

DIET

RECOMMENDATIONS

FOR LIVER
CIRRHOSIS
PATIENTS





Introduction

What is Liver?

Liver is a dark reddish-brown organ that weighs about 3 pounds. It is located on the upper right portion of the abdomen.



What are the functions of the liver?



Digestion: The liver produces bile (a yellow fluid) which plays an important role in digestion, especially in breaking down fats.



Blood Sugar: The liver converts the excess glucose in the body into glycogen for storage and to balance glucose as needed.



Detoxification: The liver clears the blood of drugs and other poisonous substances.



Immune Function: Liver resists infections by making immune factors and removing bacteria from the blood stream.



Introduction

Liver Diseases and its characteristics and/or signs and symptoms

NAFLD

- Non-alcoholic fatty liver disease is a condition wherein excess fat builds up in the liver. NAFLD is more likely to develop if a person is obese and/or has type 2 diabetes.

ARLD

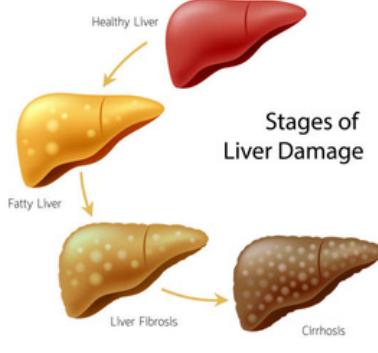
- Alcohol related liver disease is the effect of excess intake of alcoholic beverages.

HEPATITIS

- Hepatitis is a condition wherein the liver is inflamed due to various factors which may be infectious and/or non-infectious.

LIVER CIRRHOSIS

- Liver cirrhosis is the permanent scarring that damages the liver and interferes with its function(s).





Introduction

How can you take care of your liver?



Avoid drinking too much alcohol



Avoid the use of illicit substances



Avoid consuming too much fat and sugary food



Get vaccinated for Hepatitis



Guide to Good Nutrition for Liver Cirrhosis Patients

The daily diet should be planned to include the three food groups:

Energy Giving Foods

Carbohydrates is important in patients with liver disease as it provides energy to the body, and it helps in preserving muscle mass and prevent unintentional weight loss.

It is better to choose a whole grain variety of carbohydrates as it can help lower blood pressure, and bad cholesterol. It can also help in managing blood sugar level and support healthy digestion.

1.A. Carbohydrate rich-foods sources:



Note: Amount to be taken depends on dietary requirements because of their protein content.

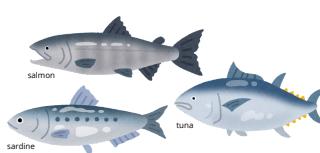
Fat is essential for a healthy diet because it provides energy and helps the body absorb certain vitamins.

In patients with liver cirrhosis, intake of trans fat, fried food, and processed food should be limited. On the other hand, increased intake of omega-3 fatty acids (found in deep sea fish) and monounsaturated fats (found in avocados, olive oil, and nuts) is recommended.

1.B. Fat rich-foods sources:



Monosaturated Fat



Fish containing Omega-Fatty Acids



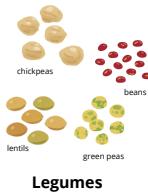
Guide to Good Nutrition for Liver Cirrhosis Patients

Body Building Foods

Protein plays an important role in patients with liver cirrhosis as it helps patients develop PEM (protein energy malnutrition) and muscle wasting.

Plant based protein is better tolerated by patients with liver cirrhosis.

1.A. Plant-based Protein rich-foods sources:



Legumes



Soy Products



Nuts & Seeds

Body Regulating Foods

Fruits and Vegetables are a source of carbohydrates that mostly come from fiber. Fiber works to protect your liver, heart and digestive system.

Foods high in fiber allow you to feel fuller for longer.

Fruits and vegetables are also high in antioxidants, which may help reduce inflammation in your body.

Eating a diet high in fruits and vegetables can help you lose weight and lower your cholesterol and blood pressure.

1.A. Sources:



All Fruits & Vegetables



Recommended diet for Patients with Advanced Stage of Liver Cirrhosis



Aim to drink mostly water, unsweetened tea or coffee. Avoid sugary beverages like soda, juice, lemonade and sports drinks.



Half of your plate should be fruits and vegetables. Aim for non starchy vegetables and whole fruits.



