



Eating Well

A LiverWELL™ Lifestyle Guide



Developed by an accredited dietitian and endorsed by liver health experts and people with lived experience

LiverWELL®

FOREWORD



Melanie Eagle,
Chief Executive Officer, Hepatitis Victoria

Hepatitis Victoria's latest liver disease resource, *The Eating Well: A LiverWELL Lifestyle Guide*, was created as the first of four planned guides to a healthier lifestyle for all, especially those experiencing liver disease. This is more than a recipe book; more a go-to source of information about healthy, balanced recipes with nutritional analysis and sensible health tips. All recipes have been developed in association with the Centre for Education and Research in Environmental Strategies (CERES) by a qualified dietitian and with input from a range of liver health professionals and people with lived experience.



Priscilla Correa,
Dietitian and Nutritionist

The *Eating Well Guide* is a resource that we hope you find practical and useful. We aim to provide valuable health information related to nutrition with simple to make and quick recipes using ingredients that people can find easily. Our recipes highlight nutrients that favour liver health.



Kessavee Lutchmanen,
Head Chef, Merri Café CERES

The nutritional value of the food is connected to how local and fresh it is. If you buy more locally and closer, you will have more nutrients in the food.

At CERES we promote good food, local food and tasty food, and this matches what we are doing with the *Eating Well Guide*.

My favourite recipe is a fish curry I made with my grandma when I was a little girl... we used to just go and get the fish from the sea, straight from the fisherman, and veggies next door from our neighbour, so I am incorporating this recipe of my grandma's in the book and I hope everyone is going to try it and like it!

INTRODUCTION

This resource is the first of a series being developed by Hepatitis Victoria to address ways in which each of us can contribute to our own better liver health. We want to provide reliable, useful information to help you make informed decisions and enjoy a better quality of life and control over your own health.

As many know, fatty liver disease occurs when excess fat is stored in the liver. Over time, this build up may cause inflammation, and be associated with other chronic health conditions such as obesity, type 2 diabetes and heart disease. An advanced form of fatty liver disease may also lead to liver cancer and liver failure which may ultimately require a liver transplant.

As fatty liver disease affects many Australians and people worldwide, it is important for us all to have easily accessible and practical information about this topic. It may not only help to prevent the development of liver disease, but also assist people who are already experiencing it.

The material in this Guide is composed of tested recipes, created by Kessavee Lutchmanen, the chef at the Merri Café from CERES, and Priscilla Hiromi Correa, Accredited Practising Dietitian, with ingredients that are part of a balanced, healthy diet and which favour liver health. Together with the recipes, you will find nutritional recommendations and valuable information about diet and liver health.





WHY IS WHAT WE EAT SO IMPORTANT TO LIVER HEALTH?

The liver is essential for the human body as it processes nutrients, drugs, toxins, and produces hormones and stores vitamins and minerals.

When the liver is not working well, such as when affected by hepatitis or another condition, other organs and even the whole body may be affected.

What we eat or drink directly affects the liver, whether beneficial or damaging. Foods provide nutrients such as protein, fat and carbohydrates, that are processed by the liver to produce energy. Drinking alcohol and eating too much food that is high in fat, sugar and salt can cause an accumulation of fat in the liver, also known as steatosis or 'fatty liver'. This can be harmful over time and change the liver tissue, possibly leading to fibrosis, and even cirrhosis and cancer.

The good news is, foods such as fruits and vegetables provide fibre, minerals and vitamins that help the liver to work more effectively.





For example:

🌀 A person who presents with non-alcoholic fatty liver disease (NAFLD) may be overweight, and have type 2 diabetes or high blood pressure. In most cases, lifestyle changes such as weight loss, increased physical activity and a healthy diet can help improve these conditions.

🌀 In chronic conditions and later stages of liver disease, such as when a person has hepatitis C, alcoholic cirrhosis, non alcoholic fatty liver disease or liver cancer, symptoms may include nausea or anorexia. What someone eats during the day may be less than what is recommended for a balanced diet and malnutrition with weight loss and nutritional deficiencies may result. Nutritional supplementation or tube feeding may be required in some instances, and encouragement to eat more is highly recommended. Each person is different, and so is each liver condition.

The Australian Dietary Guidelines and the *Australian Guide to Healthy Eating* are reliable resources that provide helpful information on how to eat a healthier diet, which will also be beneficial for liver health.

There are overall recommendations on what and how much to eat (serve sizes), according to every age group and gender, following the five food groups:

- 🌀 Vegetables and legumes/beans
- 🌀 Fruits
- 🌀 Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- 🌀 Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- 🌀 Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

From the *Australian Dietary Guidelines*:

- 🌀 'Serve size' is a set amount from the guidelines, it doesn't change. For example, for boys aged from nine to eleven years, the standard serve size of fruits is one medium apple or two small plums, recommended in two serves per day.
- 🌀 'Portion size' will depend on the type of meal or snack you are eating and the amount. This may vary and be different from the guidelines. For example, your 'portion size' may be one fruit as a morning snack, or two fruits as a night snack.

The idea is to keep up a varied and nutritious diet every day, so you can maintain good energy levels and your liver works at its best!



Enjoy a wide variety of nutritious foods from these five food groups every day.



