

## **Hepatic Diet**

Hepatic diets are indicated for individuals with symptoms of hepatic dysfunction such as cirrhosis, liver injury, hepatic failure and encephalopathy. Nutritional assessment of the patient with liver disease should include a history of vitamin, mineral and herbal supplements. Zinc deficiency is common in liver disease and supplementation of 15-30 mg/day should be considered if serum levels are low or if the patient experiences dysgeusia and/or night blindness. Prolonged supplementation of zinc >30 mg/day can cause a copper deficiency and should be considered only under medical supervision.

## **Nutrition Education**

- The liver is very important to the metabolism of protein. Protein foods such as meat, poultry, fish, cheese, beans and milk may be limited in your diet to decrease the work required by your liver.
- It s important that you maintain good nutritional status during liver disease. The following meal plan and food lists should be followed to assure adequate intake. Your doctor or dietitian may recommend additional vitamin supplements as well.
- Sodium is found in salt, convenience foods such as coups and TV dinners and many condiments such as salad dressing and barbecue sauce. During liver disease, your body may retain fluid and the best way to reduce this is to decrease you intake of sodium.

60 gm Protein, 2 gm Sodium Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
Breakfast		
1 oz Meat	1 Egg	
1/2 cup Milk	1/2 cup Milk	
1 Starch	1 Pancake	
2 Fruit	Banana	
	Orange Juice	
1 Fat-Salted	1 tsp Trans-Free Fat	
1 Calorie Supplement	Syrup	
Snack		
1 Fruit	Peaches	
1 Calorie Supplement	Heavy Cream	
Mid-Day Meal		
2 oz Meat	1 oz Roast Beef	
	1 oz Swiss Cheese	
2 Starches	2 slices Bread	
2 Fats-Salted	2 tsp Mayonnaise	
1 Fruit	Apple Juice	
Snack		
2 Calorie Supplements	Lemonade	
	Fruited Jell-O	
Evening Meal		
2 oz Meat	2 oz Sautéed Chicken	
2 Starches	1/2 cup Rice	
	1 Tortilla	
2 Vegetables	1/2 cup Broccoli	
	Green Salad with Oil & Vinegar Dressing	
2 Fat-Salted	2 tsp Trans-Free Fat	
1 Fruit	Grape Juice	
Snack		
1 Other Carbohydrate	1/2 cup Ice Cream	
1 Calorie Supplement	Chocolate Syrup	

40 gm Protein, 2 gm Sodium Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
Breakfast		
1 oz Meat	1 Egg	
2 Starches	2 slices Low Protein Toast	

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## **Hepatic Diet**

1 Fruit	Orange Juice
1 Fat-Salted	1 tsp Trans-Free Fat
1 Calorie Supplement	Jelly
Snack	
2 Calorie Supplement	Jell-O & Whipped Cream
1/2 Milk	1/2 cup Milk
Mid-Day Meal	
1 oz Meat	1 oz Turkey Breast
2 Starches	1 small Baked Potato
	Roll
2 Vegetables	1/2 cup Green Beans
	1/2 cup Carrots
1 Fruit	Fruit Salad
3 Fats-Salted	2 tsp Trans-Free Fat
1 Calorie Supplement	2 tbsp Sour Cream
	Lemonade
Snack	
2 Calorie Supplements	Frozen Fruit Bar
	Jelly Beans
Evening Meal	
1 oz Meat	1 oz Grilled Sirloin
3 Starches	1 cup Mashed Potatoes
	1 slice Low Protein Bread
1 Fat-Salted	1 tsp Trans-Free Fat
1 Vegetable	1/2 cup Spinach
1 Fruit	Apple
1 Calorie Supplement	Coffee & Creamer
Snack	
1 Fruit	Strawberries
1 Calorie Supplement	Heavy Cream

80 gm Protein, 2 gm Sodium Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
Breakfast		
1 oz Meat	1 Egg	
2 Starches	3/4 cup Raisin Bran	
	1/2 cup English Muffin	
1 Fat-Salted	1 pat Margarine	
1 Fruit	Orange Juice	
1/2 cup Milk	1/2 cup Milk	
Snack		
1 Calorie Supplement	Popsicle	
Mid-Day Meal		
3 oz Meat	2 oz Roast Beef	
3 Starches	1 oz Swiss Cheese	
2 Fats-Salted	1/2 cup Homemade Macaroni Salad with	
	Mayonnaise	
1 Vegetable	1 tsp Mayonnaise	
2 Fruits	1/2 cup Carrots	
	Apple Juice	
1 Calorie Supplement	Grapefruit with	
	Sugar	
Snack		
2 Calorie Supplements	Jell-O & Whipped Cream	
Evening Meal		