Choose leaner proteins like fish, poultry, beans, and nuts. Limit red meats, cold cuts, bacon and other processed meats.



Choose whole grains like brown rice, oatmeal or whole wheat pasta. Remember portion sizes.



Use olive or canola oil for cooking and on salads. Limit butter and avoid trans fat.

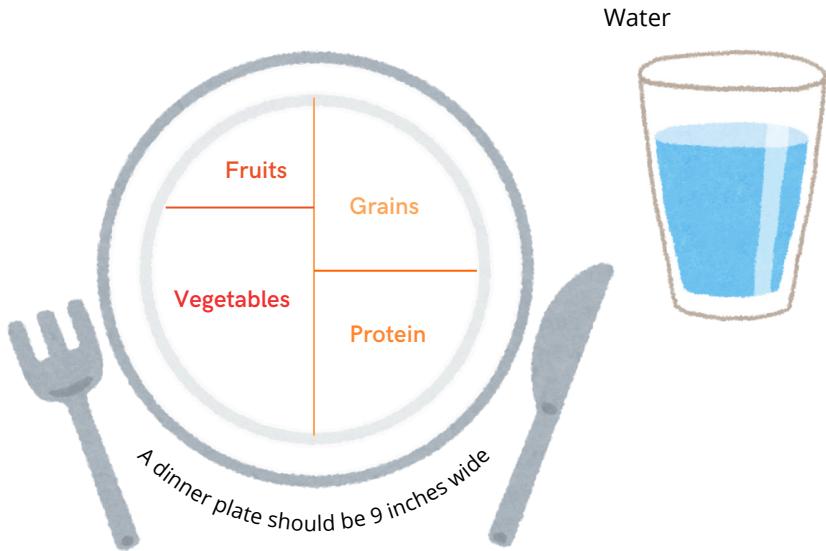


Exercise for at least 30 minutes per day. Go for a brisk walk, do some yard work or even dance! Anything to get your heart beating.



My Plate

What should my plate look like?



Note: Using the plate method allows you to visualize these food groups and the correct portion sizes.

Macronutrients Distribution of One day Sample Meal Plan

2,000 kcal

300 g Carbohydrate

75 g Protein

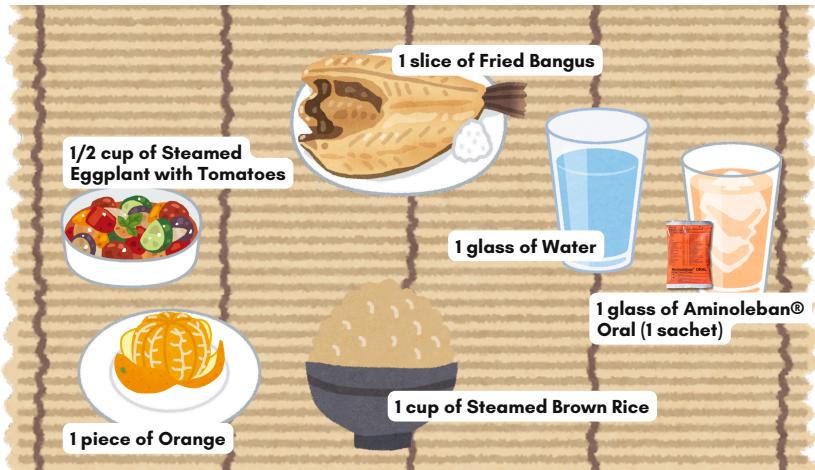
55 g FAT

with Aminoleban® Oral (1 sachet/50g)



Sample Meal Plan for Liver Cirrhosis Patients

Breakfast: *Fried Rice; Fried Bangus with Steamed Eggplant with Tomatoes; and Glass of Water and Aminoleban® Oral*



Recipe:

Fried Bangus with steamed eggplant and tomatoes

- Milkfish or bangus (1 slice or 35 grams)
- Eggplant (1 pc or 30 grams approx.)
- Tomato (1 pc or 15 grams approx.)
- Canola Oil (3 tsp or 15 grams)

Brown rice

- 1 cup or 160 grams, steamed)

Orange ponkan

- 1 pc or 80 grams

Aminoleban® Oral

- 1 sachet, 50 grams



Sample Meal Plan for Liver Cirrhosis Patients

AM Snack: *Pancit Bihon*



Recipe:

