



## 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 is 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 soups 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 your intake of sodium.

### 60 gm Protein, 2 gm Sodium Sample Menu Plan

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

### 40 gm Protein, 2 gm Sodium Sample Menu Plan

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



## Hepatic Diet

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

### 80 gm Protein, 2 gm Sodium Sample Menu Plan

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



## Hepatic Diet

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

### 100 gm Protein, 2 gm Sodium Sample Menu Plan

Suggested Meal Plan	Sample Menu Plan	Your Menu
<b>Breakfast</b> 2 oz Meat  3 Starches  2 Fat-Salted 1 Calorie Supplement 1 Fruit	2 Egg 1 Bacon 1/2 cup Unsalted Grits 1/2 cup English Muffin 1 tsp Trans-Free Fat Jelly Apple Juice	
<b>Snack</b> 2 Calorie Supplement	Jell-O & Whipped Cream	
<b>Mid-Day Meal</b> 3 oz Meat  3 Starches 2 Fat-Salted  1 Vegetable 1 Fruit  1 Calorie Supplement	2 oz Roast Beef 1 oz Swiss Cheese 2 slices Wheat Bread 1/2 cup Homemade Macaroni Salad with Mayonnaise 1 tsp Mayonnaise 1/2 cup Carrots Apple Juice Grapefruit with Sugar	
<b>Snack</b> 2 Calorie Supplements	Jell-O & Whipped Cream	
<b>Evening Meal</b> 4 oz Meat 1 Vegetables 3 Starches  2 Fat-Salted 1 Fruit	3 oz Beef Strips 1/2 cup Grilled Onions/Peppers 2 Tortillas 1/2 cup Pinto Beans Corn on the Cob 2 tsp Trans-Free Fat Cantaloupe Cubes	
<b>Snack</b> 1 Milk 1 Starch	Fruited Yogurt 3 squared Graham Crackers	