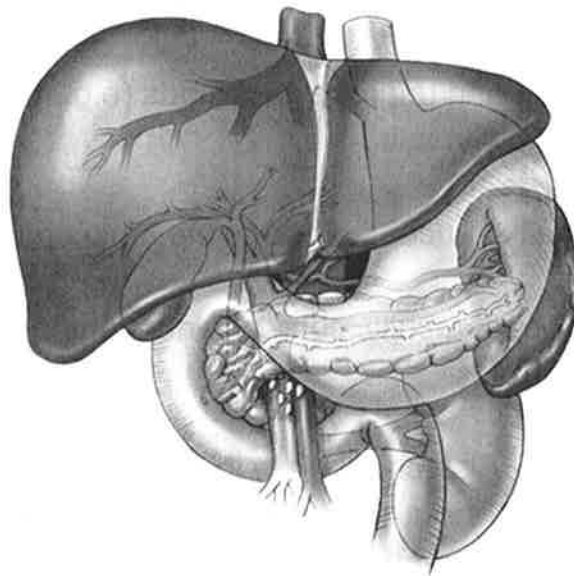


# Eating Well for Liver Disease



It is important to:

- **Not add salt to your food**
- Eat 6-7 small meals everyday
- Have a **high protein snack before you go to bed**
- Choose foods **high in energy** and protein
- Watch your fluid intake

**The following is a guide to help reduce your salt intake and increasing your protein and energy**

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

## Limit your SALT intake

Extra fluid may get to be stored around the stomach- this is called **ascites**.

**Salt acts like a sponge that holds in the fluid in your body so it is important to remove the salt from your diet when you have ascites.**

**You may also be asked to restrict your fluid intake, this includes water, tea, coffee, juice, soups and other drinks. You don't need to count custard, yoghurt, supplement drinks or ice-cream as fluids.**

It may take some time for your taste buds to adjust to having less salt. To help cut down the amount of salt you use, try the following ideas:

- Always try to eat fresh and unprocessed foods (e.g. meat, fruit and vegetables) as they are naturally low in salt
- Do not add salt or salty sauces to food at the table or in cooking.
- Use herbs, spices, pepper, chilli, curry powder, lemon, garlic, ginger or vinegar to flavour foods.
- Read your food labels. Also choose the lowest salt content **per 100g of food**. Use **“salt reduced”** or **“no added salt”** products when they are available eg. salt-reduced margarine and no-added-salt tomato sauce.






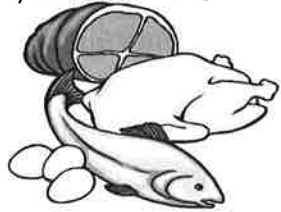

*For **low salt** (or low sodium) foods, look for a sodium content of **less than 120mg per 100g serve**.*






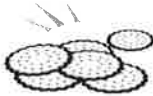
<b>NUTRITION INFORMATION</b>		
Servings per package-10		
Serving size- 30g		
	Per serve	Per 100g
Energy	482 kJ	1607kJ
Protein	3.1g	10.3g
Fat	0.9g	2.9g
Carbohydrate	24.8g	82.8g
-total	4.5g	15.0g
-sugars	2.2g	7.5g
Dietary fibre	34mg	112mg
Sodium	126mg	420mg
Potassium		





A product is considered to be low salt if it has less than 120mg of sodium per 100g of food.

- **Takeaway foods** are generally **high in salt**. It is best to eat these foods no more than once per month.
- Choose foods that are lower in salt and avoid foods that are high in salt as outlined in the pages ahead.
- Salt Substitute: these products are not recommended as they are high in potassium which may not be good for your heart in high amounts.