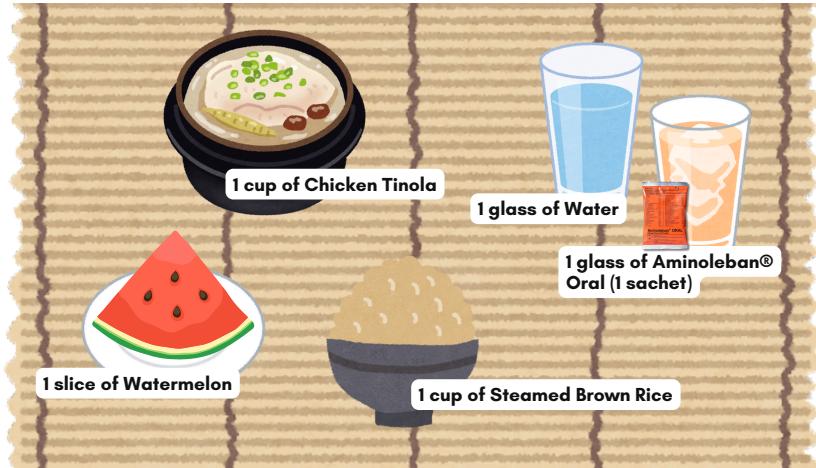
Pancit Bihon

- Bihon (1 cup or 100 grams)
- Onion and Garlic (sauteed)
- Canola oil (1 tsp or 5 grams)
- Water (1/2 cup)
- Mixed vegetables of Cabbage and Carrots (1/2 cup)
- Light Soy sauce (1/8 cup)



Sample Meal Plan for Liver Cirrhosis Patients

Lunch: *Steamed Brown Rice; Chicken Tinola and Sliced Watermelon; a glass of water and Aminoleban® Oral*



Recipe:

Chicken Tinola

- Chicken Breast (2 slice or 60 grams)
- Chayote ($\frac{1}{4}$ cup or 25 grams)
- Malunggay leaves ($\frac{1}{4}$ cup or 25 grams)
- Ginger and garlic (for sauteed)
- Canola oil (1 tsp or 5 grams)

Brown rice

- 1 cup or 160 grams, steamed

Sliced Watermelon

- 1 slice or 150 grams

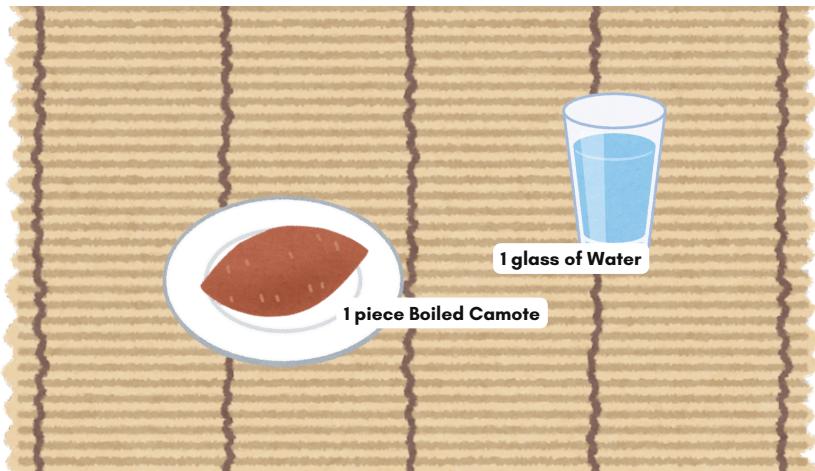
Aminoleban® Oral

- 1 sachet, 50 grams



Sample Meal Plan for Liver Cirrhosis Patients

PM Snack: *Boiled Camote*



Recipe:

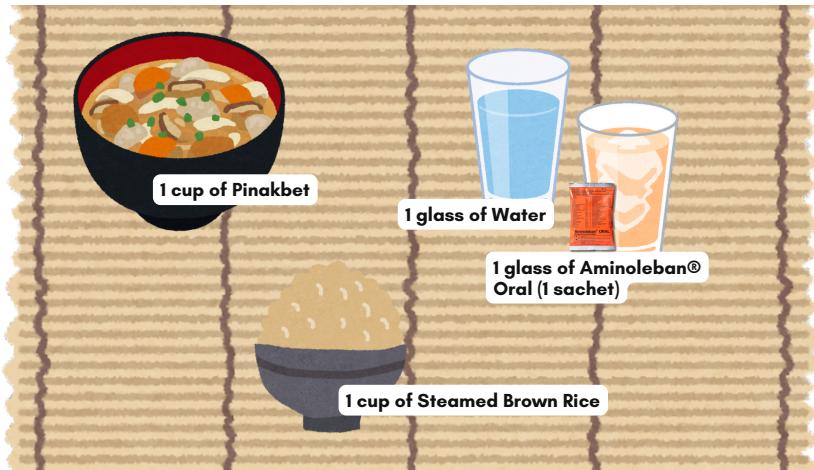
Boiled Kamote

- Kamote (1 Pc or 85 grams)
- Water



Sample Meal Plan for Liver Cirrhosis Patients

Dinner: *Steamed Brown Rice; Pinakbet and Orange; and a glass of water and Aminoleban® Oral*



Recipe:

Pinakbet

- $\frac{1}{2}$ cup of mixed vegetables (String beans, Eggplant, Okra, Squash)
- Pork lomo lean (1 slice or 35 grams)
- Canola oil (2 tsp or 10 grams)

Brown rice

- $\frac{1}{2}$ cup or 80 grams, steamed

Aminoleban® oral **

- 1 sachet, 50 grams

*** 1 sachet Aminoleban® oral can also be taken before bed time instead of Dinner*



Food Alternatives

The following foods can be interchanged freely in the same category. Please use the specified servings so as not to exceed the allowable intake.

Energy Giving Foods

1. Rice Equivalents

Rice A: Low Protein: contains 23g of carbohydrate and zero or negligible protein content

Bihon, 1 cup 100g
or 1 cup Misua 100g
or 1 cup Sotanghon 100g
or 1 pc Kamote (4cm diameter x 9 cm long) 85g
or 1 pc Pichi-pichi (5 cm diameter) 45 g
or 1 pc Suman (8.5 x 3 x 2 cm) 45 g

Rice B: Medium Protein: contains 23g of carbohydrate and 2g of protein

White/Brown rice, 1/2 cup 80 g
or 4 1/2 cups of thin consistency Lugaw 705g
or 3 cups of medium consistency Lugaw 435g
or 1 1/2 cups of thick consistency Lugaw 250g
or 3-4 pcs of Puto puti (4 cm diameter x 2 cm each) 50g
or 1/2 slice of Bibingka (5 x 3 x 2 cm) 40g
or 1 slice of Tikoy (8.5 x 3 x 1.5 cm) 40g
or 1 pc of Tupig (10.5 x 2.5 x 1.5 cm) 35g

This is also equivalent to:

Bakery Products like Mamon Toasted, 3 pcs (5 cm diameter x 1 cm) 25g
or 1/2 of Steamed Bun (5.5 x 6.5 x 3.5 cm) 35g
or 1 pc Hopyang hapon (5.5 diameter x 1.5 cm) 30g
or 1 slice Sponge cake (7.5 x 4 x 4 cm) 35g



Food Alternatives

Rice B: Medium Protein [continued]

This is also equivalent to:

Corn and corn products like Binatog, 1/2 cup 90g
or 1/2 cup of Corn Flakes 25g
or 1 cup of Whole Corn Kernel 160g
or 1/2 cup of Corn on Cob 65g

This is also equivalent to:

Rootcrop like Potato, 1 pc (6 cm diameter x 8 cm) 170g

Rice C: Medium Protein: contains 23g of carbohydrate and 4g of protein

Wheat bread, 1 1/2 pcs (10 x 9.5 x 1.5 cm) 40g
or 1 pc of Ensaymada (6.5 cm diameter x 4 cm) 35g
or 2 pcs of White Loaf bread (7.5 x 6.5 x 1.5 cm each) 35g
or 1 1/2 pcs of Pandesal (7 x 6 x 3.5 cm) 35g
or 1/2 cup of Pasta 70g

Body Building Foods

1. Meat Equivalents

Low Fat Meat: contains 8g of protein and 1g of Fat

Beef lean meat, 1 slice /matchbox (5 x 3.5 x 2 cm) 35g
or 1 slice /matchbox of Pork lomo (5 x 3.5 x 2 cm) 35g
or 1 slice of Chicken breast (5 x 3 x 1.5 cm) 30g