Drink plenty of water

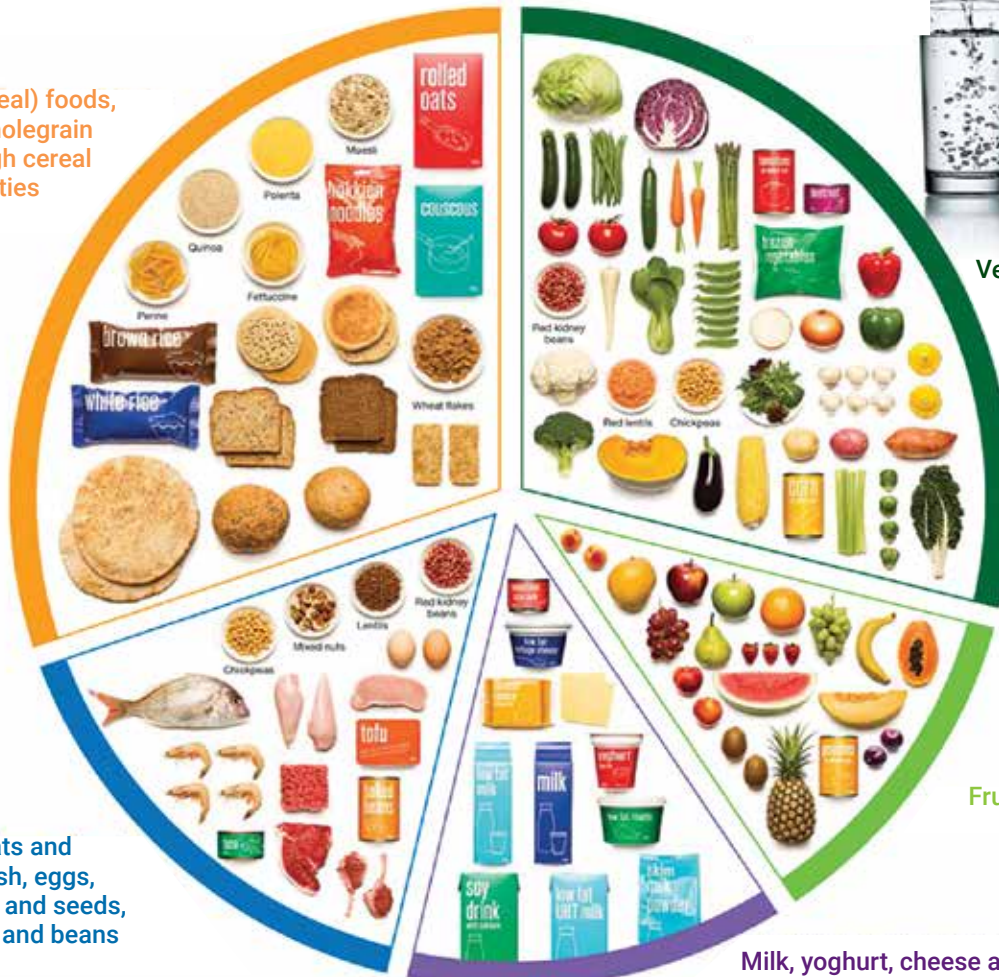
Vegetables and legumes/beans

Fruit

Milk, yoghurt, cheese and/or alternatives, mostly reduced

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Lean meats and poultry, fish, eggs, tofu, nuts and seeds, Legumes and beans



Use small amounts

Use only sometimes and in small amounts



Source: The Australian Guide to Healthy Eating. Available from: <https://www.eatforhealth.gov.au/guidelines>

HOW THE DISTRIBUTION OF MEALS MAY LOOK IN A DAY

The amount of food, time at which you eat, and the number of meals you have per day, will vary according to your age and lifestyle.

It may be affected by the level of physical activity during the day, type of occupation, and other habits (e.g. sleep routine, alcohol consumption and smoking).

Aim to have at least 3 meals per day: breakfast, lunch and dinner. An afternoon snack or night snack may be added. For example:

Meal	Examples of dishes
Breakfast	Unsweetened skim milk, almond or soy milk, reduced sugar/sugar free coffee and wholemeal toast with avocado and ricotta
Lunch	Chicken with vegetables or brown rice with lentils and vegetables or wholemeal pasta
Afternoon snack	Low fat yoghurt with oats
Dinner	Salad with raw vegetables and stir-fry vegetables with chickpeas and beans or grilled chicken or beef
Night snack	Fruit salad and tea with skim milk

Other sample meals: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/what-serve>

Introduction

Seek advice from your doctor

The dishes listed in this resource are only suggestions, and it is always important to find what is suitable for you and your lifestyle.

It is important that you visit your healthcare provider for advice if you have special health needs. Your GP or specialist may also refer you to a dietitian but the goal is to follow dietary advice that suits our needs and leads to a healthier liver and life.



WHAT TO PREFER/AVOID: HOW TO KNOW?



1 Include fresh vegetables and cooked legumes in your meals. They provide nutrients such as minerals and vitamins which help to promote a healthier liver.

Prefer:

All sorts of fresh vegetables such as: lettuce, rocket, cucumber, celery, cabbage, broccoli, cauliflower, spinach, tomato, potato, sweet potato, pumpkin, carrots, snow peas, zucchini, fresh herbs (parsley, mint, oregano etc), onion, garlic.

Frozen options may also be used: carrots, snow peas, potato, pumpkin, sweet potato, frozen fresh herbs, broccoli.

Stove-top cooking, steaming, stir-frying, grilling, microwaving.

Avoid:

Pre-prepared legumes and vegetables, or pre-cooked, as they may have preservatives and a high amount of salt.

Pre-packed fresh produce is fine.

Frying, immersing in oil.

2 Serve sources of good protein: lean red meat, poultry, fish or vegetarian options (legumes). These are good for liver health, as protein helps the liver and the immune system to work better.

Prefer:

Lean red meat, poultry, fish etc.

Vegetarian options or legumes such as: soybeans, chickpeas, tofu.

Remove the visible fat from the meat and skin from the poultry.

Stove-top cooking, baking, grilling.

Avoid:

Processed meats such as sausages, salami, ham, corned beef, pepperoni, and similar, meat pies/pastries, commercial burgers/fast food.

Adding sauces.

Preparing with the visible fat.

Frying or immersing in oil as this increases the risk of cancer, including gut cancer.

3 Select fresh fruits as dessert. Fresh fruits provide nutrients and fibre to the liver which aids digestion.

Prefer:

All sorts of fresh fruits such as: apple, banana, orange, pear, blueberries, raspberries, strawberries, grapes, mango, avocado and watermelon, etc.

Serve natural.

Avoid:

Pre-prepared fruit salad, like those found on supermarket shelves or canned, as they are not fresh and may have preservatives.

Sugar, cream, ice-cream, syrup or similar.

4 Select foods that are good sources of fibre. In addition to fruits and vegetables, whole grain cereals are sources of fibre which help improve gut health, including the liver.

Prefer:

Whole grain cereals, bread, rice and alternatives like quinoa and amaranth.

Avoid:

Pastries, pies, processed foods like white bread, white rice, fast food.

5 Avoid high salt foods. Too much salt is not beneficial for the liver or the heart.

Prefer:

Foods with low salt, like unsalted nuts, vegetable sticks (cucumber, celery and carrots), fresh fruits.

Sauces made with vinegar, oil, lime, fresh herbs, for example:

Adding fresh herbs and spices.

Avoid:

Salty snacks such as crisps, salted nuts, hot chips, processed meats, canned products in general (vegetables, fruits, meat, sauces etc).

Commercial sauces in general and mayonnaise.

Adding salt to dishes.

6 Avoid foods high in sugar and high in trans and saturated fats. High amounts of sugar may overload the liver as it creates a lot of energy, and be stored in the liver as fat. Excess saturated fat (animal sources) and trans fat (added to products by food industries) also contribute to 'fatty liver', heart disease and diabetes.

Prefer:

Use olive or canola oil in small quantities.

Foods cooked or baked with a small amount of oil.

Avoid:

Sweet biscuits, cakes and desserts, ice cream confectionery and chocolate, commercial burgers / fast food, hot chips, and fried foods, crisps and other fatty and / or salty snacks, cream and butter.

Processed meats are also high in saturated fats.

7 Water is always the best drink. Alternatively, serve juices made with fresh fruits. Remember that alcohol causes 'liver', no matter how little you drink.

Prefer:

Water, juices made with fresh fruits and NO sugar or sweetener added.

Avoid:

Sugary drinks, cordials, soft drinks, alcohol and alcoholic beverages, canned juices, ready to drink juices (they usually have high amounts of sugar and/or sugar that is not the natural sugar from the fruit).

FOOD HYGIENE

Before cooking and especially when making salad, juice, sashimi or any recipe in which you are going to eat raw foods, be sure to wash your hands and the food before you start. Also, use clean cutlery, chopping boards and other kitchenware.

You may need to wash the foods in running water and use sanitisers if needed to remove bacteria and viruses, and loosen soil and other contaminants.

Check the package information, as some vegetables are packed after being sanitised, so there is no need to do it again.

Read the link on 'Food Safety' (Suggestions of further reading, pg 39) to learn more.



