

WHAT TO EAT WHEN YOU HAVE CIRRHOSIS

Protecting liver function and preventing complications through diet.



ADEQUATE PROTEIN INTAKE

- Protein prevents muscle loss
- Include lean meats, fish, eggs
- Add plant proteins if tolerated
- Discuss protein needs with your specialist



SODIUM AWARENESS

- Limit sodium intake
- Avoid processed and canned foods
- Read nutrition labels carefully
- Helps reduce fluid retention



SMALL FREQUENT MEALS

- Eat smaller meals throughout the day
- Bedtime snack may help maintain muscle
- Prevent prolonged fasting
- Supports stable energy levels



AVOID ALCOHOL COMPLETELY

- Alcohol accelerates liver damage
- Even small amounts can worsen cirrhosis
- Complete abstinence is essential



Nutritional management is a **key part of cirrhosis care.**



Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns.



Sources: AASLD Practice Guidance on Cirrhosis
EASL Clinical Practice Guidelines
Guidelines on Nutrition in Liver Disease – Health Canada