



Dietary Principles for Chronic Hepatitis 慢性肝炎飲食原則(英文)

Goal:

Proper diet helps patient with injured liver regenerate and recover, and it also helps reduce chances of liver lesions.

Subject:

Patients with chronic hepatitis B and C.

General principles:

1. Maintain ideal body weight: Obesity may lead to occurrence of fatty liver and the worst scenario is liver inflammation, thus, it is highly recommended that patients control their intake of carbohydrate, protein, and fat.

$$\text{Ideal Body Weight} = \text{BH}(\text{m})^2 \times 22 \pm 10\%$$

2. Six balanced food intake: Balance your food intake of meat, milk, root crops, vegetables, fruit, oils, and fats; increase high-fiber intake and reduce over-refined foods to prevent constipation.
3. Consume at least 5 sorts of vegetables and fruits daily. It is good for you to have vitamin A and C rich yellow-green vegetables and fruits. Consume at least 3 plates of vegetables with 2 servings of fruit. Carotene rich vegetables are highly recommended and they are deep dark leafy vegetables, pumpkin, and carrots; vitamin C-rich fruits like kiwi, guava, and citrus.
4. Use less seasoning; try to bring out layers of flavor with freshness of food, like making use of lemon, mushrooms, onions, garlic.
5. Consume more natural food and avoid moldy food. Consume less spicy stimulating foods with overly added artificial fragrances; do

- not eat too much preserved and BBQ foods. Moldy rice, peanuts, and corn generate carcinogenic aflatoxin.
6. Avoid drinking alcohol for it could add burden on your liver and increase risks of liver cancer and cirrhosis.
 7. Avoid excessive use of vitamin; do not go for any prescription given other than your doctor. Inappropriate intake of vitamin could either poison your liver or place burden on your liver; often the so-called exquisite liver supplement is most likely deteriorating your current health condition.
 8. To increase poor appetite, try multiple meals with less amount of food or try food with high nutrient density (like fruit juice, pudding, corn chowder, commercial formula, etc.) to meet the body's nutritional needs.
 9. Lower your intake of high-fat food and avoid fried and deep dried food.
 10. Regulate your daily life and activities; try not to stay up and maintain sound sleep to generate good rest needed for your body.
 11. Moderate exercise helps promote metabolism and prevent constipation.