SMART SHOPPING

- Make a list of what you need according to the menu, and focus on these items.
- Avoid going shopping when you're hungry as that is when you are more likely to purchase non-essential items (like lollies, sweets, biscuits etc.).
- Avoid shopping when you're tired. Opt for a time of the day when you are rested and can do it without hurrying or feeling overwhelmed.
- Keep your fridge organised in a way that is easier to see what you have stored.
- Use the FIFO rule - 'first in, first out'. Always check the expiry date. Use what is older first (closer expiry date).
- Properly store foods. Check instructions on the food package. Some items need to be stored in the fridge (like salad leaves, fruits, cheese, fresh milk, meat) and some need to be placed in the fridge after being opened (like sauces, long life milk, canned foods). This is also to help prevent food-borne illnesses.
- Prepare some foods and leave them 'ready to go' in your fridge. You may freeze small portions of meat, chicken, pre-chopped vegetables, and cooked rice in containers, which helps to plan meals in advance and avoids wastage.

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GREEN ENERGY JUICE

Preparation time: 10 minutes

Number of serves: 2

This recipe is a nutritious option that can be part of your breakfast, a light afternoon snack or a healthy drink to hydrate and recharge nutrients during the day.

Ingredients

- 1 small cup of baby spinach
- Juice of one fresh lemon (or lime, orange or any citrus fruit you prefer)
- A few leaves of mint
- 200 ml of water or coconut water
- Optional: you may change the ingredients and use other combinations of fruits and vegetables, like adding strawberries and carrots, or apples and mango, and slices / ginger zest to this recipe.

How to prepare

- Wash baby spinach and mint in running water.
- Process all the ingredients with a mixer. Always try to use freshly squeezed juice rather than commercial versions which may be more concentrated or contain more sugar.
- Process all the ingredients in a mixer. There is no need to filter with these vegetables, but others may result in a thicker drink. Try to avoid filtering so you can get the most out of all your nutrients, including fibre.
- Do not add any sugar, honey, syrup, or sweetener as it is healthier, get used to the taste of natural juice.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	150 kJ	60 kJ
Protein	1.4 g	0.5 g
Total fat,	0.2 g	0 g
Saturated	0.1 g	0 g
Trans	0 g	0 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0 g
Carbohydrates	6.2 g	2.5 g
Sugar	6.1 g	2.4 g
Fibre	1.6 g	0.6 g
Sodium	27.5 mg	11 mg
Potassium	417 mg	167 mg
Vitamin C	12 mg	4.8 mg
Iron	1.6 mg	0.7 mg





HEALTHY LIVER TIPS



Vegetables and fruits are rich in vitamins and minerals. Kale and lime are a good source of vitamin C and A, helping the immune system and in keeping skin, eyes and hair healthy. They also have fibre, which helps your liver to work better.



HEALTHY LIVER TIPS

We need to talk about sugar

When we talk about sugar, we are usually referring to refined sugar. But other foods have sugar in the form of carbohydrates: bread, rice, pasta, noodles and pizza. When food is digested, carbohydrates are transformed into sugar in our bodies, and provide energy.

Carbohydrates are recommended in a balanced diet, and if we eat within recommended amounts, they are good for health.

If we eat too many carbohydrates, and too much of any type of sugar (refined, raw, brown, organic etc), they are quickly absorbed and blood sugar levels increase. More insulin is produced by the pancreas to process the sugar, which can increase the risk of insulin resistance, type 2 diabetes, and overweight / obesity. Also, because digestion involves the liver too, overeating carbohydrates and sugar may increase the chances of fatty liver disease and the development of fibrosis and cirrhosis.

Avoid sources of sugar such as candies/lollies, sweet biscuits, cakes, pastries, ice-cream, cordials, soft drinks, confectionary, sports drinks, chocolate, alcoholic drinks etc.



HEALTHY HINTS

How to read nutritional labels

It can be overwhelming when trying to read food labels and making decisions on what to buy, what to eat... As a simple guide, non-processed foods are usually much better choices.

- Energy: labels may show average values, but individual recommendations may be different (varied due to age, gender, body composition, level of physical activity)
- Carbohydrates and sugars
 - Total carbohydrates: also an individual value
 - Sugars: prefer less than 15g per 100g
- Fat, saturated and unsaturated
 - Total fat: best is less than 10g per 100g
 - Saturated fat: best is less than 3 g per 100g
 - Unsaturated fat: known as "healthier fats" (See page 13)
- Proteins: this varies depending on individual need
- Fibre: prefer 3g or more per serve of food or product. Serve size will be according to general recommendations for your age and gender. Check the Australian Dietary Guidelines: <https://www.eatforhealth.gov.au/guidelines> at the Australian Dietary Guidelines

This is a helpful link from *Eat for Health* ('Suggestions of further readings'): https://www.eatforhealth.gov.au/sites/default/files/files/eatingwell/efh_food_label_example_130621.pdf

NUTRITIOUS BANANA CAKE

Preparation time: 45 minutes

Number of serves: 4

Ingredients

- 3 bananas (fruit and skin)
- 2 eggs
- ¼ cup oil
- ¼ cup sugar
- 1 cup oats
- 1 teaspoon cinnamon powder
- 2 teaspoons baking powder
- Optional: slices of apple or banana for decoration, or top with extra cinnamon powder and honey.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	1313 kJ	955 kJ
Protein	6.7 g	4.8 g
Total fat,	17.9 g	13 g
Saturated	1.8 g	1.3 g
Trans	0 g	0 g
Polyunsaturated	4.8 g	3.5 g
Monounsaturated	9.9 g	7.2 g
Carbohydrates	29 g	21 g
Sugar	13.9 g	10 g
Fibre	5.2 g	3.7 g
Sodium	198 mg	144 mg
Potassium	589 mg	428 mg
Vitamin C	3.1 mg	2.2 mg
Iron	1.6 mg	1.1 mg

How to prepare

- Wash the bananas and peel them. Chop the skin into small pieces.
- In a mixer/blender, place the banana skin, cinnamon powder, eggs, oil and sugar. Mix until it is of a uniform consistency.
- In a container, mash the bananas, add the mixture and the oats. Mix everything with a spoon and add the baking powder.
- Place the cake in a microwave safe baking tray. Cook in the microwave for 20 minutes or until the mixture looks firm. Alternatively, you can bake in an oven (180°C) for 40 minutes.

HEALTHY LIVER TIPS



This recipe contains banana skin which is rich in potassium, magnesium and fibre, all good nutrients for liver health. Not only do we avoid wasting the skin, but we get to benefit from all its nutrients.



HEALTHY LIVER TIPS

Coffee and liver health

You've made the nutritious banana cake, now add a cup of coffee as well.

Coffee - One of the most loved drinks in Australia, coffee can be good for liver health too. There is an association between people who drink coffee and reduced risks of liver fibrosis, cirrhosis and cancer.

You may have black coffee or add milk to it but avoid sugar or sweeteners. Be aware of the total amount of coffee you drink, as too much can cause side effects such as agitation, tremors and high blood pressure. If you have high cholesterol levels, opt for paper filtered coffee which helps to filter cafestol which is present in unfiltered and French press (plunger) coffee, which can increase cholesterol levels.

