

Eating Well for Liver Disease

If you have chronic liver disease, it is recommended that you:

- Eat 6-7 small meals everyday
- Have a high energy and protein diet
- Eat a “no added salt” diet

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, recurrent ascites and weight loss.

- Aim for 6-7 small meals every day
- Try to include at least one food from the protein and energy food group at each of your meals and snacks
- Eat a high protein snack before you go to bed
- Do not skip meals

Good Sources of Protein			
Meat Beef Lamb Pork Veal	Fish and Seafood Fish Lobster Prawns Scallops Squid	Poultry and Eggs Chicken Turkey Duck	Vegetarian Sources Nuts Seeds Bean Lentils Tofu Soy milk
Dairy Milk Cheese Yoghurt Custard Ice cream	Supplements Proform Sustagen Hospital Powder Ensure Powder Fortisip		

Other tips to increase energy and protein 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.
- Add margarine (no added salt), butter or oil to your vegetables, melt over pasta or rice, and spread thickly on bread or crackers.
- Other snack ideas: low salt cheese and biscuits, dried fruit and nuts, muesli bars, boiled eggs, scones, muffins, raisin toast, crumpets with spreads such as peanut butter (no added salt), dip, hommous, cream cheese, avocado
- Add cream or milk powder to your soups, smoothies, milkshakes, mash potato
- Milk and milk drinks eg smoothies, breakfast drinks, soy milk
- Add ice cream, custard, yoghurt or other dairy desserts to your fruit
- Sandwiches with meat, chicken, cheese, fish, egg fillings. Add extra cream, mayonnaise, avocado, margarine or butter.
- Cakes, biscuits or muesli bars
- Eggs – poached, scrambled, fried, omelettes are a good protein snack

“No added SALT Diet”, why no SODIUM?

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

Having a “no Added SALT” diet means you need to choose naturally lower salt products, don't add salt or salty products during cooking and at the table.

To help cut down the amount of salt you use, try the following ideas:

- Always try to eat fresh and unprocessed foods (eg meat, fruit and vegetables) as they are naturally low in salt

- If you have packaged foods always 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**.*
- Do not add salt or salty sauces to food at the table or in cooking. Example, tomato sauce, soy sauce, vegemite, chicken salt, pesto, Worcestershire, gravy and MSG
- Substitute with herbs, spices, pepper, chilli, curry powder, lemon, garlic, ginger or vinegar to flavour foods.
- **Takeaway foods** are generally high in salt. It is best to eat these foods no more than once per month.
- Salt Substitute: these products are not recommended as they are high in potassium which may not be good for your heart in high amounts.

NUTRITION INFORMATION		
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		
-total	24.8g	82.8g
-sugars	4.5g	15.0g
Dietary fibre	2.2g	7.5g
Sodium	34mg	112mg
Potassium	126mg	420mg

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

Sample Meal Plan:

Breakfast	Porridge with full cream milk + extra honey + yoghurt Toast with 2 boiled/scrambled eggs
Morning Tea	Up and Go Lamington fingers x 2
Lunch	Sandwich with grilled chicken or canned fish in spring water, with avocado, extra thick margarine, and tomato 200g tub Yoghurt
Afternoon Tea	1 cup Fruit salad and Custard Nuts (unsalted) 1 handful
Dinner	200g Steak/chicken/port/fish cooked without added salt + Add cream to a baked potato or mashed potato + Melt butter/margarine over other vegetables
Supper	200ml Milk + Milo Fruit bread toasted + extra thick margarine
Before Bed	Yoghurt 200g

This information sheet only provides general advice; please discuss with your dietitian for more specific recommendations.