

Liver cirrhosis-Cirrhosis is a condition in which there is destruction of the liver cell due to necrosis, fatty infiltration and fibrosis. The change in cirrhosis is wide spread liver cell necrosis due to viral hepatitis or alcohol consumption etc. A high calorie, high protein, high carbohydrate diet helps in regeneration of liver.

Sample diet plan for a day:

Meal	Time	Menu	Quantity
Early morning	8:00	normal tea with arrowroot biscuits	1 cup 2 in no
Breakfast	9:30	Sago porridge, papaya	1 bowl 1 small bowl
Mid morning	11:30	Sweet potato boiled	1 bowl
Lunch	1:30	Vegetable pulao curd	1 plate 1 small bowl
evening	4:00	Fruit juice Sweet vermicelli with milk	1 glass 1 small bowl
Dinner	7:30	Baked macaroni Baked vegetables Tomato soup	1 bowl 1 bowl 1 bowl

Dietary guidelines: High protein and high carbohydrate diets should be given to regenerate liver cells. Fluid and electrolyte balance should also be correct. Soft foods are preferably given. Low fibre foods should be selected.

Food choices:

Foods to Include	Foods to avoid
Simple sugars, fruits, juices, starches, low fibre cereals, root vegetables, low fat milk and milk products	Any kinds of fat like oil, ghee, fried foods, high fibre and complex cereals, high salty food, preserved and canned foods, baked products