



Diet for Liver Disease

The basics

People with liver disease need to get the right amount of calories and nutrients.

This handout gives basic information about the diet for people with liver disease.

This is basic information. At your next clinic visit, schedule an appointment with a dietitian who will give you more detailed information about the diet and how it can fit into your lifestyle.

Sodium

If you are retaining fluids, decrease the amount of sodium in your diet.

- Start by not adding salt to your foods at the table or during cooking.
- Season foods with herbs and spices.
- Limit your intake of condiments.

Here are some guidelines for choosing low-sodium foods and avoiding foods high in sodium.

Breads	
<i>Choose:</i> <ul style="list-style-type: none">• English muffin• White or wheat bread• Pumpernickel bread• Other types of regular or unsalted bread and rolls	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Sweet rolls• Bread or rolls with salted tops• Packaged cracker or bread crumb coatings• Packaged stuffing mixes• Biscuits• Corn bread
Cereals	
<i>Choose:</i> <ul style="list-style-type: none">• Regular cooked cereals• Puffed wheat• Puffed rice• Shredded wheat	<i>Do Not Eat:</i> <ul style="list-style-type: none">• Instant hot cereal• Any other regular ready-to-eat cereals

Snack Foods	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Unsalted crackers • Unsalted snack foods 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Salted crackers • Party spreads and dips • Salted snack foods
Pasta, Rice, and Potatoes	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • All types of pasta • Fresh potatoes • Rice 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Macaroni and cheese mix • Seasoned rice, noodle and spaghetti mixes • Frozen lasagna, macaroni and cheese, rice and pasta dishes • Instant potatoes • Seasoned potato mixes
Dried Beans and Peas	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Pinto beans • White northern beans • Black-eyed peas • Lima beans • Lentils • Split peas 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Any bean or peas prepared with ham, bacon, salt pork, or bacon grease • All canned beans
Meats and Alternatives	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Fresh or frozen meat, poultry, and fish • Low sodium canned tuna and salmon • Eggs • Unsalted peanut butter 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Salted, smoked, canned, spiced and pickled meats, poultry, and fish • Bacon, ham, sausage • Scrapple • Regular canned tuna or salmon • Cold cuts and other luncheon meats • Hot dogs • Pre-breaded frozen meats, fish or poultry • TV dinners • Meat pies • Kosher meats • Regular peanut butter

Fruits and Vegetables	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Fresh, frozen, or low-sodium canned vegetables or vegetable juices • Fresh, canned, or frozen fruit and juices 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular canned vegetables and juices • Sauerkraut or vegetables packed in brine • Frozen vegetables in butter or sauces • Crystallized and glazed fruit • Maraschino cherries • Fruit dried with sodium sulfite
Sauces	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Low-sodium tomato paste and sauce • Salt-free gravies • Salt-free cream sauces 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular tomato sauce and paste • Commercially prepared sauces and gravies
Dairy Products	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Milk, cream • Sour cream • Non-dairy creamer • Yogurt • Low-sodium cottage cheese • Low-sodium cheese 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Buttermilk • Dutch processed chocolate milk • Processed cheese slices and spreads • Regular cheese • Cottage cheese
Fats and Oils	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Margarine, butter, and mayonnaise – limit to 4 tsp. per day • Unsalted butter, margarine • Cooking oils or shortenings • Salt-free salad dressings 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Bacon grease • Salt pork • Commercially prepared salad dressings
Soups	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Salt-free soups • Low-sodium bouillon cubes 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular commercially canned or prepared soups, stews, broths or bouillon • Packaged and frozen soups

Desserts and Sweets	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Gelatin • Sherbet • Fruit ices • Puddings and ice cream as part of milk allowance • Angel food cake • Salt-free baked goods • Sugar, honey • Jam, jellies, marmalade • Syrup 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Regular commercially prepared and packaged baked goods • Chocolate candy
Beverages	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Coffee • Tea • Soft drinks • Fruit-flavored drinks that do not contain sodium 	<p><i>Do Not Drink:</i></p> <ul style="list-style-type: none"> • Softened water • Carbonated beverages with sodium or salt added
Condiments, Herbs, and Spices	
<p><i>Choose:</i></p> <ul style="list-style-type: none"> • Fresh and dried herbs: <ul style="list-style-type: none"> - Rosemary, oregano - Basil, bay leaf - Marjoram - Brown sugar - Ginger, cinnamon - Mace, anise - Dry mustard, pepper - Curry, sage - Nutmeg, tarragon • Lemon juice • Low-sodium mustard • Vinegar • Tabasco sauce • Low-sodium or no-salt-added ketchup • Extracts (almond, lemon, vanilla) • Baking chocolate and cocoa • Seasoning blends that do not contain salt • Onion, garlic, and celery powder 	<p><i>Do Not Eat:</i></p> <ul style="list-style-type: none"> • Olives • Pickles • Relishes • Table salt • “Lite” salt • Bouillon cubes • Meat extract • Worcestershire sauce • Tartar sauce • Ketchup • Chili sauce • Cooking wines • Onion salt • Prepared mustard • Garlic salt • Meat flavorings • Meat tenderizers • Steak and barbecue sauce • Seasoned salt • Monosodium glutamate (MSG) • Dutch processed cocoa

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Roosevelt Clinic:
206-598-4005 or
206-598-8750

UWMC Food and
Nutrition Services:
206-598-6004

Liquids

You may need to limit your fluid intake. Talk to your care provider.

Calories

It is important you get enough calories. Ask your dietitian how many calories you will need.

Protein

It is important to eat the right amount of protein. Again, your dietitian can tell you how much you need. Good sources of protein include:

- Meat
- Chicken
- Fish
- Eggs
- Milk
- Cheese
- Beans
- Lentils
- Tofu
- Peanut butter

You may also consider drinking oral supplements such as Boost Plus, Ensure Plus, or Carnation Instant Breakfast if you find you are not able to eat enough.

At your next clinic visit, please ask to see the dietitian to learn more about dietary needs for people with liver disease and how they can fit into your lifestyle.

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Food and Nutrition

Box 356057
1959 N.E. Pacific St. Seattle, WA 98195
206-598-6004