

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Cirrhosis Nutrition Therapy

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- 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

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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.

### Recommended and Not Recommended Foods

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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:

- 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)

## **Meal Planning Tips**

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- 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, barbeque, 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.

### **Notes:**

## Sample 1-Day Menu

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<b>Meal</b>	<b>Menu</b>
<b>Breakfast</b>	½ cup oatmeal with brown sugar, raisins, and cinnamon 1 cup milk 1 slice whole wheat toast with margarine and jam ½ cup orange juice
<b>Midmorning snack</b>	6 oz yogurt with 2 tablespoons granola
<b>Lunch</b>	1 cup low-sodium chicken noodle soup ½ turkey sandwich 3 or 4 baby carrots Sliced banana and oranges 1 cup milk
<b>Midafternoon snack</b>	1 cup liquid high-calorie supplement (such as Boost or Ensure) Whole wheat, no-salt-added crackers
<b>Evening meal</b>	4 oz pork tenderloin 1 small baked sweet potato with 2 teaspoons margarine ½ cup stir-fried broccoli, pea pods, onion, and mushrooms ½ cup mixed fresh fruit
<b>Bedtime snack</b>	½ cup pudding 3 or 4 cookies

### Notes:

## Sample Meal Plan

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Use this form to develop an individualized meal plan.

<b>Meal</b>	<b>Menu</b>
<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snack</b>	

**Notes:**