



ADVANCED LIVER DISEASE DIET

This diet can be modified as needed. If you have end-stage kidney disease, consult with that specialist on how to modify this diet.

This diet consists of increasing your intake of antioxidants and protein. This diet is like a Mediterranean diet. This list is a guide to provide options; however, you are **not** limited to these foods only.

General Recommendations

1. Vitamin D3: 2,000 units a day (unless otherwise instructed by your doctor).
2. Zinc 50 mg a day (stop if you develop nausea).
3. Acetaminophen/Tylenol OK: No more than 2,000 mg a day.
4. AVOID NSAIDS (Motrin, Aleve, ibuprofen, naproxen, diclofenac, Celebrex, meloxicam).
5. Take ornithine aspartate (can be found on Amazon) as instructed on the package if recommended by your healthcare provider to help treat your hepatic encephalopathy (toxin build-up).
6. Abstain from alcohol, no amount is safe.
7. If possible, avoid Augmentin, Macrobid, and minocycline.
8. Low sodium diet (<2,000mg sodium a day, which about ½ tsp of salt a day).
9. Protein intake recommendation, should be 75-100g of protein a day (prefer plant-based protein powders, and nutritional drinks, like Ensure with protein)
10. Frequency of meals with protein. Should be every 3-4 hours and at bedtime (need protein snack right before bedtime) and set an alarm to wake up no later than 6 hours to eat a protein snack.

Vegetables

Cruciferous Vegetables

Broccoli
Brussel sprouts
Cauliflower
Bok choy
Napa cabbage
Chinese cabbage
Swiss chard
Arugula
Watercress
Collard greens
Kohlrabi
Kale
Green & red cabbage
Radicchio
Raw sauerkraut
Kimchi

Other Vegetables

Nopales (cactus)
Celery
Onions
Leeks
Chives
Scallions
Chicory
Carrots (raw)
Carrot greens
Artichokes
Beets (raw)
Radishes
Daikon radish
Sunchokes
Hearts of palm
Cilantro
Okra
Asparagus
Garlic
Mushrooms

Leafy Greens

Romaine lettuce
Red & green leaf lettuce
Mesclun (baby greens)
Butter lettuce
Fennel
Spinach
Endive
Dandelion greens
Mizuna
Escarole
Mustard greens
Parsley
Basil
Mint

Legumes

Peas
Sugar snap peas
Green beans
Other legumes
Chickpeas (including hummus)
Edamame
Pea protein
All beans, including sprouts
All lentils

Fruits

Avocados
Blueberries
Blackberries
Raspberries
Strawberries
Cherries
Goji berries
Crispy pears (Anjou, Bosc, Cornice)
Pomegranates
Kiwis
Apples
Citrus (no juices)
Nectarines
Peaches
Plums
Apricots
Figs
Dates
Cucumbers
Zucchini
Pumpkins
Squashes (any kind)
Melons (any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers

Foodles (Pasta)

Cappello's pastas
Pasta Slim
Shiraataki noodles
Kelp noodles
Miracle noodles
Kanten pasta
Miracle rice
Korean sweet potato noodles
Banza chickpea pastas
Chickpea, lentil, and other legume pastas are okay

Oils

Algae oil (Thrive culinary brand)
Olive oil
Coconut oil
Macadamia oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Red palm oil
Rice bran oil
Sesame oil
Flavored cod liver oil

Vinegars

All (without added sugar)

Herbs & Seasonings

All **except** chili pepper flakes
Miso

Olives

All

Sweeteners

Stevia (SweetLeaf is good)
Just Like Sugar (chicory root)
Inulin
Yacon
Monk fruit
Luo han guo (Nutresse brand)
Eryitrol (Swerve is good. Also contains oligosaccharides)
Xylitol
Pure maple syrup (limited)
Honey (limited)

Dark Chocolate

72% or greater (1 oz. per day)

Ice Cream

Coconut-milk dairy-free frozen desserts (So-Delicious blue label only has 1 gram of sugar)
LaLoo's goat milk ice cream
Nada Moo (coconut milk based)