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Breads and Cereals</b>	
<p>Multigrain, wholemeal, rye, white bread and bread rolls  Country Life® Low Salt wholemeal bread (110mg sodium per 100g)  Lebanese bread  Turkish bread rolls  Packaged cereals with lowest sodium per 100g  Rolled oats  Natural or swiss muesli  Semolina  English muffins, crumpets, pikelets  Bagels- plain  Cakes, sweet biscuits, pastries</p> 	<p>Breads containing olives, sun-dried tomatoes, pickles or chutney  Most cereals are high in salt  Rice bubbles and cornflakes  Biscuits with salty topping eg Shapes, pretzels  Bread with salty topping eg: garlic bread, cheese and bacon  Bagels sprinkles with salt</p> <div data-bbox="871 1178 1544 1339" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Aim to choose breads, muffins and scones that have the lowest amount of sodium in them per 100g</p> </div>
<b>Rice, pasta, noodles, potatoes</b>	
<p>Potato, sweet potato, taro, yams, cassava  Rice  Pasta  Noodles  Couscous  Cracked wheat ( burghul)</p>	<p>Quick cooked/instant noodles  Instant rice and pasta  Instant couscous  Instant mashed potato  Potato chips with added salt or sauce</p>
<b>Fruit and Vegetables</b>	
<p>All fresh, canned and frozen fruit  Dried fruit  Fruit juices in moderation  All fresh and frozen vegetables prepared without salt  Canned vegetable labelled “no added</p> 	<p>Canned vegetable without the label “no added salt”  Sauerkraut  Sun dried tomatoes  Pickled vegetables  Olives</p> 

<p>salt” Canned tomato paste ‘ no added salt”</p>	<p>Gherkins</p>
<p><b>CHOOSE Lower Salt Foods</b></p>	<p><b>AVOID High Salt Foods</b></p>
<p><b>Meat, poultry, seafood, eggs, legumes and nuts</b></p>	
<p>Fresh or frozen beef, lamb, pork, poultry, fish cooked without added salt Eggs cooked without salt Canned fish in spring water or oil- choose the brand lowest in sodium per 100g Tofu or bean curd cooked without salt Dried or fresh legumes Unsalted nuts</p>	<p>Smoked, cured, or canned meats such as bacon, ham, corned beef, smoked chicken, hot dogs, deli meats Salted fish such as smoked fish, marinated herring, anchovies, flavours canned fish, fish in brine Canned legumes Salted nuts Flavoured tofu</p> 
<p><b>Milk and other dairy products</b></p>	
<p>Milk, yoghurt, buttermilk, ice cream, cottage cheese, ricotta cheese, mozzarella cheese</p>	<p>Cheese spreads and dips Pre-prepared cheese sauce Feta cheese Hard cheeses Cream cheese</p> 
<p><b>Fats and Oil</b></p>	
<p>All oils Salt reduced margarine and butter Cream Sour cream No added salt salad dressing</p>	<p>Most commercial salad dressing Dips Salted butter or margarine</p>
<p><b>Soups</b></p>	
<p>Homemade soup without added salt or stock cubes, and using allowed meats, vegetables, herbs and spices</p>	<p>Canned, packet soups Cup-a soups Bonox Miso Dashi Salty broth/ Salty soup base</p>

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Takeaway Foods</b>	
<p>When ordering sandwiches, hot chips and other takeaway foods, ask that salt not be added</p> <p>Sandwiches with low-salt fillings eg. roast beef, cooked chicken breast, egg</p> <p>Ask for oil and vinegar to go with salads rather than commercial salad dressings</p> <p>Choose boiled rice (rather than fried rice)</p> <p>Grilled fish, seafood, meat or chicken without added salt</p>	<p>Asian takeaways eg. Chinese, Thai</p> <p>Garlic bread</p> <p>Hamburgers </p> <p>Hot chips</p> <p>Italian takeaways eg. lasagne, pasta with sauces</p> <p>Lebanese takeaways eg. felafel, kibbie</p> <p>Meat pie, sausage rolls</p> <p>Pizza </p> <p>Quiche</p> <p>Salads with commercial salad dressings on them </p> <p>Soups</p>
<b>Snacks, biscuits and cakes</b>	
<p>Boiled lollies </p> <p>Carob</p> <p>Chocolate</p> <p>Honey</p> <p>'Jelly' lollies eg. jelly beans,</p> <p>Liquorice</p> <p>Sugar </p> <p>Wafer biscuits</p> <p>Rice cakes</p> <p>Unsalted popcorn and nuts</p>	<p>Caramels</p> <p>Some chocolate bars</p> <p>Most biscuits are high in salt</p> <p>Salted nuts</p> <p>Potato crisps, corn chips</p> <p>Rice crackers, rice cakes </p> <p>Salted popcorn</p> <p>Pretzels</p> <p>Commercial cakes, pastries and doughnuts</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Aim to choose biscuits that have the lowest amount of sodium in them per 100g</p> </div>	
<b>Beverages</b>	
<p>Milkshakes</p> <p>Cocoa</p> <p>Tea/coffee</p> <p>Fruit juice</p> <p>Vegetables juice without added salt</p> <p>Tomato juice without added salt</p> <p>Soft drinks</p> <p>Cordial</p> <p>Soda or mineral water with less than 50mg sodium per 1 litre</p>	<p>Tomato or vegetable juices with added salt</p>