This is also equivalent to:

Fish like Mackerel, 1/2 pc (17 x 4 cm) 35g
or 1 slice of Bangus (4.5 x 6 x 1.5 cm) 35g
or 1/2 pc of Dalagang bukid (11 x 4 cm) 35g



Food Alternatives

Low Fat Meat [continued]

- or 1 pc of Galunggong (13 x 3 cm) 35g
- or 2 pcs of Sapsap (8.5 x 3.5 cm each) 35g
- or 1/2 slice of Tambakol (9 x 6 x 1.5 cm) 35g
- or 2 pcs of Sardine (12.5 x 3 cm each) 30g
- or 1/2 slice of Tilapia (15.5 x 6 cm)
- or 1/2 slice of Tulingan (9 x 6 1/5 cm) 35 g

This is also equivalent to:

- Seafoods like Alimango laman, 1/3 cup (10.5 x 7 x 4 cm) 50g
- or 1/3 cup of Alimasag laman (9 x 5 cm) 40g
- or 2 pcs of Squid (11 x 3 cm each) 50g
- or 1/2 pc of Sugpo (23 x 2.5 x 3.5 cm) 40g

Medium Fat Meat: contains 8g of protein and 6g of Fat

- Beef chuck lean meat, 1 slice /matchbox (5 x 3.5 x 2 cm) 35g
- or 1 pc of Chicken leg (11 x 4 cm) 35g
- or 1 pc of Chicken thigh (11.5 x 4 cm) 35g
- or 1 pc of Chicken wings 35g
- or 1 pc medium Chicken egg (4.5 diameter x 5.5 cm) 55g
- or 1/2 cup of Tofu (8.5 x 3 x 3 cm) 100g
- or 1 pc of Tokwa (5 x 5.5 x 2 cm) 70g

Body Regulating Foods

1. Fruit Equivalents

Fruits: contains 10g of carbohydrate and 40 calories, negligible protein

- Chico, 1 pc (4 cm diameter) 45g
- or 2 pieces of Dalanghita (6 cm diameter each) 135g
- or 3 pcs of Orange Kiat kiat (4.5 cm diameter each) 80g
- or 1 pc of Orange Ponkan (7 cm diameter AP) 80g
- or 10 pieces of Grapes (2 cm diameter each) 55g



Food Alternatives

Fruits [continued]

- or 7 pieces of Lansones (4 x 2 cm each) 70g
- or 3 pieces of Mangosteen (6 cm diameter each) 55g
- or 8 pieces of Rambutan (3 cm diameter each) 50g
- or 1 1/4 ¼ cups of Strawberries 165g
- or 1 slice of Watermelon (12 x 6 x 3 cm) or 1 cup 140g
- or 1 slice of Melon (16 x 6.5 x 2 cm) 200g

2. Vegetable Equivalents

Group A Vegetables: Negligible calories; Negligible protein

1 cup raw or ½ cup cooked

Alugbati, Ampalaya, Baguio beans, Bamboo Shoot, Banana heart, Beets, Cabbage, Cauliflower, Camote leaves, Sayote, Cucumber, Eggplant, Gabi leaves, Kangkong, Katuray, Lettuce, Malunggay, Mushroom, Okra, Papaya (green), Patola, Petsay, Radish, Saluyot, Sigarilyas, Spinach, Squash (leaves and flowers), Sitsaro, Tomato, Upo

Group B Vegetables: contain 3g of carbohydrate, 1g of protein and 16 calories

1 cup, cooked or raw

Carrot, Coconut shoot (ubod), Kalamansi, Mungbean sprout (toge), Squash fruit, String beans



Mga Gabay sa Pagtimpla ng Aminoleban® Oral

Dosis at Paraan ng Pag-inom

Ang karaniwang dosis ay 50 g (1 pakete) ng Aminoleban® Oral tatlong beses sa loob ng isang araw.

Ang kainamang dosis na 150 g (3 pakete) ng Aminoleban® Oral sa loob ng isang araw ay nagbibigay ng 40.5 g na protina at kabuuang 630 kcal.

