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)

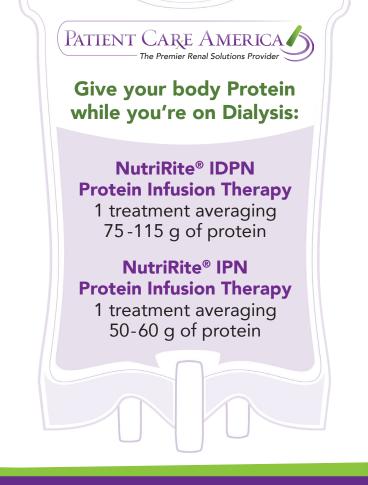
Mighty Sources of Plant Protein:

- Tofu = $\frac{1}{2}$ cup (6.5 g)
- Almonds = $\frac{1}{4}$ cup (6 g)
- Quinoa = ½ cup cooked (6 g)
- Wild rice = 1 cup cooked (6.5 g)
- Veggie burger = $\frac{1}{2}$ -1 patty (7-11 g)
- Steel cut oatmeal = ½ cup cooked (5 g)
- Legumes (beans, lentils) = $\frac{1}{2}$ cup cooked (6-7 g)



Note:

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



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



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.







