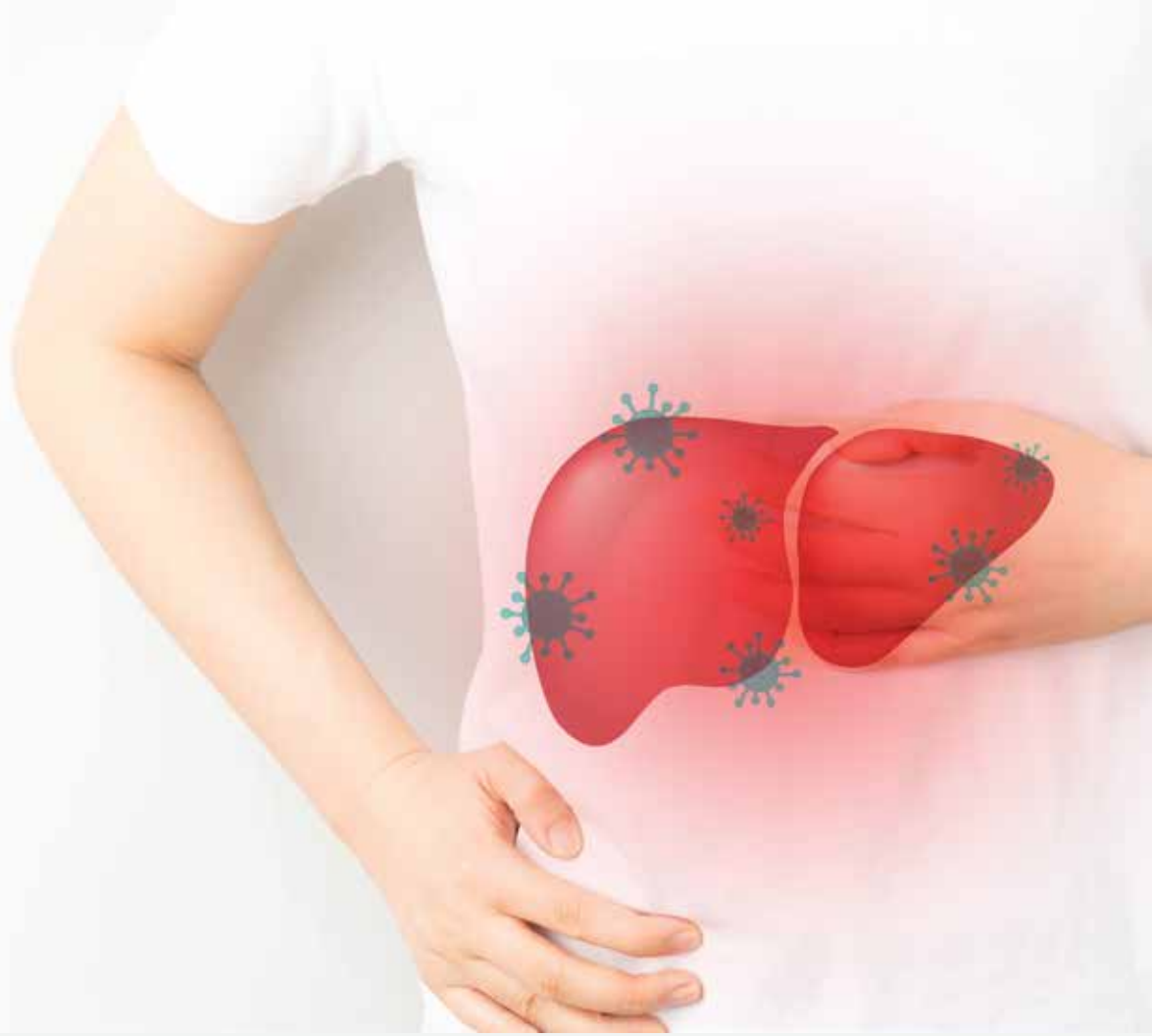
