

# Viral Hepatitis and Liver Disease

## Eating tips for people with cirrhosis

### Cirrhosis for Patients

A good diet and healthy weight will limit the complications and progression of liver disease. It can help control blood sugar and lower blood pressure decreasing the risk of diabetes mellitus and cardiovascular disease. Better diet choices boost your immune system preventing infections. This section is divided into diet information in early liver disease and advanced liver disease. You should ask your health care provider if you have early or advanced liver disease to determine which section is best for you. The choice of beverages and use of nutritional supplements, vitamins, minerals and special considerations are also included.

- [Nutrition in Early Liver Disease \(/cirrhosis/patient/nutrition-early.asp\)](#)
- [Nutrition in Advance Liver Disease \(/cirrhosis/patient/nutrition-ald.asp\)](#)

If you have any stage of liver disease, ask your health care provider for a referral to a registered dietitian, who can create a diet specific to your needs.

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