

10. Be physically active: Exercise as much as you can. Ask your Doctor/physiotherapist for optimum exercises. Keep yourself active and try to do your daily courses by your own, whenever possible.

11. Special consideration: In certain medical conditions, potassium should be restricted if serum potassium level is found to be high (>5).

LOW POTASSIUM (100Mg/100g)	MEDIUM POTASSIUM (101-200mg/100g)	HIGH POTASSIUM (>200mg/100g)
Beetroot	Bitter gourd	Amaranth
Bottle gourd	Brinjal	Coriander leaves
Broad beans	Cabbage	Drumstick leaves
Chow-chow	Carrot	Potato
Cucumber	Cauliflower	Sweet potato
Fenugreek leaves	French beans	Yam
Green mango	Green plantain	Lemon
Knol-khol	Ladies finger	Colocasia
Peas	Onion	Green papaya
Raddish pink	Plantain flower	Spinach
Ridge gourd	Pumpkin	Tapioca
Snake gourd	Radish-white	Celery
Field beans	Tomato	Brussel sprouts
Apple	Jack fruit	Lemon
Guava	Pomegranate	Mango
Papaya/ pears	Watermelon	Peach
Pineapple	Litchi	Plums
		Sapota
		Custard apple
		Sweet lime
		Musk melon
		Banana

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Compensated Liver Disease



Patients with liver cirrhosis have either malnutrition or several micronutrient deficiencies due to multiple mechanisms, including poor nutritional intake, poor absorption, and increased losses. Diet plays a major role in the development and progression of liver disease.

Along with protein, a well-balanced diet with sufficient fats, calories, and carbohydrates can help to regenerate new liver cells in the damaged liver.

Eating a well balanced diet, under the supervision of a trained liver dietician can help to prevent the development of a catabolic phase with muscle loss.

In most of the liver diseases, nourishment becomes a vital part of treatment.

COMPENSATED LIVER DISEASE

1. **Eating a well balanced diet** : Cirrhosis leads to malnutrition and loss of muscle. The best defence against this development is to maintain a healthy diet, with a variety of foods from all food groups: grains, fruits, vegetables, meat and beans, milk, sugar and oil. Your dietician will help you, getting the specific diet plan according to your medical and physical conditions.

2. **Small and frequent meals** : Cirrhosis can reduce your hunger and it may be impossible to consume big meals at times.

- Eating smaller meals through the day (every 2-3 hours once) instead of attempting three big meals will help you satisfy your daily calorie/protein needs.
- Choose for calorie-dense, high protein snacks, in between the meal

Examples for such snacks are:

- Cereal porridge
- Custurd
- Shakes and smoothies
- Yoghurt/Curd
- Cottage cheese/tofu
- Chicken/lentil stew
- Egg(in any form)

3. **High protein diet** : Cirrhotic patients need good quality of proteins. At the same time too much of protein can also be dangerous for you, as your liver won't be able to manage with these extra proteins. Your dietician can provide guidance on simply how much protein you need to eat on daily basis. You must restrict /avoid the consumption of red meat.

Protein rich foods are:

- Lean cuts of poultry** and egg white (1 egg yolk is allowed per day)
- Low-fat milk and dairy products (like: curd, cheese, paneer etc)
- Nuts and seeds
- Oats
- Pulses and legumes

** Vegetarian proteins and dairy products (including egg) are high in BCAA (branched chain amino acid) and are better tolerated than non-vegetarian proteins in cirrhotic patients.

4. **Limit your fat intake**: You can have a normal diet with adequate fat and oils. But a high-fat diet can worsen cirrhosis as it contributes to fatty liver disease – another cause of cirrhosis. Saturated fats can become toxic in your bloodstream, and may worsen the symptoms of cirrhosis.

· Fats to be included are:

- ü Vegetable oil such as olive oil, soya oil, canola oil, rice bran oil, sunflower oil, safflower oil, corn oil, 15-20 ml/day (for overweight / obese patients:10-15 ml/day).
- ü Nuts - pista / almonds / walnuts, 10-15/day.
- ü Ghee / un salted butter (in moderation, if needed)
- ü Seeds - flaxseed powder: 5g/d

· Fat to be avoided are:

- ü Vanaspati
- ü Margarine
- ü Palm/gingili oil

5. **High fiber diet** : Fiber-rich meals with a lower content of simple carbohydrates, helps your liver work at an optimal level. Fruits, vegetables, whole grain breads, rice and cereals can take care of your body's fiber needs.

6. **Adding probiotic in your diet** : In liver cirrhotic patients there will be an imbalance in bacterial gut flora which contributes significantly to ammonia production, resulting in varying degrees of encephalopathy. Adding probiotic drink (yakult) and curd is always beneficial to keep your gut healthy. Ask your dietician about the suitable option for you.

7. **Limit your salt intake**:

Try to cut down on your extra salt and salted snacks, apart from cooking salt. Aim for around 5g (1 tea spoon, not heaped) of salt (Sodium Chloride) per day. Try to read the label, to understand the amount and type of hidden salt (present in that specific food), before buying the product.

· Examples for salted snacks are:

- ü Salted snacks (chips, biscuits, savouries)
- ü Pickles, papad, ajinomoto
- ü Packed and canned food / processed food
- ü Ready to eat food/snacks
- ü Bakery items.

8. **Restrict your fluid intake, if needed (as prescribed by your Doctor)** : Restriction of fluid is an important factor in your nutritional therapy in certain conditions. Please ask your doctor regarding your daily fluid intake.

9. **Be regular to your assigned dietician**: Your dietician is the best person to guide you about all food related concerns. Meeting with your dietician on regular interval will help you in understanding the facts about your diet as well as about your health.