

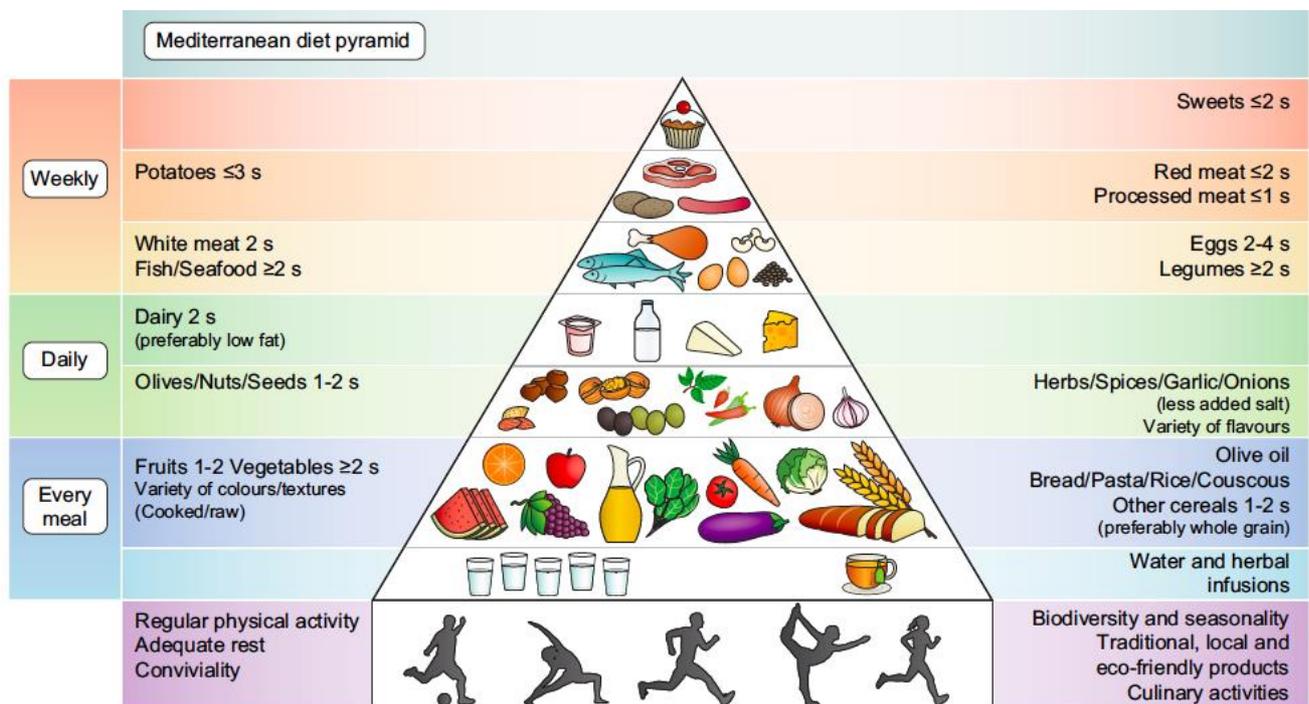
Nutrition & Food Insecurity in Liver Disease

Nutrition and Liver Disease

The best way to manage liver disease (including Hepatitis C) is to focus on a healthy lifestyle. While this information is useful for most people, other dietary advice may be required if you have cirrhosis or unintentional weight loss.

- Eat a healthy balanced diet and avoid alcohol
- Engage in regular physical activity
- Maintain a healthy body weight
- If overweight, aim for 7-10% weight loss to prevent disease progression

A Mediterranean diet is one of the best dietary patterns to follow for liver health. It has been shown to reduce the amount of fat in the liver, and most importantly, it is tasty and easy to follow! The Mediterranean diet is a mostly plant-based diet that includes a large amount of vegetables and fruits, nuts, seeds and legumes, wholegrains, fish and seafood, and small amount of red meat and processed foods.



Francque S, et al JHEP Rep. 2022; 3(5): 100322. s, servings

Stretching the food budget

Research has shown that a Mediterranean diet can cost the same price or cheaper than a typical Western diet, but it might need a little more forward planning. To help your food budget stretch a little further, here are some tips to plan, purchase and prepare you meals.

1. Plan

- Create a budget
- Plan weekly meals and snacks
- Include high protein vegetarian meals using tinned legumes
- Make a shopping list

2. Purchase

- Shop with a full stomach to avoid impulse buying
- Compare prices and look for sale items
- Look for generic brand names
- Be flexible and adapt to weekly discounts
- Purchase staple foods in bulk where possible
- Purchase frozen fruit and vegetables when it is cheaper than fresh
- Avoid spending money on discretionary foods/drinks

3. Prepare (& pack away)

- Make more food from scratch using herbs and spices
- Extend meals by added legumes and extra vegetables
- Use all edible portions of vegetables (e.g. broccoli stalks)
- Cook meals in bulk, pack leftovers in freezer containers
- Drink water instead of juice or sweet drinks

Quick, budget-friendly meal ideas

- Cook an omelette or scrambled eggs with chopped fresh or frozen vegetables. Serve with wholemeal toast.
- Open a can of salmon or tuna, drain and stir through cooked pasta. Add frozen peas/spinach or other vegetables. Cook until warm.
- Cook a piece of chicken. Serve with brown rice and sautéed frozen vegetables.
- Open a can of salt reduced tomato soup. Add frozen vegetables and a can of drained beans. Serve with wholemeal toast.

Tips to save money and avoid food waste

Make your own frozen meals

- Double usual portions and freeze half
- Put soups/stews in freezer containers for quick meals

Keep an eye on your portion sizes

- Measure foods like pasta and rice before cooking - this will help save money and prevent overeating

Limit eating out/buying on the go

- Convenience foods cost more per portion and are less healthy than food cooked at home

Keep a supply of frozen or canned vegetables and legumes

- These foods have a long shelf-life, can be used when needed, and will not go off

Food waste apps

- Too Good To Go
 - <https://www.toogoodtogo.com/en-ca>
 - Purchase surplus food from restaurants, cafes and grocery stores at a discounted price
 - Reserve a “surprise bag” from a selected business
- Flashfood
 - <https://www.flashfood.com>
 - Purchase food approaching its best before date from grocery stores at a discounted price
 - Includes mixed produce bags (fruit, vegetables, meat, bread)
- B12Give
 - <https://www.b12give.ca>
 - Founded in 2019 to fight hunger in the Greater Toronto Area by diverting food waste
 - Restaurants and businesses notify B12Give through the app when they have surplus food
 - The company picks it up and distributes it to local shelters and charities



Food banks and community food programs

- Food banks and community food programs aim to provide free or low-cost food for individuals or families in need on an ongoing, seasonal or emergency basis
- Services may include food banks, community gardens, good food boxes, youth nutrition programs, and nutrition education programs
- For more information on opportunities visit:
<https://www.torontocentralhealthline.ca/listservices.aspx?id=10572>