Nuts & Seeds

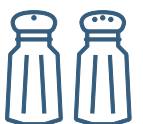
Limit to ½ cup per day
Macadamia nuts
Walnuts
Pistachios
Pecans
Coconut (not coconut water)
Hazelnuts
Chestnuts
Brazil nuts (in limited amounts)
Pine nuts (in limited amounts)
Flaxseeds
Hemp seeds
Hemp protein powder
Psyllium
Pumpkin
Sunflower
Chia
Peanuts
Cashews

Energy Bars

Quest bars: Lemon cream pie, banana nut, strawberry cheesecake, cinnamon roll, and double chocolate chunk
B-Up bars (sometimes found as Yup bars): Chocolate mint, chocolate chip cookie dough, and sugar cookie only
Human Food Bar (humanfoodbar.com)
Adapt bar: Coconut and chocolate (adaptyourlife.com)
Fast Bar (fastbar.com)

Flours

Coconut
Almond
Hazelnut
Sesame (and seeds)
Chestnut
Cassava
Green banana
Sweet potato
Tiger nut
Grape seed
Arrowroot
Chickpea
Birch Benders pancake/waffle mix



Starches & Carbs

Sourdough bread (1 slice) 2-3 times per week or less
Whole grain bread 1-2 slices per week or less
Siete brand tortillas (cassava, coconut, or almond)
Ivory teff flour tortillas
Bread and bagels made by Barely Bread
Julian Bakery Paleo Wraps (made with coconut flour) and Paleo Coconut Flakes Cereal

In Moderation

Green plantains
Green bananas
Baobab fruit
Cassava (tropical)
Sweet potatoes or yams
Rutabaga
Parsnips
Yucca
Celery root (celeriac)
Glucomannan (konjac root)
Persimmon
Jicama
Taro root
Turnips
Tiger nuts
Green mango
Millet
Sorghum
Green papaya

Dairy Products*

1 oz. cheese or 4 oz. yogurt per day
Real parmesan (Parmigiano-Reggiano)
French/Italian butter
Buffalo butter (at Trader Joe's)
Ghee
Goat yogurt (plain)
Goat milk creamer
Goat cheese
Goat/Sheep kefir
Sheep cheese or yogurt (plain)
Coconut yogurt
French/Italian cheese
Switzerland cheese
Buffalo mozzarella (Italy)
Whey protein powder
Casein A-2 milk (as creamer only)
Organic heavy cream
Organic sour cream
Organic cream cheese
A2 cow's milk (limit or avoid)

Fish**

Any wild caught. 4 oz. or less.
Whitefish
Freshwater bass
Alaskan halibut
Canned tuna
Alaskan salmon
Hawaiian fish
Shrimp
Crab
Lobster
Scallops
Calamari/squid
Clams
Oysters
Mussels
Sardines
Anchovies

Pastured Poultry**

Not free-range. 4 oz. or less. 1 to 2 times per week.
Chicken
Turkey
Ostrich
Pastured or omega-3 eggs
Duck
Goose
Pheasant
Grouse
Dove
Quail

Red Meat**

Grass-fed and grass-finished. 4 oz or less. 1 to 2 times per month.
Bison
Wild game
Venison
Boar
Elk
Pork (humanely raised)
Lamb
Beef
Prosciutto

Plant-Based Proteins

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets, Turk'y Roast, Bacon-Style slices
Hemp tofu
Hilary's Root veggie burgers
Tempeh (grain-free only)
Soy/soy protein
Textured vegetable protein (TVP)

The "NO" List

Corn (limited)
Refined grains
Fruit juices
Sugary drinks
Processed meats
Cold cuts
Bacon
Butter
Refined starchy foods
Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flour
Crackers
Cookies
Cereal
Sugar
Agave
Sweet One or Sunett (Acesulfame K)
Splenda (Sucralose)
NutraSweet (Aspartame)
Sweet'n'Low (Saccharin)
Diet drinks
Maltodextrin
Processed foods
Fast food
High fructose corn syrup (foods and drinks)

Alcohol

Abstain from alcohol or any products that may contain alcohol.