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## **Hepatic Diet**

3 oz Meat	3 oz Pork Chop	
2 Starches	1/2 cup Roasted Potatoes	
	1 Roll	
2 Vegetables	1/2 cup Steamed Broccoli	
	Green Salad with Oil & Vinegar Dressing	
1 Fat-Salted	1 tsp Trans-Free Fat	
1 Fruit	Strawberries with	
1 Calorie Supplement	Sugar	
Snack		
1 Other Carbohydrate	1/2 cup Ice Cream	
1 Calorie Supplement	Chocolate Syrup	

100 gm Protein, 2 gm Sodium Sample Menu Plan

Suggested Meal Plan   Sample Menu Plan   Your Menu	100 gm Protein, 2 gm Sodium Sampie Menu Plan		
2 Egg		Sample Menu Plan	Your Menu
1 Bacon   1/2 cup Unsalted Grits   1/2 cup English Muffin   1 tsp Trans-Free Fat   1 Calorie Supplement   1 tsp Trans-Free Fat   2 Elly   2 Elly   3 Ell-O & Whipped Cream   2 Sitces Wheat Bread   1 cz Swiss Cheese   3 Starches   2 slices Wheat Bread   1/2 cup Homemade Macaroni Salad with Mayonnaise   1 tsp Mayonnaise   1 Fruit   1/2 cup Carrots Apple Juice   1 tsp Mayonnaise   1 Fruit   1/2 cup Carrots Apple Juice   1 tsp Mayonnaise   1 tsp May	Breakfast		
3 Starches	2 oz Meat	2 Egg	
1/2 cup English Muffin   1 tsp Trans-Free Fat   1 Calorie Supplement   Jelly   Apple Juice			
2 Fat-Salted       1 tsp Trans-Free Fat         1 Calorie Supplement       Jelly         3 Fat-Salted       Jell-O & Whipped Cream         Mid-Day Meal       2 oz Roast Beef         3 ox Meat       2 slices Wheat Bread         2 Fat-Salted       1/2 cup Homemade Macaroni Salad with         Mayonnaise       1 tsp Mayonnaise         1 Vegetable       1 tsp Mayonnaise         1 Fruit       1/2 cup Carrots         Apple Juice       Grapefruit with         Sugar       Snack         2 Calorie Supplement       Jell-O & Whipped Cream         Evening Meal       4 oz Meat         4 oz Meat       3 oz Beef Strips         1 Vegetables       1/2 cup Grilled Onions/Peppers         3 Starches       2 Tortillas         1/2 cup Pinto Beans       Corn on the Cob         2 Fat-Salted       2 tsp Trans-Free Fat         1 Fruit       Cantaloupe Cubes         Snack         1 Milk       Fruited Yogurt	3 Starches	1/2 cup Unsalted Grits	
1 Calorie Supplement 1 Fruit         Jell'y Apple Juice           Snack 2 Calorie Supplement         Jell-O & Whipped Cream           Mid-Day Meal 3 oz Meat 2 Starches 2 Slices Wheat Bread 1 /2 cup Homemade Macaroni Salad with Mayonnaise 1 1/2 cup Homemade Macaroni Salad with Mayonnaise 1 1 sp Mayonnaise 1 1 sp Mayonnaise 1 1 fruit 1 /2 cup Carrots Apple Juice Grapefruit with Sugar           1 Calorie Supplement 5 Jell-O & Whipped Cream 5 Supplements 5 Lell-O & Whipped Cream 6 Levening Meal 4 oz Meat 3 oz Beef Strips 1 Vegetables 1 /2 cup Grilled Onions/Peppers 2 Starches 2 Tortillas 1 /2 cup Pinto Beans Corn on the Cob 2 Fat-Salted 2 tsp Trans-Free Fat 5 Cantaloupe Cubes 5 Snack 1 Fruit 7 Cantaloupe Cubes 5 Snack 1 Milk           1 Kalorie Supplement 5 Jell-O & Whipped Cream 7 Starches 6 Cantaloupe Cubes 7 Snack 7 Starches 7 Starches 7 Starches 7 Starches 7 Starches 8 Snack 8 Snack 8 Snack 8 Snack 9 Sna		1/2 cup English Muffin	
1 Fruit	2 Fat-Salted	1 tsp Trans-Free Fat	
1 Fruit	1 Calorie Supplement	Jelly	
