

Prepared For:		Date:	
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Cirrhosis Nutrition Therapy

- The liver helps your body digest and store nutrients from food.
- When you have liver disease, your body may not process nutrients normally.
- Symptoms of liver disease interfere with your appetite and ability to eat. Monitoring your diet may help control symptoms of liver disease.

Guidelines

Signs and symptoms for cirrhosis are different from person to person. Therefore, your nutrition therapy must be tailored to your particular needs.

Here are some key points to keep in mind:

- Your doctor or registered dietitian may tell you to take a multivitamin and mineral supplement.
- The amount of protein you should eat will depend on your symptoms.
- You may feel better, be more comfortable, and stay stronger if you eat 4 to 6 small meals per day, instead of 3 larger ones.
- If you can't eat enough food, you may want to drink nutritional supplements to get more calories.
- If you have ascites or edema (fluid in your abdomen), you may need to cut back on sodium (salt is the main source of sodium in food).
- Try to stay as active as possible. Even when you are tired, walking or exercise may help you feel better.
- Ask your doctor or registered dietitian for more specific guidelines if you need more information or help understanding what to do.

Tips

Meal Planning Tips

- Plan to eat small amounts of food more often. You may find it easier to eat more if you have several small meals.
- If you get full quickly or have no appetite, choose foods that are high in calories (such as whole milk and canned fruit packed with heavy syrup).
- If your food tastes have changed, you may need to try new foods or foods that you did not like before.
- To cut down the amount of sodium in your favorite foods, try these approaches:
 - Don't salt food at the table or when you're cooking. One teaspoon of salt has 2,000 mg sodium.
 - Avoid convenience foods, such as canned soups and pastas, boxed meals (like macaroni and cheese), and frozen ready-to-eat meals.
 - Try fresh or dried herbs, spices, oils, vinegar, or juices to add flavor and replace the taste of salt. Avoid seasoning salt, garlic salt, onion salt, celery salt, meat tenderizer, and high-sodium sauces, such as soy, teriyaki, oyster, barbecue, and steak sauces.
 - Look for no-sodium or low-sodium versions of foods you like to eat, such as crackers, cheese, or soups.
 - Talk with your doctor before using salt substitutes.

Foods Recommended

Your registered dietitian will tell you how much food you need to eat each day to be healthy. Aim to eat a variety of foods each day. In general, you can eat most foods. However, there are a few exceptions, which are listed below.

Foods Not Recommended

- Avoid foods that are high in sodium, such as canned soups, many canned vegetables, processed meats and cheeses, condiments, and many snack foods. You can find out how much sodium is in a food by reading the food label. Look at the Nutrition Facts label. If a food has more than 300 milligrams (mg) sodium in a serving, then it is a high-sodium food. If you have ascites, you may need to limit sodium to 2,000 mg a day.
- Avoid foods that may cause foodborne illnesses. For example, you should not eat:
 - Unpasteurized or raw milk, cheese, yogurt, and all other milk products
 - Raw or undercooked meat, poultry, fish, game, seafood, and raw tofu
 - Raw or undercooked eggs and foods that might contain them
 - Unwashed fresh fruits and vegetables
 - Unpasteurized fruit and vegetable juices and cider
 - All raw vegetable sprouts (alfalfa, radish, broccoli, mung bean)

Cirrhosis Sample 1-Day Menu

Breakfast	1/2 cup oatmeal with cinnamon, raisins 1 teaspoon brown sugar 1 cup whole milk 1 slice whole wheat toast 1 teaspoon margarine 1 tablespoon jam 1 cup orange juice
Morning Snack	2 tablespoons granola 6 oz yogurt
Lunch	1 cup low-sodium chicken noodle soup 1/2 turkey sandwich: 1 slice whole wheat bread 1 ounce turkey slice 1 slice tomato 1/2 leaf lettuce 1 teaspoon mayonnaise 3-4 baby carrots 1 sliced orange 1 sliced banana 1 cup low-fat milk
Afternoon Snack	5 whole wheat crackers, no-salt added 1 cup liquid high-calorie supplement
Evening Meal	4 oz pork tenderloin 1 small baked sweet potato 2 teaspoons margarine 1/8 cup stir-fried broccoli 1/8 cup stir-fried mushrooms 1/8 cup stir-fried pea pods 1/8 cup stir-fried onion 5 grapes 1/4 chopped fresh apples
Evening Snack	3-4 cookies 1/2 cup pudding

Cirrhosis Vegan Sample 1-Day Menu

Breakfast	1 cup oatmeal 1 banana 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Morning Snack	$\frac{3}{4}$ cup vegetable juice, low sodium 1 slice whole wheat toast $\frac{1}{2}$ tablespoon peanut butter, without salt
Lunch	1 cup vegetarian chili 1 slice whole grain bread 1 teaspoon margarine, soft, tub 1 apple 4 carrot sticks
Afternoon Snack	6 ounces soy yogurt $\frac{1}{4}$ cup mixed nuts without salt
Evening Meal	$\frac{1}{2}$ cup tofu, stir-fried $\frac{1}{2}$ cup brown rice $\frac{1}{2}$ cup broccoli, stir-fried $\frac{1}{2}$ cup mushrooms, stir-fried $\frac{1}{2}$ cup peas, stir-fried 1 cup cantaloupe 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D

Cirrhosis Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	1 cup oatmeal 1 banana 1 cup 2% milk
Morning Snack	1 scrambled egg 1 slice whole wheat toast
Lunch	$\frac{1}{2}$ cup vegetarian chili 1, 2-inch x 2-inch piece cornbread 1 teaspoon margarine, soft tub 1 apple 4 carrot sticks
Afternoon Snack	1 cup low-fat yogurt $\frac{1}{4}$ cup mixed nuts without salt
Evening Meal	$\frac{1}{2}$ cup tofu, stir-fried $\frac{1}{2}$ cup brown rice $\frac{1}{2}$ cup broccoli, stir-fried $\frac{1}{2}$ cup mushrooms, stir-fried $\frac{1}{2}$ cup peas, stir-fried 1 cup cantaloupe 1 cup 2% milk

Notes