CHOOSE Lower Salt Foods	AVOID High Salt Foods
<b>Herbs, spices, sauces, spreads and flavourings</b>	
<p>Herbs Spices Pepper Vinegar Lemon Garlic Ginger Tomato paste made without salt Tahini Jam Honey Sugar Marmalade Tomato sauce with 'no-added-salt' Tabasco sauce Mint sauce Dry mustard No added salt peanut butter</p>   	<p>Salt, rock salt, sea salt, flavoured salts (eg. celery salt, chicken salt, garlic salt) Steak seasoning, lemon pepper, MSG Salt substitutes e.g. 'No salt', 'Lite Salt' Salted tomato paste Pate Pesto Meat or fish paste Vegemite, marmite, promite Soy sauce, tomato, Worcestershire, BBQ sauces, Gravy powder Asian-style sauces eg. fish sauce, oyster sauce, hoi sin sauce, teriyaki sauce, black bean sauce Chutney, relish Prepared mustard Bottled pasta sauces</p> 

## **Eat a High ENERGY and High PROTEIN diet**

Liver disease results in your body requiring higher protein than normal. It is important that you include protein rich foods in your diet to prevent muscle wasting, ascites and weight loss.

You may find that you are unable to eat a “normal size” meal due to getting full quickly when you eat. It may be easier to have smaller meals frequently throughout the day.

### **Key Strategies:**

1. Eat more often
  - Eat 6 - 8 smaller meals/snacks during the day.
  - Aim to eat every two to three hours.
  - Try not to miss meals - a few mouthfuls of food are better than none.
2. Make sure that what you eat and drink is nourishing–
  - Include protein foods/fluids at each meal eg. meat, chicken, fish, eggs, cheese, nuts, milk, custards, yoghurt, nuts, legumes
  - Use full fat foods.
  - Drink fluids that provide energy such as milk, juice, cordial or soft drink, instead of tea, coffee or water.
3. Make sure that what you eat and drink is easy –
  - Keep ready-to-eat/frozen meals (salt reduced) and snacks handy or ask family and friends to help out. Consider a meal delivery service (e.g. MOW, TLC).

### **Practical tips to increase energy in your diet:**

- Instead of low energy liquids like tea, coffee or water choose milk drinks (Milo, hot chocolate, milk coffee, fruit smoothies, shakes), commercial supplements ('Sustagen'/'Ensure') or fruit juice, cordial to drink . These will provide more nutrients.
- Drizzle honey on and in snacks or drinks
- Add margarine (no added salt), butter or oil to your vegetables, melt over pasta or rice, and spread thickly on bread or crackers.
- Add cream or milk powder to you soups, smoothies, milk shakes, mash potato
- Snack ideas: low salt cheese and biscuits, dried fruit and nuts, muesli bars, boiled eggs, and scones, muffins, raisin toast, crumpets with spreads such as peanut butter (no added salt), dip, hommus, cream cheese, avocado

## Sample Meal Plan

<b>Breakfast</b>	Porridge with full cream milk + extra honey + yoghurt or Toast with 2 scrambled/fried eggs and extra thick butter or margarine with Fruit Smoothie with full cream milk + yoghurt
<b>Morning Tea</b>	Up and Go Milk Drink with Lamington fingers x 2 or Shortbread biscuits x3
<b>Lunch</b>	Sandwich with grilled chicken or canned fish in spring water, with extra thick margarine, avocado, and tomato or Soup (add sour cream, skim milk powder, protein powders) and bread roll with extra butter or margarine with 200g tub Yoghurt
<b>Afternoon Tea</b>	1 cup Fruit salad and Custard with Nuts (unsalted) 1 handful or Salt reduce cheese and crackers
<b>Dinner</b>	200g Steak/chicken/port/fish cooked without added salt + Add cream to a baked potato or mashed potato + Melt butter/margarine over other vegetables with Fruit + ice cream/custard
<b>Supper</b>	Hot Chocolate with marshmallows Fruit bread toasted with extra thick margarine
<b>Before Bed</b>	200ml Milk and Milo or other flavourings or Yoghurt 200g