Banana bread - Banana is a great food and source of vitamin B and magnesium, which helps the body to produce energy. Green bananas (less ripe) have more fibre and less sugar than yellow ones (ripe), which make them more useful for better liver health. They will help to control blood sugar levels, and help you feel full.

- Check more info here: <https://www.healthline.com/nutrition/green-bananas-good-or-bad#section6>



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	364 kJ	273 kJ
Protein	1.4 g	1 g
Total fat,	0.2 g	0.2 g
Saturated	0 g	0 g
Trans	0 g	0 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0 g
Carbohydrates	18 g	13.6 g
Sugar	15 g	11.5 g
Fibre	3 g	2.2 g
Sodium	1.4 mg	1 mg
Potassium	267 mg	200 mg
Vitamin C	35.8 mg	27 mg
Iron	0.3 mg	0.2 mg

Nutritional information will vary depending on the fruits you use. Vary your fruits to benefit from a range of nutrients. Check out this seasonal food table: <https://sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide/>

FRUIT SALAD

Preparation time: 15 minutes

Number of serves: 2 (if using 4 different types of fruit and an average of one fruit or portion size)

Ingredients

You can use any combination of fruits you prefer, and which are in season.

Some examples are:

- **Summer:** blueberries, grapes, plums
- **Spring:** mango, watermelon, pineapple
- **Autumn:** strawberries, banana, papaya, kiwi
- **Winter:** apple, pear, orange

How to prepare

- Wash the fruits in running water, peel and cut in small pieces or thin slices.
- Place them in a container or bowl, and mix.
- Avoid adding sugar, honey or sweeteners and enjoy the fruits' natural sugar.

Optional:

- You can place chopped fruit in a pan, add a cinnamon stick and/or cloves, cover with a lid and cook for around 10 to 20 minutes on low heat. The fruits will absorb the flavour and it may be a good alternative for dessert.
- You can also have the fruit salad with low fat yoghurt or milk, oats and flaked almonds. This is a good way of having more fibre and protein.



HEALTHY LIVER TIPS

Night snacks for a healthier liver

People with cirrhosis might benefit from having a night snack. A liver affected by cirrhosis is not able to work in the same way as a healthy liver, and stores less energy. It ends up using muscles to obtain energy, and the risk of malnutrition is higher. Fatigue, weakness, weight loss or just a craving for sugary foods at night can be common. Having a healthy night snack is recommended, and you can prepare suggestions like the ones in this booklet.

You may adapt the recipes and add ingredients that you enjoy more, or just make different combinations, like having a fruit juice you like, or tea with low fat milk and toast.

ZUCCHINI & CORN BURGER WITH PLUM RELISH

Preparation time: 30 minutes

Number of serves: 3

Ingredients

Burger

- 1 medium zucchini (grated)
- 50 g corn kernel (fresh)
- ½ red onion, finely chopped
- 1 garlic clove, finely minced
- 1 teaspoon of ground cumin
- 20 g fresh oregano (chopped)
- 20 g fresh thyme (chopped)
- ½ tablespoon of chickpea flour
- Salt and pepper, olive oil

Plum Relish

- 250 g of red plums
- 1 red chilli
- 1 teaspoon ground cinnamon
- 1 teaspoon cumin
- ¼ cup dried cranberries
- 1 teaspoon honey

How to prepare

- For the burgers: in a large bowl, combine shredded zucchini, corn, red onion, chickpea flour, garlic, cumin, oregano, thyme, salt and pepper.
- Stir together until well combined. Allow to sit for at least 5 minutes. This step is important because the flour will absorb the moisture from the zucchini and create a nice dough. Make the pattie by shaping them with your hands.
- In a small frying pan, add some olive oil and bring to a medium heat. Add the pattie, one portion at a time. Cook each side for around 5 minutes, remove from pan and place them in an oven.
- Bake them at 180°C for 5 minutes.

For the plum relish:

- Cut the plums, remove the seed and place them in a pan.
- Add the cumin, cinnamon, honey and chilli. Pour 100 ml of water.
- Cook the mixture on low heat for around 45 minutes, stirring to make sure it cooks well. Allow to cool down, place in a small bowl and serve it with the burger.

HEALTHY LIVER TIPS



Chickpea flour is a very common food in countries like India and Pakistan. It has more protein than wheat flour and also contains vitamin E, iron, potassium and magnesium. This link takes you to more recipes:

<https://www.sbs.com.au/food/ingredient/chickpea-flour>

Plums are delicious and are low in calories. They also contain antioxidants which are helpful in reducing inflammation, making plums a good choice for liver health.



HEALTHY HINTS

Energy and calories

Energy is estimated by measures such as calories (cal) or joules (J).

One calorie is the amount of energy needed to increase 1 g of water by 1°C.

1000 calories = 1 kcal = 4.18 kJ

From the nutrients in food we have:

1 g of carbohydrates = 4 kcal

1 g of protein = 4 kcal

1 g of fat = 9 kcal

1 g of alcohol = 7 kcal

Counting calories

Counting how many calories each food provides helps to estimate the amount of energy you have every day. This information can be overwhelming and not the best approach for some people.

Always talk to your health care provider to learn how much energy you need and to make informed decisions about your diet.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	641 kJ	293 kJ
Protein	4.6 g	2.1 g
Total fat,	1.8 g	0.8 g
Saturated	0.4 g	0.2 g
Trans	0 g	0 g
Polyunsaturated	0.4 g	0.2 g
Monounsaturated	0.5 g	0.2 g
Carbohydrates	23.5 g	10.7 g
Sugar	16.6 g	7.6 g
Fibre	10 g	4.7 g
Sodium	15.7 mg	7.2 mg
Potassium	565.5 mg	258 mg
Vitamin C	35.4 mg	16.2 mg
Iron	6.8 mg	3.1 mg



HEALTHY HINTS

A balanced diet has variety

Because this recipe contains chicken, vegetables and fresh herbs, it is a source of animal protein, vitamins and minerals including vitamin C, calcium, potassium and magnesium. It is a rich combination to help the body produce more energy, boost the immune system, and promote overall health and liver health too.

Proteins are not only used to build muscles. Parts of our immune system are made by proteins, or have their roles regulated by them. Vitamins and minerals work together in these regulating these processes. Good examples of sources of proteins and minerals/vitamins are fish, meat, poultry, lamb, milk and dairy, legumes, beans, fruits and vegetables.

CHICKEN WITH VEGETABLES

Preparation time: 35 minutes

Number of serves: 3

Ingredients

- Lime juice (squeezed from one lime)
- 5 cloves of garlic
- 1 onion or 1 cup (chopped)
- 1 tomato or 1 cup (chopped)
- Parsley, basil, oregano or other fresh herbs, in the amount you prefer
- 2 chicken breasts (thinly sliced)
- 1–2 bok choy
- 1 to 2 cups broccoli
- 1 ½ cups mushrooms
- 3 tablespoons vegetable oil (use whatever you have available such as olive, canola, soy or another).



HEALTHY LIVER TIPS

Cooking Chicken: It is important to cook the chicken thoroughly. If not cooked to a temperature of usually 65°, chicken may carry bacteria, viruses or fungus that can cause food-borne illnesses and may damage your liver. Make sure you cook all foods well, as bacteria and viruses may be in eggs, seafood, fish, meat, milk and dairy.