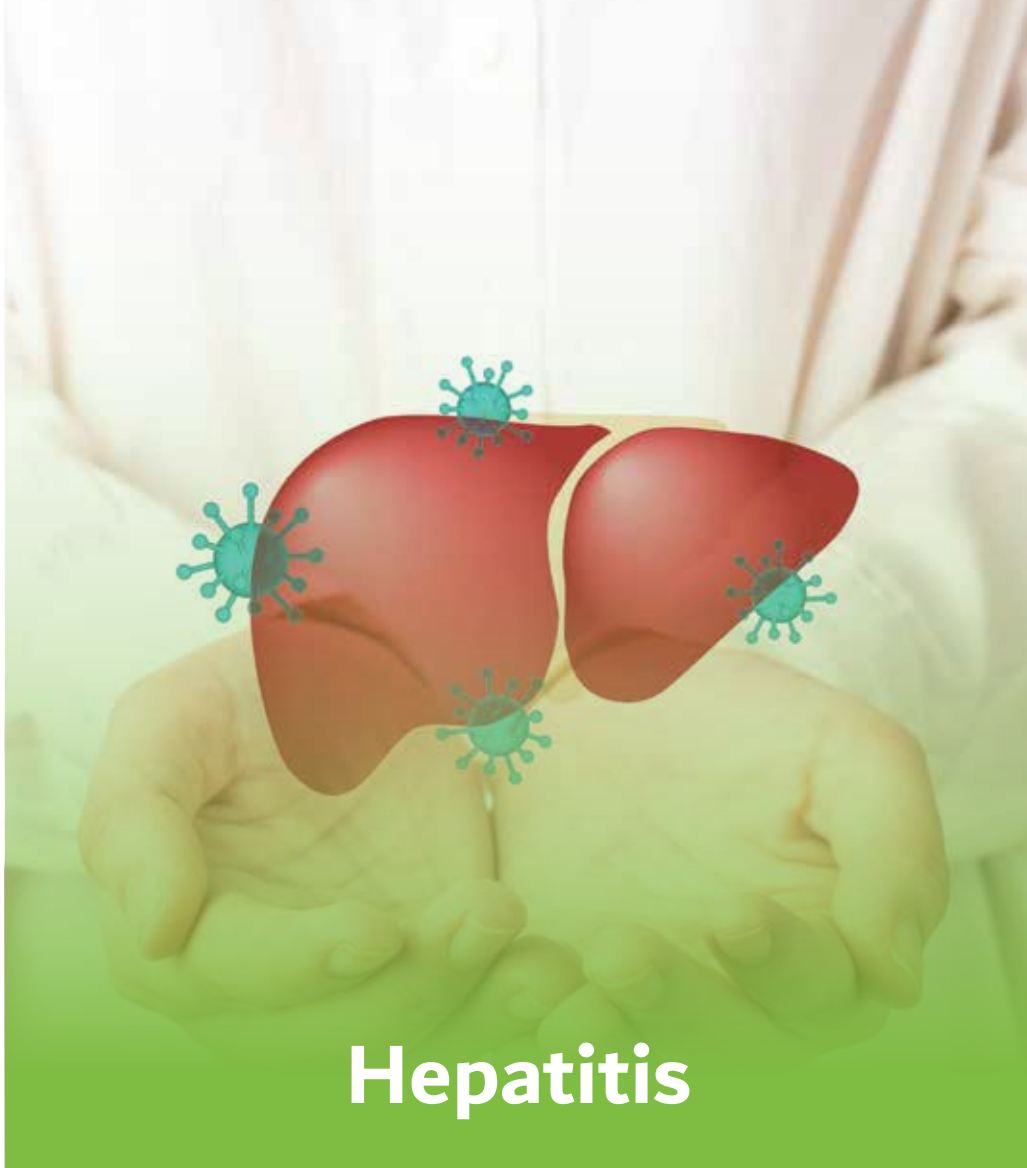


