

UOA MS

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Patient Name:

Special Instructions:

Follow Up:

Liver Disease Diet

The liver disease diet offers guidelines regarding what foods to eat while affected by a liver disease. The liver is the largest organ in the body and is involved in many important bodily functions. Some of the liver's functions are to remove harmful substances from the bloodstream and to make sure they can exit the body. The liver also produces fluids used by the body and helps use and store energy from food. Liver disease affects the functioning of the liver and the way your body uses energy from foods. An important part of the liver disease diet is to get the right amount of calories from a variety of foods.

GUIDELINES

Sodium

- Sodium is a mineral that helps the body change the amount of water and fluids it holds. Too much sodium can cause the body to hold too much fluid. You may need to decrease the amount of sodium in your diet if your body is collecting fluid in your stomach or legs.
- To decrease the amount of sodium in your diet, **do not** add extra salt to foods. Also, limit or avoid foods that contain lots of sodium, such as:
- Salted snacks (pretzels, potato chips, crackers).
- Canned foods (vegetables, soups, juice).
- Salted or cured meats and deli meats.
- Condiments (ketchup, mustard, soy sauce, barbecue sauce).
- Sauerkraut and pickles.
- Frozen dinners, processed or preserved foods.

Alcohol

- Drinking alcohol may harm your liver. Avoid or limit drinks containing alcohol, such as beer, wine, and hard liquor.

Calories

- It is important to make sure you are getting enough calories in your diet so that your body gets enough energy and stays at a healthy weight. Include a variety of foods in your diet.

Carbohydrates

- Carbohydrates are found in foods such as breads and starches, grains (oats, flour), cereals, and some vegetables (corn, peas). Carbohydrates change the level of glucose (*sugar*) in the blood.
- Advanced liver disease can affect how much glucose is in the blood, making it too high or too low. Eating carbohydrates in the right amount will help control your blood glucose. A registered dietician can help you determine how much carbohydrate you need each day.

Protein

- Eating the right amount of protein every day is also important for liver disease.
- Protein is found in foods such as meat, poultry (chicken, turkey), fish, milk, eggs, yogurt, peanuts, peanut butter, and beans.
- Include a protein-containing food at each meal.

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