

What's my Liver got to do with it?

If you have liver disease, you can help your liver by focusing on diet and lifestyle changes. Consuming frequent high protein meals/snacks, maintaining a healthy weight, avoiding high sodium meals and limiting alcohol intake are a few ways to start.

Powerful Sources of Animal Protein:

- Aim for at least 6-9 ounces/day
- Egg = 1 oz
- Chicken breast = 3 oz
- Fish fillet = 3 oz
- Turkey leg (no skin) = 3 oz
- Hamburger patty = 3 oz
- Beef and pork = 3 oz
- Shrimp = 3 oz (18-20 medium)



Note:

The size of the palm of your hand is approximately 3 ounces. The size of your thumb is about 1 ounce.



Mighty Sources of Plant Protein:

- Tofu = ½ cup (6.5 g)
- Almonds = ¼ cup (6 g)
- Quinoa = ½ cup cooked (6 g)
- Wild rice = 1 cup cooked (6.5 g)
- Veggie burger = ½ -1 patty (7-11 g)
- Steel cut oatmeal = ½ cup cooked (5 g)
- Legumes (beans, lentils) = ½ cup cooked (6-7 g)



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The Premier Renal Solutions Provider

Give your body Protein while you're on Dialysis:

**NutriRite® IDPN
Protein Infusion Therapy**

1 treatment averaging
75-115 g of protein

**NutriRite® IPN
Protein Infusion Therapy**

1 treatment averaging
50-60 g of protein



AVOID excess salt intake



- **MAINTAIN** 140 mg sodium or less per serving
- **USE** sodium-free seasoning alternatives: *onion powder, curry powder, basil, and rosemary*
- **CHOOSE** low-sodium canned foods: *beans, tuna, and vegetables* - rinse them before eating.
- **CHOOSE** heart healthier foods like baked chicken, fish and steamed vegetables
- **IF DINING OUT:** ask your waiter for low-salt suggestions and for dressings on the side

WATCH your fluids



- **EAT** frozen fruits: grapes, strawberries & blueberries
- **QUENCH** thirst by eating sugar-free candies
- **DRINK** cold liquids instead of hot beverages to keep cool and reduce thirst
- **RINSE** your mouth with mouthwash
- **WEIGH** yourself daily, in the morning

Do not drink alcohol.

Consume high amounts of fruit and vegetables

Focusing on whole food options lower in potassium and phosphate like: broccoli, berries, mandarin oranges, bell peppers, cabbage, cauliflower, apples, and cherries



Always check with your dietitian to find out what meals and portions are right for you.