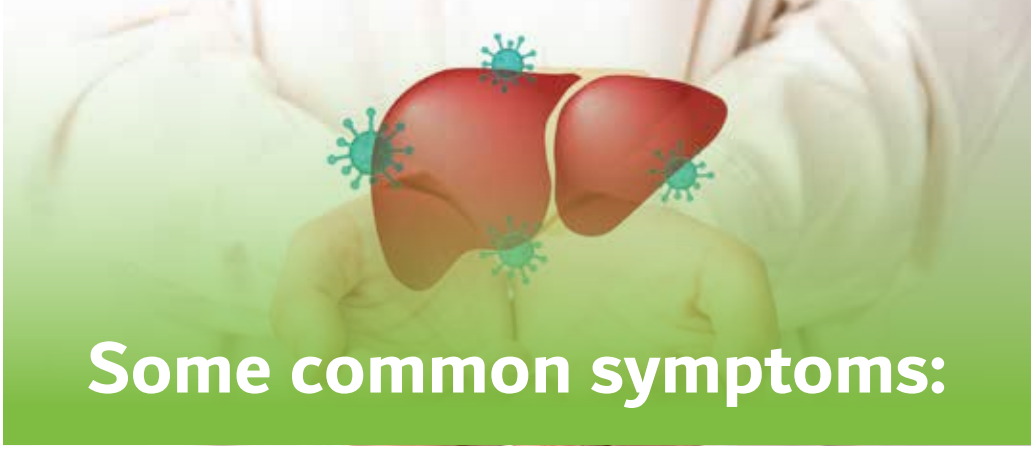
Nutrition Advice for Hepatitis Patients





Hepatitis

Hepatitis due to a viral infection that affects the liver, leads to inflammation of liver tissue, liver damage, or liver failure, which may be temporary or chronic.



Some common symptoms:



Nausea



Fever



Fatigue



Vomiting



Dark urine



How does a healthy diet help your liver?

A healthy balanced diet is recommended for rapid recovery and liver revitalization and to relieve or treat symptoms of hepatitis. The diet also differs from person-to-person based on the symptoms associated with the disease.

A healthy diet helps your liver function well. Conversely, an unhealthy diet can increase symptoms of hepatitis and can cause more damage to it.



Some dietary and general tips to consider:

1 Be sure to eat the following foods:



Whole grains: Contains dietary fiber to improve digestion.



Fruits and vegetables: rich in essential nutrients and antioxidants to protect liver cells from damage.



Healthy fats: olive oil, canola oil, coconut oil, soybean oil, nuts, linseed, avocado, sesame. Consume in moderate quantities.



Fish: Eat fish at least twice a week. Fish is rich in omega-3 fatty acids (e.g. salmon and tuna).



Proteins are important in fighting infections: Consume milk and its derivatives and eat lean meats, beans, eggs, and soy products.



Choose foods that contain less sodium: and reduce sodium intake, and cook foods with minimal salt.



Some dietary and general tips to consider:

2 Reduce/avoid eating the following foods:

- Butter
- Cream
- Fried foods
- Fast food
- Salty foods: Cause edema and high blood pressure.
- Processed meat: Negatively affects the liver and is relatively devoid of nutrients.

3 Avoid eating raw foods:

such as not well-cooked oysters and fish, as they increase inflammation and liver damage if it is not cooked well.

4 Do not eat unclean foods and wash them well, especially vegetables and fruits.



Some nutritional and general tips to consider:

5 Be careful about iron:

Some people with hepatitis C have higher than average iron levels in the body. In this case, your doctor may ask you to eat fewer iron-rich foods, such as red meat, liver, and iron-fortified cereals. You should also avoid cooking with iron-coated cookware because the iron from the pots gets absorbed into the food.

6 Drink enough water: (drink at least eight glasses of water per day.)

7 Exercise:

Regular exercise helps improve appetite, relieves some side effects of hepatitis medications if you are taking them, and boosts your immune system.



A Healthy Diet
A Healthier Liver
A Healthier You