How to prepare

- Mix the lime juice with the chicken and leave it to rest for a few minutes.
- Pour vegetable oil (use whatever you have available such as olive, canola, soy or another) into pan and stir-fry the garlic and onion.
- Add the tomato and cook for minutes, stirring gently.
- Add the chicken and leave it cooking for another 3 to 5 minutes.
- Add the rest of the ingredients, cover with a lid, and leave on low heat until the ingredients are thoroughly cooked, especially the chicken. Do not add salt or salty sauces such as soy sauce.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	1248 kJ	468 kJ
Protein	45 g	17 g
Total fat,	8 g	3 g
Saturated	1.6 g	0.6 g
Trans	0 g	0 g
Polyunsaturated	1 g	0.4 g
Monounsaturated	4.3 g	1.6 g
Carbohydrates	5.3 g	2 g
Sugar	4.7 g	1.7 g
Fibre	9 g	3.4 g
Sodium	148 mg	55.5 mg
Potassium	1457 mg	546 mg
Vitamin C	1158 mg	43 mg
Iron	4.3 mg	1.6 mg

LOW
SALT

SIMPLE FISH

Preparation time: 30 minutes

Number of serves: 2

Ingredients

- 2 small or 1 big fillet of fish of your preference (tuna, salmon, mackerel etc.)
- Lime juice (squeezed from one lime)
- 3 cloves garlic (chopped)
- Ground pepper (as you wish) or other spices and fresh herbs such as saffron
- 1 tablespoon olive oil
- 1 tablespoon parsley (chopped)

How to prepare

- Use all spices, herbs, garlic and lime juice to season the fish.
- Place oil in a pan and add the seasoned fish. Cover with the lid and let it cook on low heat for about 20 minutes (or until the fish is thoroughly cooked). You may also prefer to place the seasoned fish on a tray and bake in the oven for 15 to 20 minutes on 180°C.
- Remember that when the fish is cooked, it must be consumed within 24 hours and shouldn't be frozen afterwards. Any leftovers must be discarded to avoid possible food poisoning or any food related sickness.



HEALTHY LIVER TIPS

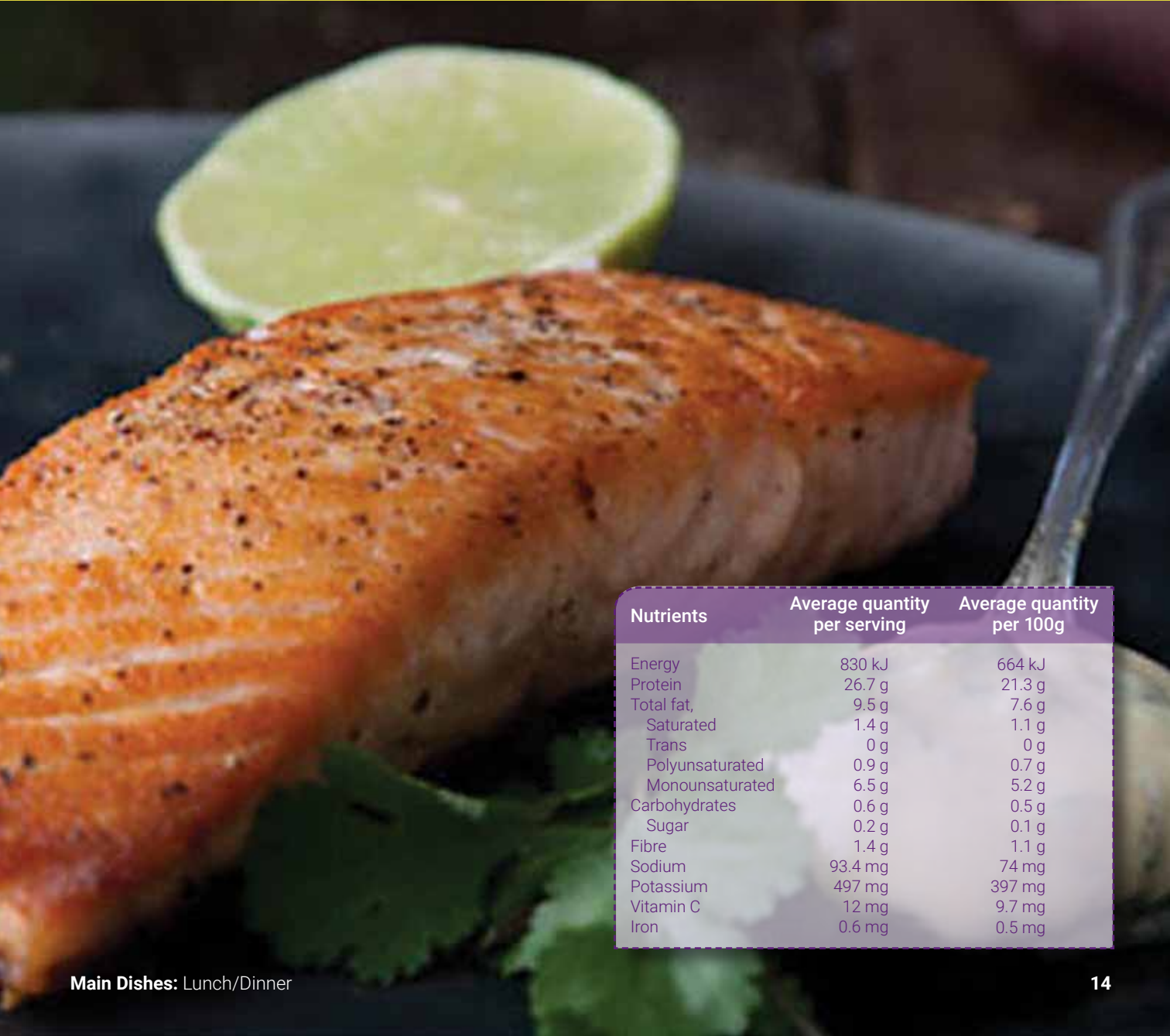
Polyunsaturated fats and omega-3

Fats are needed in our diet because they are a source of energy, help to absorb fat-soluble vitamins (A, D, E, and K, which are stored in the liver), and protect the body's temperature. Polyunsaturated fats are part of our body cells, including brain cells. They are a good type of fat for liver health, especially omega-3, because it helps to reduce inflammation and damage to the liver. There is another type of fat, omega-6, that we also need to have in small amounts. This means we may have food sources of both types of fat for good liver health.

Good food sources of polyunsaturated fats and omega-3 are fish, plant oils (olive, soybean, canola, flaxseed oil etc), nuts and seeds, seafood and green leafy vegetables. Good sources of omega-6 are from animal fat, cereals and eggs.

It is best to eat food sources of omega-3 rather than having supplements, unless prescribed by your doctor or dietitian. This is one of the reasons why it is good to try and have fish on a regular basis.

