

## **How to print and fold this pocket guide:**

1. Print all pages of the “Cirrhosis Diet Pocket Guide.”
2. Fold the first page in half. Do this by folding the top half of the sheet behind the bottom half of the sheet (using the horizontal line running above the “Cirrhosis Diet Pocket Guide” title as your folding line).
3. Fold the page again, along the vertical line running through the middle of the page to form a book.
4. Follow the same folding pattern for page two.
5. Staple the two folded booklets together with the first page being the “Cirrhosis Diet Pocket Guide” page.

Low	Fresh fruits and vegetables	Canned vegetables, olives, pickled foods, sauerkraut
High	Fresh meats, fish, poultry	Canned tuna/chicken, some frozen meats, jerky, smoked meats and fish, deli meat and cheese, bacon, frozen dinners
	Plain rice, quinoa, lentils, beans, pasta	Canned beans, seasoned rice/pasta, Ramen noodles, baking mixes
	Homemade soups and broths	Canned soups, broths

Low vs. high sodium foods

Low	Oil, vinegars, lemon juice, spices, herbs	Salad dressing, soy sauce, teriyaki sauce, hot sauce, ketchup, mustard, BBQ sauce
High	Unsalted nuts/seeds, unsalted chips and pretzels, plain popcorn kernels	Salted nuts, seeds, regular chips, salted pretzels, microwave popcorn

Low vs. high sodium foods (continued)

### Low sodium tips when dining out

- Get sauces, dressings, gravies, etc. on the side
- Ask for olive oil and balsamic vinegar as a dressing
- Ask for foods to be unseasoned or without extra salt added
- Avoid fried and breaded foods
- Avoid very cheesy dishes
- Use condiments sparingly
- Watch out for salad toppings such as bacon bits, croutons, cheese, olives, pickles, salted nuts or seeds
- Try to limit eating out in general to once per week or less
- Some restaurants/fast food places have nutrition facts listed online. Check for low sodium options before you go
- Avoid the salt shaker

### Cirrhosis Diet Pocket Guide

#### Low sodium basics

- Limit sodium to 2,000mg per day or less
- 1 teaspoon of salt = 2,300mg of sodium
- Pink salt, sea salt, etc. have the same amount of sodium as regular salt
- Avoid salting your food during and after cooking
- Avoid salt-substitutes such as No-Salt and Nu-Salt
- If eating 3 meals and 1-2 snacks per day, aim for 600mg of sodium per meal and 100mg of sodium per snack
- Try to choose fresh, natural foods as much as possible. The less processed, the less sodium!



Always read your food labels! This is the easiest way to know how much sodium is in food.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Amount Per Serving	
Calories 230	
Calories from Fat 40	
% Daily Value*	
Total Fat 8g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 160mg	
Total Carbohydrate 37g	
Dietary Fiber 4g	
Sugars 1g	
Protein 3g	
Vitamin A	
Vitamin C	
Calcium	
Iron	
Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	8g
Less than	20g
Sat Fat	2g
Less than	5g
Cholesterol	0mg
Less than	30mg
Sodium	240mg
Less than	37g
Total Carbohydrate	37g
Less than	30g
Dietary Fiber	25g
Less than	30g
Sugars	1g
Protein	3g
Less than	5g
Total Fat	8g
Less than	30g
Saturated Fat	1g
Less than	30g
Trans Fat	0g
Cholesterol	0mg
Less than	30g
Sodium	240mg
Less than	30g
Total Carbohydrate	37g
Less than	30g
Dietary Fiber	25g
Less than	30g
Sugars	1g
Protein	3g
Less than	5g
Total Fat	8g
Less than	30g
Saturated Fat	1g
Less than	30g
Trans Fat	0g
Cholesterol	0mg
Less than	30g
Sodium	240mg
Less than	30g
Total Carbohydrate	37g
Less than	30g
Dietary Fiber	25g
Less than	30g
Sugars	1g
Protein	3g
Less than	5g

How to read a nutrition facts label

This label shows 160mg of sodium in 2/3 cup

Then look at sodium

Always look at serving size first



- Meat
- Poultry
- Fish
- Eggs
- Milk
- Yogurt
- Cheese
- Beans
- Lentils
- Quinoa
- Tofu
- Nuts
- Seeds

Good protein examples

### Protein snack ideas

- Whole wheat pita and hummus
- Plain yogurt with fruit
- Orange and a handful of unsalted nuts
- Low sodium cheese and whole grain crackers
- Whole grain bread with peanut butter
- Hard-boiled egg and berries
- Apple or banana with peanut butter
- Low sodium cottage cheese with peaches
- Unsalted nuts and dried fruit trail mix
- Plain yogurt with granola

(Protein snack ideas continued)

- Celery with peanut butter and raisins
- Tuna or chicken salad on whole grain bread
- Nutritional supplement (Boost, Ensure, etc.)

### High protein tips

- Eat a protein source with every meal and snack
- Aim for at least 1 gram of protein per kilogram of body weight
- Consume a bedtime snack containing protein
- Try nutritional supplements such as Boost, Ensure, or Premier Protein or protein powders if you are not able to eat enough protein