Ang pang-araw-araw na inumin ay dapat naaayon sa kondisyon at edad ng pasyente. Kung kinakailangan ng mas maraming protina at enerhiya ang kakulangan ay magibibigay sa tama at sapat na pagkain ng pasyente.



Mga dapat sundin sa Pag-inom ng Aminoleban® Oral

- Tunawin sa maligamgam na tubig ang Aminoleban® Oral bago inumin. Kung kinakailangan, ang tinunaw na Aminoleban® Oral ay maaaring ilagay sa isang malamig na lugar na hindi lalabis sa sampung oras.
- Upang maiwasan ang pagbabago ng protina, iwasan ang paggamit ng kumukulong tubig sa pagtunaw ng Aminoleban® Oral.
- Kung gagamit ng “mixer” sa pagtunaw, haluin ang solusyon ng marahan at ng hindi hihigit sa isang minuto



Mga Gabay sa Pagtimpla ng Aminoleban® Oral

Paano Palamigin ang Solusyon

Tunawin sa katamtamang dami ng maligamgam na tubig ang Aminoleban® Oral at palamigin sa pamamagitan ng pag lagay ng yelo.

Babala: Ang kaukulang pag-iingat ay dapat gawin upang maiwasan ang pagtatae matapos uminom ng malamig na Aminoleban® Oral.

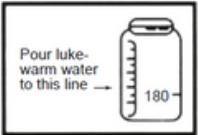
Paano Palabnawin and Solusyon

- Ang 50g (1 pakete) ng Aminoleban® Oral ay maaaring tunawin sa 180 mL na maligamgam na tubig.
- Babala: Obserbahan ang pagkakaroon ng “ascitis” sanhi ng pag-inom ng maraming tubig.

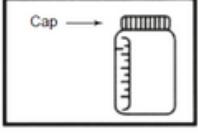


Mga Gabay sa Pagtimplang Aminoleban® Oral

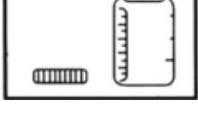
How to prepare Aminoleban® Oral

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1 Pour lukewarm water (about 50°C) until the 180 mL level (about 1 cupful). *Warm water can be easily obtained by mixing half boiling water and half cold water.*
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2 Pour 50 g (1 sachet) of Aminoleban® Oral into the plastic container.
- 

3 Cap → Tightly close the container cap. (If the cap loose. The solution can leak from the container).
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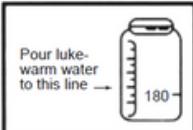
4 Shake thoroughly.
- 

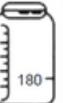
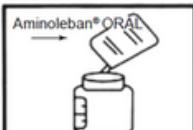
5 Makes 200 mL of Aminoleban® Oral solution (about 1 kcal/mL).



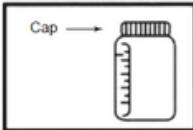
Mga Gabay sa Pagtimpla ng Aminoleban® Oral

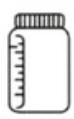
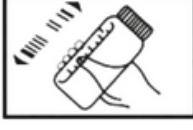
Paano Ihanda ang Aminoleban® Oral

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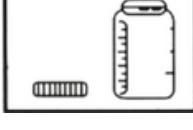
1 Sa isang plastic na lalagyan, lagyan ng maligamgam na tubig hanggang 180 mL lebel (isang tasang tubig).
Pour luke-warm water to this line → 
- 

2 Isalin ang 50 g(1 pakete) ng Aminoleban® Oral.

- 

3 Higpitang mabuti ang takip ng plastic sa lalagyan upang maiwasan ang pagtagas o pagtapon ng solusyon.
Cap → 
- 

4 Kaluging mabuti (sa banayad na paraan) ang solusyon hanggang sa ganap na matunaw ang Aminoleban® Oral.

- 

5 Makagagawa ng 200 mL ng Aminoleban® Oral solusyon (1 kcal/mL).


Amino Acids + Vitamins
+ Minerals

Aminoleban® ORAL

ORANGE FLAVORED POWDER
FOOD FOR SPECIAL MEDICAL PURPOSES
FOR THE DIETARY MANAGEMENT OF PATIENTS
WITH HEPATIC IMPAIRMENT (REFORMULATED)

ONLINE NUTRITION COUNSELLING PROGRAM

Are you in need of a specific diet plan
to meet your nutritional needs?

Worry no more as  Otsuka brings you:

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