

# Recovery Bites

# Diet and Liver Disease

ALCOHOL AND DRUG RECOVERY SERVICE

Drinking alcohol in excess increases your risk of developing alcohol related liver disease including liver cirrhosis. Liver cirrhosis results in scarring to the liver making it hard and unable to function properly.



## Why is diet important when you have liver disease?

- When you have liver disease, your body does not store and use food properly and there is an increase in energy and protein requirements.
- If you have cirrhosis, you are unable to store enough energy in your liver to use between meals (energy from food only lasts around 2 hours). Your muscles are therefore at risk of being used as a source of energy resulting in muscle loss.
- Good nutrition can help prevent weight loss, maintain energy levels and muscle strength, along with supporting wound healing and recovery from illness.

## How can I improve my dietary intake?



**1** Aim for regular meals and snacks containing carbohydrates every 2-3 hours. This means that there is a regular supply of food for your body to use, so that you don't break down your own muscles for energy.

**2** Include protein rich foods at each meal and aim to include protein with some snacks to help maintain and build muscle tissue and strength.

**Examples of protein and carbohydrate foods shown on the next page**

**3** Have a larger bed time snack of 50g of carbohydrates to help fuel your body overnight (examples shown on the next page).

**4** If you feel full easily, aim for a little and often approach. Focus on having small amounts of carbohydrate and protein regularly and don't fill yourself up with fruit and vegetables. Having fruit and vegetables last means that you can focus on the higher calorie and higher protein foods that will protect your muscles.

## Protein Foods

### Beans and pulses:

- Lentils
- Chickpeas
- Kidney beans
- Butter beans

### Meat substitutes:

- Tofu
- Quorn
- Soya

### Meats:

- Chicken
- Turkey
- Beef
- Pork
- Lamb

Fish

Nuts and Seeds

Eggs

Cheese

Yoghurts

Milk



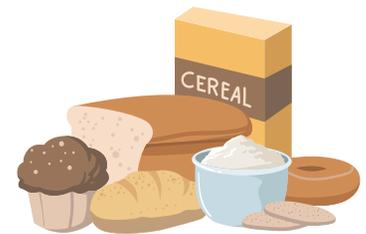
## Carbohydrate Foods

### Starchy carbohydrates to include with meals:

- Bread
- Pasta
- Rice
- Cereal
- Potatoes

### Carbohydrate foods and drinks to include with snacks:

- Hot Chocolate / Malt drinks
- Fruit juice
- Milk
- Fruit
- Yoghurts
- Biscuits
- Crackers
- Toast
- Crumpet
- Scone
- Pancake
- Muffin
- Crisps



**Bowl of porridge made with milk and 150mls of fresh fruit juice**



**2 crumpets with hazelnut spread**



**2 slices of toast with jam and 200mls of milk**



**Hot chocolate made with milk and 3 rye crackers with spread**

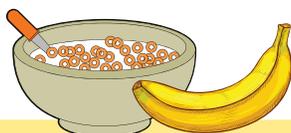


### Examples of a 50g carbohydrate bed time snack

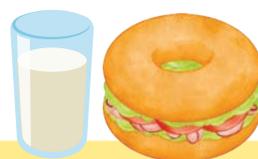
**Granola with fruit and yoghurt**



**Cereal with milk and banana**



**Bagel and 200mls of milk**



**Scone and 150mls of fresh fruit juice**



Visit our website for more nutrition leaflets.

[www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets](http://www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets)