

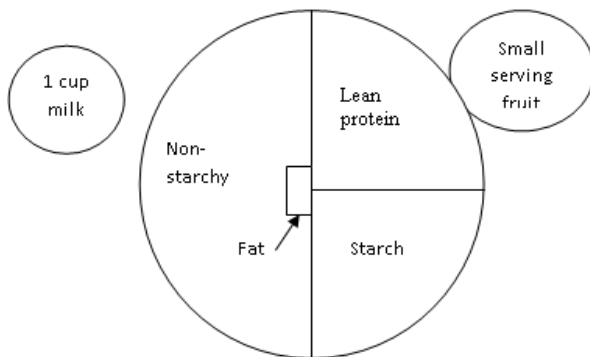
Nutrition for Liver Donation

Donating a portion of your liver is a generous act. Choose eating habits and lifestyle choices that promote overall health. Avoid over eating to protect liver health. Always avoid alcohol misuse. Keep your cholesterol and triglyceride levels in the normal range, before and after you donate.

Keep Yourself Healthy

- Eat a diet rich in fruits and vegetables
- Eat a diet low in salt
- Exercise regularly
- Maintain a healthy body weight

Build a Healthy Plate



Choose high fiber foods. Fruits, vegetables, beans, legumes, and whole grains are high in fiber.

Include a lean protein. Low-fat meat, chicken, fish, low-fat cheeses, nuts, peanut butter, and eggs are good sources of protein.

Eat smaller portions of carbohydrates. Starches, fruit, milk, yogurt, and sweets can raise blood sugar.

Reduce Cholesterol and LDL

Reduce saturated and trans fats found in fatty beef, pork, poultry skin, butter, full-fat dairy, palm and coconut oils.

Eat a diet rich in fruits, vegetables and whole grains. These foods help lower cholesterol.

Keep a healthy body weight and exercise often.

Reduce Triglycerides

- Control your weight
- Exercise at least 150 minutes per week
- Avoid alcohol
- Avoid added sugars and large portions of simple carbohydrates (white bread, pasta, cereal, crackers)

Increase HDL

- Exercise at least 150 minutes per week
- Quit smoking
- Maintain a healthy body weight
- Eat foods rich in healthy fats (salmon, walnuts, avocado, olive oil, safflower oil, chia & flax seeds)

Who to Call

If you have more questions, contact UW Health at one of the phone numbers listed below.

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.**

You can also visit our website at www.uwhealth.org/nutrition

Your Body Weight

<p>Height: Weight:</p> <p>Body Mass Index (BMI): Is a measure of body fat based on height and weight that applies to adult men and women.</p>	<p>BMI Categories Underweight = <18.5 Normal weight = 18.5–24.9 Overweight = 25–29.9 Obesity = BMI of 30 or greater</p> <p>Desired BMI < 28.0</p>
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Your Diabetes Risk

	Results	Goal
Fasting Blood Glucose		< 100 mg/dL
Hemoglobin A1c		<6.0%

Your Heart Health

Fasting Lipid Profile	Results	Goal
<p>Cholesterol The body needs this to function normally. The higher the level, the greater the chances of getting heart disease.</p>		Desirable: < 200 mg/dL Borderline: 200–239 mg/dL High Risk: > 240 mg/dL
<p>Triglycerides Are a type of fat found in the blood and in food. They are produced in the liver. When you take in more calories than your body needs, your liver makes more.</p>		Desirable: < 150 mg/dL Borderline High: 150-199 mg/dL High Risk: 200-499 mg/dL
<p>HDL HDL is called “good” cholesterol. It helps remove cholesterol from the body to keep it from building up in the arteries. The lower your HDL level, the higher your heart disease risk.</p>		High Risk: < 40 mg/dL Desirable: 40-60 mg/dL
<p>LDL Is called “bad” cholesterol. It carries most of the cholesterol in the blood. Too much LDL in the blood can lead to buildup and blockage in the arteries.</p>		Optimal: < 130 mg/dL Borderline High: 130-159 mg/dL High Risk: 160-189 mg/dL Very High Risk: >190 mg/dL

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 © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#529