Z Calorie Supplement         Jell-O & Whipped Cream           Mid-Day Meal         2 oz Roast Beef           3 oz Meat         2 oz Roast Beef           1 oz Swiss Cheese         3 Starches           2 Fat-Salted         1/2 cup Homemade Macaroni Salad with Mayonnaise           1 Vegetable         1 tsp Mayonnaise           1 Fruit         1/2 cup Carrots Apple Juice           1 Calorie Supplement         Grapefruit with Sugar           Snack         2 Calorie Supplements           Evening Meal         4 oz Meat           4 oz Meat         3 oz Beef Strips           1 Vegetables         1/2 cup Grilled Onions/Peppers           3 Starches         2 Tortillas           1/2 cup Pinto Beans         Corn on the Cob           2 Fat-Salted         2 tsp Trans-Free Fat           1 Fruit         Cantaloupe Cubes           Snack         1 Milk           1 Milk         Fruited Yogurt		Apple Juice	
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2 Fat-Salted  1/2 cup Homemade Macaroni Salad with Mayonnaise  1 tsp Mayonnaise  1 tsp Mayonnaise  1/2 cup Carrots Apple Juice  Grapefruit with Sugar  Snack  2 Calorie Supplements  2 Calorie Supplements  Sugar  Snack  4 oz Meat  1 Vegetables  3 oz Beef Strips  1 Vegetables  1 /2 cup Grilled Onions/Peppers  3 Starches  2 Tortillas  1/2 cup Pinto Beans Corn on the Cob  2 Fat-Salted  1 Fruit  Cantaloupe Cubes  Snack  1 Milk  Fruited Yogurt		1 oz Swiss Cheese	
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Snack 2 Calorie Supplements      Jell-O & Whipped Cream  Evening Meal 4 oz Meat 1 Vegetables 1 Vegetables 2 Tortillas 1/2 cup Grilled Onions/Peppers 2 Starches 2 Tortillas 1/2 cup Pinto Beans Corn on the Cob 2 Fat-Salted 1 Fruit Cantaloupe Cubes  Snack 1 Milk Fruited Yogurt	1 Calorie Supplement		
Snack 2 Calorie Supplements 2 Calorie Supplements  Evening Meal 4 oz Meat 1 Vegetables 1 /2 cup Grilled Onions/Peppers 3 Starches 2 Tortillas 1/2 cup Pinto Beans Corn on the Cob 2 Fat-Salted 1 Fruit Cantaloupe Cubes  Snack 1 Milk Fruited Yogurt	The state of the s		
Evening Meal  4 oz Meat  1 Vegetables  1 /2 cup Grilled Onions/Peppers  3 Starches  2 Tortillas  1/2 cup Pinto Beans  Corn on the Cob  2 Fat-Salted  2 tsp Trans-Free Fat  Cantaloupe Cubes  Snack  1 Milk  Fruited Yogurt	Snack		
Evening Meal  4 oz Meat  1 Vegetables  1 /2 cup Grilled Onions/Peppers  3 Starches  2 Tortillas  1/2 cup Pinto Beans  Corn on the Cob  2 Fat-Salted  2 tsp Trans-Free Fat  Cantaloupe Cubes  Snack  1 Milk  Fruited Yogurt	2 Calorie Supplements	Jell-O & Whipped Cream	
1 Vegetables 1/2 cup Grilled Onions/Peppers 2 Tortillas 1/2 cup Pinto Beans Corn on the Cob 2 Fat-Salted 2 tsp Trans-Free Fat Cantaloupe Cubes Snack 1 Milk Fruited Yogurt			
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3 Starches  2 Tortillas 1/2 cup Pinto Beans Corn on the Cob  2 Fat-Salted 2 tsp Trans-Free Fat 1 Fruit Cantaloupe Cubes  Snack 1 Milk Fruited Yogurt	1 Vegetables		
Corn on the Cob  2 Fat-Salted 2 tsp Trans-Free Fat  1 Fruit Cantaloupe Cubes  Snack  1 Milk Fruited Yogurt			
Corn on the Cob  2 Fat-Salted 2 tsp Trans-Free Fat  1 Fruit Cantaloupe Cubes  Snack  1 Milk Fruited Yogurt		1/2 cup Pinto Beans	
2 Fat-Salted 2 tsp Trans-Free Fat 1 Fruit Cantaloupe Cubes  Snack 1 Milk Fruited Yogurt			
1 Fruit Cantaloupe Cubes  Snack 1 Milk Fruited Yogurt	2 Fat-Salted		
Snack 1 Milk Fruited Yogurt			
1 Milk Fruited Yogurt		•	
		Fruited Yogurt	
1 Startin Squarta Granam Crackers	1 Starch	3 squared Graham Crackers	