extra energy. Use no added salt/salt reduced spreads.

Extra energy and protein.

Yoghurt is a great source of protein and dried fruit adds extra energy.

Cream adds extra energy.

Avocado adds extra energy. Cheese and meat are great protein foods.

Energy dense snack!

Chicken is high in protein. A creamy sauce is a delicious way to add energy.

Energy and protein dense side dishes are easy to make

Energy dense dessert!

High energy drink or snack before bedtime.

The information is provided with individualised advice by an Accredited Practising Dietitian.