Beware: Not all fats are good for the liver. Too much trans and saturated fats may worsen a fatty liver and increase the risk of cardiovascular diseases and diabetes. This is why it is best to avoid: fried foods, fast-food, chips, cakes, pastries, doughnuts, most biscuits/cookies and processed meats such as sausages, ham, salami etc.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	830 kJ	664 kJ
Protein	26.7 g	21.3 g
Total fat,	9.5 g	7.6 g
Saturated	1.4 g	1.1 g
Trans	0 g	0 g
Polyunsaturated	0.9 g	0.7 g
Monounsaturated	6.5 g	5.2 g
Carbohydrates	0.6 g	0.5 g
Sugar	0.2 g	0.1 g
Fibre	1.4 g	1.1 g
Sodium	93.4 mg	74 mg
Potassium	497 mg	397 mg
Vitamin C	12 mg	9.7 mg
Iron	0.6 mg	0.5 mg



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	396 kJ	383 kJ
Protein	5.7 g	5.5 g
Total fat,	0.6 g	0.6 g
Saturated	0.2 g	0.1 g
Trans	0 g	0 g
Polyunsaturated	0.1 g	0.1 g
Monounsaturated	0.1 g	0.1 g
Carbohydrates	14 g	13.8 g
Sugar	7.8 g	7.6 g
Fibre	4 g	3.9 g
Sodium	94 mg	91.5 mg
Potassium	378 mg	366 mg
Vitamin C	7 mg	6.8 mg
Iron	1.5 mg	1.4 mg



HEALTHY LIVER TIPS

Lentils are a good source of protein, fibre and manganese, helping the immune system to control blood sugar levels and are good for gut health. That means they are also a great choice for liver health.

BETROOT AND RED LENTILS SALAD

Preparation time: 10 minutes
(after beetroot is cooked)

Number of serves: 4

Ingredients

Salad:

- 2 small beetroots
- ½ half cup of red lentils
- Sprinkle of parsley
- ¼ red onion
- ¼ cup of lettuce

Dressing:

- 50g of yoghurt
(preferably low fat)
- Lemon juice (squeezed from one lemon)
- Sprinkle of parsley or another fresh herb

How to prepare

- Roast beetroots in the oven for around 1 hour at 180° C. Remove, cut into thin slices, place in a bowl.
- In a pan, boil 500 ml of water and cook the lentils for about 10 minutes. Strain and place them with the beetroot.
- Prepare the dressing by mixing all ingredients together and pour it into the bowl with beetroot and lentils.



HEALTHY HINTS

Tips on hydration

It is important to drink fluids and keep the body well hydrated.

Try to drink small amounts of fluids during the day instead of drinking a lot at once, to stay hydrated.

Prefer

- Water.
- Water flavoured with slices of fruits or herbs like mint leaves, ginger zests.
- Juice made with fresh fruits and with no added sugar. If having concentrated juices, dilute with water.
- Tea without sugar or sweetener.
- Milk, protein shakes, 'smoothies' are usually significant sources of protein and other nutrients. They also have water but are not a replacement for the water needed by the body.
- Still water over sparkling: Sparkling water has more sodium (salt), and is not recommended for someone with a chronic health condition.

Avoid regular consumption of:

- Sports drinks
- Soft drinks, cordial
- Alcohol and alcoholic beverages
- Juices with added sugar.

LOW
SALT

MAURITIAN FISH CURRY WITH EGGPLANT

Preparation time: 30 minutes

Number of serves: 4

Ingredients

- 2 tablespoons curry powder (Indian mild curry powder)
- 4 salmon fillets, skinless
- 2 small eggplants
- 1 small brown onion, finely sliced
- 2 cloves garlic
- ¼ small ginger
- 3 tablespoons olive oil
- 2–3 fresh curry leaves
- 1 small bunch fresh coriander, chopped
- 4 medium size tomatoes, roughly chopped with seeds

How to prepare

- Cut the eggplants into strips, add a sprinkle of salt and leave to rest.
- Make ginger-garlic paste: use a blender to mix the ginger and garlic with 1 teaspoon of olive oil into a smooth paste.
- Start the curry base: in a frying pan, heat 2 tablespoons of olive oil, add the sliced onion, ginger-garlic paste and curry leaves and cook for about five minutes, or until the onion slices are golden brown.

- Add curry powder to the onion mixture and cook on low heat for 3-4 minutes. Add 100 ml of water to the curry mixture, increase the heat to medium and allow the curry paste to boil for 7-10 minutes.
- Meanwhile, pat dry the eggplant which will help release salty water left after being marinated.
- Put the salmon and eggplant on different trays in the oven and pre-bake at 180 °C for 20 minutes each.
- Continue with the curry: Add the tomatoes and ½ bunch of chopped coriander to the curry mixture. Cook on medium heat for 10 minutes, until the tomatoes are very soft.
- Add the eggplant and salmon from the oven, and be careful to only mix in gently as otherwise the salmon may break apart.
- Garnish with coriander.

Optional:

- Serve with brown rice and raita (a traditional Indian side dish or condiment, made with yoghurt and small pieces of vegetables).

HEALTHY LIVER TIPS



Salt and liver health

Salt – When the liver is not functioning well (e.g. advanced liver disease and cirrhosis), the body may store more liquids in the abdomen (this is called ascites).

Consuming excess salt may worsen this condition, and affect the heart and kidneys, causing high blood pressure.

Prevention is key. Use less salt for optimum liver, heart and kidney health. Avoid adding salt at the table or when cooking, and be aware of the salt content from processed foods like fast-food, savoury crackers and canned, cured, or smoked foods as they have more salt and preservatives (e.g. sausages, salami, bacon etc). Substitute salt for fresh herbs and other spices, as they are known to be beneficial to liver health. Think of using alternatives such as vinegar, lemon/ lime juice, pepper, oregano, basil, coriander, parsley, mint, garlic, onion, curry, ginger, curcumin and others.

Salt content in food should ideally be less than 120 mg per 100 g.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	1459 kJ	304 kJ
Protein	30 g	6.3 g
Total fat,	18 g	4 g
Saturated	3.7 g	0.7 g
Trans	0.2 g	0 g
Polyunsaturated	5.2 g	1 g
Monounsaturated	7.4 g	1.6 g
Carbohydrates	11.2 g	2.4 g
Sugar	10 g	2.1 g
Fibre	8 g	1.7 g
Sodium	113 mg	23.8 mg
Potassium	1112 mg	233 mg
Vitamin C	37 mg	7.8 mg
Iron	3.5 mg	0.7 mg



HEALTHY LIVER TIPS

Supplements and fad diets

You are bombarded with supplements and fad diets saying they are good for the liver, but how do we know what is safe and useful? Nutritional supplements should only be taken if prescribed or recommended by your health care provider such as your GP, specialist or dietitian.

You can find a variety of supplements in the pharmacy, supermarket and other stores. Be aware that even if it lists benefits for liver health, it may or may not apply to your specific condition. Everyone is different and some supplements may be harmful to your liver, especially if you already have a liver disease.

