

**Nutrition for Liver Disease**

Patients with liver disease need to eat a balanced diet that provides enough calories and protein.

**Tips for Increasing Calories and Protein**

Patients may have a poor appetite or may get full quickly at mealtimes. This can make it hard to get the nutrition you need. If you have these problems, try to:

- Eat smaller meals with regular snacks between meals and at bedtime.
- Use nutritional supplement drinks like Boost<sup>®</sup>, Ensure<sup>®</sup>, or Carnation Breakfast Essentials<sup>®</sup> between meals.
- Focus on eating foods highest in calories and protein first at meals.

**Protein**

To make sure you are eating enough protein, include a protein rich food at each meal and snack. You need \_\_\_\_\_ grams of protein per day.

Sources of protein include:

<b>Meat and Meat Substitutes</b>	
<ul style="list-style-type: none"> <li>• Meat—lean pork, lean beef, fish, poultry (7 grams per 1 ounce)</li> <li>• Beans—black beans, chickpeas-hummus, kidney beans, refried beans, pinto beans (7-9 grams per ½ cup cooked)</li> </ul>	<ul style="list-style-type: none"> <li>• Lentils (9 grams per ½ cup cooked)</li> <li>• Tofu (13 grams per 3 ounces)</li> <li>• Boca Burger (14 grams per burger)</li> </ul>
<b>Eggs and Dairy</b>	
<ul style="list-style-type: none"> <li>• Eggs (6 grams per egg—the whites contain the protein)</li> <li>• Milk (8 grams per 1 cup—choose skim or 1% milk)</li> <li>• Soy milk (8 grams per 1 cup)</li> <li>• Greek yogurt (15 grams per 6 ounce)</li> <li>• Low fat yogurt (6 grams per 4 ounces)</li> </ul>	<ul style="list-style-type: none"> <li>• Soft cheeses—mozzarella, brie, camembert (6 grams per ounce)</li> <li>• Medium cheeses—cheddar, Swiss (7 or 8 grams per ounce)</li> <li>• Hard cheeses—parmesan (10 grams per ounce)</li> <li>• Cottage cheese (13 grams per ½ cup)</li> </ul>
<b>Nuts, Seeds, Grains</b>	
<ul style="list-style-type: none"> <li>• Nut butters- almond and peanut butter (8 grams per 2 Tablespoons)</li> <li>• Almonds (8 grams per ¼ cup)</li> <li>• Peanuts (9 grams per ¼ cup)</li> <li>• Cashews (5 grams per ¼ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Sunflower seeds (6 grams for ¼ cup)</li> <li>• Pumpkin seeds (8 grams per ¼ cup)</li> <li>• Flax seeds (9 grams per ¼ cup)</li> <li>• Quinoa (8 grams per 1 cup)</li> <li>• Kashi<sup>®</sup> bar (8 grams per bar)</li> </ul>

## Sodium

If you have ascites (fluid that collects in your abdomen) or retain fluid in your legs or arms, lower the amount of sodium in your diet. This can help to control the fluid. Eat less than 2000 milligrams (mg) of sodium per day.

Tips to lower sodium intake:

- Do not add salt to your foods. Use half the amount of salt in cooking.
- Avoid canned foods or choose low sodium versions.
- Do not eat cured or processed meats and fish.
- Avoid fast foods and processed foods unless labeled as low sodium.
- Choose fresh or frozen vegetables instead of canned vegetables.
- Instead of using salt, use herbs or seasoning powders like garlic powder or onion powder.
- Use salt substitutes like Mrs. Dash<sup>®</sup>.
- Do not use salt substitutes with potassium if you:
  - Take a medicine that raises your potassium level, like Spironolactone.
  - Have a history of high potassium levels.
- Do not use seasonings or condiments with salt like garlic salt, lemon pepper, horseradish, meat sauces, seasoning salt, soy sauce, Worcestershire sauce, and BBQ sauce.

## Sample Meal Plan

	Day 1	Day 2
<b>Breakfast</b>	2 slices 100% whole wheat toast 2 tablespoons low-sodium peanut butter 1 orange 1 cup (8 oz) skim milk	1 cup cooked oatmeal with cinnamon, slivered almonds ½ cup blueberries 1 cup (8 oz) skim milk
<b>Snack</b>	¼ cup unsalted walnuts 5 dried apricot halves	6 oz low-fat yogurt ½ cup light canned peaches
<b>Lunch</b>	1 cup lentil soup 6 reduced-sodium crackers 1-2 cups salad with tomato, cucumber and carrots 1 tablespoon balsamic vinaigrette dressing 6 oz plain low fat yogurt with berries	1 chicken breast (3 oz) on 1 whole wheat bun with lettuce, tomato 1 tablespoon mustard 1 cup raw veggies 1 apple
<b>Snack</b>	1 apple 1 low-sodium mozzarella string cheese	15 small grapes ¼ cup unsalted pistachios
<b>Dinner</b>	1 baked pork chop (3 oz) 1 cup whole wheat pasta tossed with olive oil and garlic 1 cup cooked broccoli 1 whole grain roll 2 teaspoons margarine for broccoli/roll	2 whole wheat flour tortillas ½ cup black beans Lettuce, tomato, and onion, as desired ¼ cup reduced-sodium shredded cheese ¼ cup salsa or guacamole ½ cup corn
<b>Snack</b>	3 graham cracker squares 1 cup (8 oz) skim milk	½ cup high-fiber cereal 1 cup (8 oz) skim milk

## **Teach Back**

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 6/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#310