The same caution applies to fad diets. They may be:

- Strict and lack nutrients
- Lead to malnutrition and damage the immune system
- Overload liver function

The key message is to read all the information and ALWAYS talk with your doctor or dietitian before taking anything.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	985 kJ	295 kJ
Protein	8.9 g	2.6 g
Total fat,	11 g	3.3 g
Saturated	1.8 g	0.5 g
Trans	0 g	0 g
Polyunsaturated	1.2 g	0.4 g
Monounsaturated	7.3 g	2.2 g
Carbohydrates	21.7 g	6.5 g
Sugar	6.6 g	2 g
Fibre	5.6 g	1.7 g
Sodium	616 mg	185 mg
Potassium	509 mg	152 mg
Vitamin C	32 mg	9.7 mg
Iron	1.8 mg	0.6 mg

SOBA NOODLE SALAD WITH TOFU AND PEANUT SAUCE

Preparation time: 10 minutes

Number of serves: 2

Ingredients

Salad:

- 100 g soba noodles
- 1 small cucumber
- 1 small carrot
- 1 small tomato
- ¼ capsicum
- ¼ red onion
- 1 medium slice of tofu

Sauce:

- ½ cup unsalted peanuts
- 2 tablespoons coriander
- Lemon juice (squeezed from one lemon)
- 1 small clove garlic
- 1 tablespoon olive oil
- 2 tablespoons soy sauce

How to prepare

Salad:

- In a pan of boiling water, add the soba noodles and cook for about 3 minutes.
- Grill the tofu on a pan with few drops of oil.
- Chop the cucumber, carrot, tomato, capsicum and onion, and place together in a bowl.

Sauce:

- Blend all ingredients together, until thoroughly mixed.
- Pour the sauce on the salad and mix, topping with the grilled tofu.



HEALTHY LIVER TIPS



This recipe features tomatoes, carrots and capsicum, which are rich in vitamins C and A and fibre. Peanuts and tofu are good sources of vegetarian protein. Soba noodles also have manganese (good to control blood sugar levels and for the brain), protein and more fibre than regular pasta. All good choices for liver health.



BROWN RICE WITH EGGS

Preparation time: 15 minutes (brown rice is cooked separately)

Number of serves: 1

Ingredients

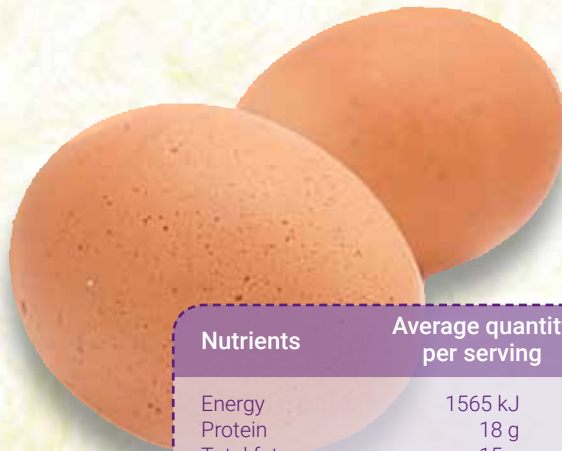
- 100 g brown rice
- 1 small carrot
- ¼ capsicum
- Lime juice (squeezed from one lime)
- 1 tablespoon olive oil
- 2 tablespoons parsley
- 6 cherry tomatoes
- 1 leaf of silverbeet
- 1 to 2 eggs
- Optional: you may like to add 1 tablespoon of ricotta cheese on top.

How to prepare

- Cook the brown rice in boiling water.
- Cut the capsicum and carrot in thin slices, place on a tray and add the tomatoes. Roast in the oven for around 10 minutes.
- Boil the eggs or prepare them as you prefer (scrambled or an omelette).

Choose one of these options:

- 1 **As a salad:** Mix all the ingredients and add lemon juice, olive oil and parsley. Place the eggs or omelette on top.
- 2 **As a hot dish:** Place all ingredients in a pan and heat it up.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	1565 kJ	444 kJ
Protein	18 g	5 g
Total fat,	15 g	4.3 g
Saturated	4 g	1.1 g
Trans	0 g	0 g
Polyunsaturated	1.8 g	0.5 g
Monounsaturated	7.2 g	2 g
Carbohydrates	37 g	10.7 g
Sugar	6.2 g	1.7 g
Fibre	6.7 g	1.9 g
Sodium	287 mg	81 mg
Potassium	681 mg	193 mg
Vitamin C	51 mg	14 mg
Iron	4.4 mg	1.2 mg



HEALTHY HINTS

Leftovers

You can prepare a similar dish using leftovers. Add the following ingredients and heat up using the stove or microwave:

- Meat or chicken from a previous meal . Make sure any leftovers are stored in a fridge and best used within 24-48 hours.
- A package of pre-cooked rice (look at grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties food group)
- Chopped fresh or frozen vegetables of your choice.
- Fresh herbs
- You can also store food made on the day in containers, label with the day and time it was cooked and put them in the freezer. They can last up to around two months, depending on the ingredients, but once you have thawed them, the food should be eaten that day and not refrozen or refrigerated.

Here are some helpful hints: <https://www.csiro.au/en/Research/Health/Food-safety/Refrigerating-foods>.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	735 kJ	435 kJ
Protein	6.5 g	3.8 g
Total fat,	14 g	8.5 g
Saturated	3.2 g	1.9 g
Trans	0.1 g	0.1 g
Polyunsaturated	2.1 g	1.3 g
Monounsaturated	8 g	4.7 g
Carbohydrates	3.2 g	1.9 g
Sugar	2.8 g	1.6 g
Fibre	3.6 g	2.2 g
Sodium	230 mg	136 mg
Potassium	468 mg	276 mg
Vitamin C	18.4 mg	11 mg
Iron	1.3 mg	0.8 mg

REFRESHING SALAD

This salad is a good option to guarantee you have lots of nutrients such as mono-unsaturated fats, vitamin C and fibre.

Preparation time: 20 minutes

Number of serves: 4

Ingredients

- 2 cups of raw vegetables (such as lettuce, rocket, or others)
- 1 cucumber
- 1 avocado
- 1 cup of fennel (chopped)
- 2 tablespoons of feta cheese (or another cheese of your preference)
- Lime juice (squeezed from one lime)
- 1 tablespoon olive oil
- Other fresh herbs and spices for flavour (oregano, pepper, mint, basil etc)

How to prepare

- Chop the cucumber in thin slices, and the avocado in cubes.
- Place all the ingredients in a bowl.
- Add the olive oil, lime juice and other fresh herbs on top and mix all the ingredients.



HEALTHY HINTS

Add protein as a bonus

To add a source of protein to this salad, select from the following:

Animal sources: Lean meat, slices of grilled or cooked chicken or fish, lamb, pork, kangaroo, eggs, cheese such as ricotta and cottage, and any other type of animal meat. Animal sources like sausages, ham, cheese like parmesan, feta, mozzarella, brie, mascarpone, usually have high amounts of fat and salt. These are not recommended on a regular basis, and best to consume in smaller amounts.

Vegetarian sources: Legumes and beans (white, kidney, green), soybeans, tofu, chickpeas, peas, lentils, pumpkin seeds, peanut butter and nuts, preferably unsalted.

To add a source of carbohydrate to this salad, you may add: Rice, potatoes, noodles, polenta, oats, quinoa, toast or pasta. Best to consume complex carbohydrates such as wholegrain or high fibre varieties.

You can read more here:

<https://www.diabetes.co.uk/nutrition/simple-carbs-vs-complex-carbs.html>



PUMPKIN GRATIN

Preparation time: 30 minutes

Number of serves: 2

Ingredients

- 200 g butternut pumpkin
- ¼ teaspoon cumin powder
- ¼ teaspoon sweet paprika
- 1 teaspoon of fresh parsley, chopped
- 50 g of cottage or ricotta cheese. Alternatively, you may use another cheese such as cheddar or mozzarella, but be aware they contain more salt and fat
- 2 tablespoons bread crumbs

How to prepare

- Slice the pumpkin to around 2 cm thick, and place on a tray.
- Add spices to the pumpkin and mix.
- Roast in the oven for about 15 minutes at 180° C, or until pumpkin is soft and cooked.
- Add the breadcrumbs to the pumpkin followed by the cottage cheese. Bake for another 10 minutes to melt the cheese.



HEALTHY HINTS

What about ethical foods and sustainable food choices?

Here are a few helpful tips from our chef Kessavee on how we all can do a bit to preserve the environment when cooking and shopping.

- Buy your fruit and vegetables from a farmer's market.
- Always carry a shopping bag with you if you doing grocery shopping in order to avoid buying any plastic bags from the shop. Avoid packing or buying fruits and vegetables in plastic packaging.
- For dry goods such as nuts, rice and pasta, shop at the CERES grocery store Terra Madre or similar shops. The benefit is that you can bring your own containers and fill them up with the quantity of products you need. This helps reduce waste.
- If you have a garden, collect compostable ingredients (such as egg shells, avocado core, onion peels etc.) in a container and then use the compost as food for your garden crops.
- Buy your meat from the local butcher and get what you need in the exact amount.
- Carry your own cutlery, containers and mug or cup to avoid using disposable ones when eating out.
- You can make homemade yoghurt (pg 36) which is a healthy natural food to avoid buying commercial varieties.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	381 kJ	298 kJ
Protein	6 g	4.7 g
Total fat,	2 g	1.6 g
Saturated	0.7 g	0.5 g
Trans	0 g	0 g
Polyunsaturated	0.1 g	0.1 g
Monounsaturated	0.3 g	0.3 g
Carbohydrates	10 g	8 g
Sugar	6.6 g	5.1 g
Fibre	2.6 g	2 g
Sodium	79 mg	61 mg
Potassium	527 mg	412 mg
Vitamin C	12.8 mg	10 mg
Iron	1.1 mg	0.8 mg



HEALTHY LIVER TIPS

Pumpkin is a good source of beta carotene which is a nutrient transformed to vitamin A in the body. It is also a good source of fibre, potassium, vitamin C and E, being beneficial not only for the liver but also the heart, eyes and skin.

HEALTHY LIVER TIPS



A healthy weight helps your liver

- Decreases the chance of developing fatty liver disease or progressing to more serious stages such as fibrosis or cirrhosis
- Reduces the chance of related problems like heart disease and diabetes
- Increases the chance of a more successful treatment of fatty liver disease or other liver conditions

Am I at risk?

By checking your weight, body mass index (BMI) and waist circumference (WC), you may get an idea of whether you are in a weight range considered healthy or not.

- For adults, a healthy range is considered a BMI between 18.5 to 24.9 kg/m².
- For the WC, the general recommendation for men is up to 94 cm, and women, up to 80 cm

Learn more and find out your BMI here:

<http://healthyweight.health.gov.au/wps/portal/Home/helping-hand/bmi>

For a reliable assessment, it is best to talk with your GP, specialist or dietitian. If needed, they will set goals with you and devise a healthy eating plan which will benefit the liver too!



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	655 kJ	361 kJ
Protein	4.5 g	2.5 g
Total fat,	9.8 g	5.4 g
Saturated	1.4 g	0.7 g
Trans	0 g	0 g
Polyunsaturated	1 g	0.5 g
Monounsaturated	6.5 g	3.6 g
Carbohydrates	9.2 g	5 g
Sugar	9.1 g	5 g
Fibre	6.5 g	3.6 g
Sodium	124 mg	68 mg
Potassium	540 mg	297 mg
Vitamin C	119 mg	65 mg
Iron	1.2 mg	0.7 mg



BRUSSEL SPROUTS WITH GRAPES SALAD

Preparation time: 20 minutes

Number of serves: 2

Ingredients

Salad:

- 2 cups of brussel sprouts
- ½ cup of salad mix, or any vegetable you prefer
- ¼ red onion
- ½ cup of Crimson grapes
- A few leaves of fresh mint
- 1 teaspoon olive oil

Dressing:

- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- ½ teaspoon Dijon mustard

How to prepare

- Wash the brussel sprouts, cut them in half and place on a tray. Drizzle olive oil on top and add a pinch of salt. Roast in the oven for about 10 minutes at 180° C.
- Cut onion into thin slices and chop the mint leaves. Place together in a bowl with the grapes and add the roasted brussel sprouts.
- Prepare the dressing by mixing all the ingredients together.
- Pour the dressing on top of the grapes and brussels sprouts and mix.

HEALTHY LIVER TIPS



Brussel sprouts and grapes are low in calories and great sources of fibre and vitamins C and K, making them good for liver health. They also contain vitamin B, which helps the liver to work better to produce energy.

Read more about this here:

<https://healthline.com/nutrition/benefits-of-brussels-sprouts>

<https://healthline.com/nutrition/benefits-of-grapes#section12>

BROCCOLI & CAULIFLOWER CURRY

Preparation time: 15 minutes

Number of serves: 2

Ingredients

Salad:

- 1 cup of broccoli, chopped
- 1 cup of cauliflower, chopped
- ¼ red onion

Dressing:

- ¼ teaspoon mustard seeds
- ¼ teaspoon of turmeric
- 1 teaspoon olive oil
- 1 teaspoon chopped coriander
- 1 tablespoon yoghurt, preferably low fat

How to prepare

- Boil water in a pan, add the cauliflower and broccoli and leave to cook for a few minutes.
- In a small frying pan, brown the onion in oil, add the mustard seeds, turmeric and fresh coriander. Leave in medium heat for around 2 to 3 minutes.
- Add the cauliflower, broccoli and yoghurt, and gently mix.
- You can add a sprinkle of coriander on top to garnish.

If you wish, you can also add other vegetables, like carrots and zucchini during the cooking process.

HEALTHY LIVER TIPS



What about gut health?

When bacteria in the gut is unbalanced (dysbiosis), it presents as a 'leaky' condition that may affect the liver. As more fat and toxins enter the liver cells, the liver's performance worsens and this may contribute to fatty liver disease, and vice-versa. Foods that are sources of prebiotics and probiotics (see below) can be a good choice for people with a liver condition, especially non-alcoholic fatty liver disease (NAFLD).

Prebiotics - foods containing nutrients that will benefit the gut bacteria and help them grow, such as fibre. Most common food sources are fruits, vegetables, grains and legumes.

Probiotics - foods that contain live bacteria, and are beneficial for gut health and may reduce levels of liver enzymes, cholesterol, fat and fibrosis. Some examples of foods that may have beneficial bacteria are: fermented milk, kefir, kimchi, miso, sauerkraut and yoghurt.

Prebiotics and *Probiotics* are also commercialised as supplements (powder or capsules).

Symbiotics - products that contain both prebiotics and probiotics.

Check with your doctor

Prebiotics and probiotics do not replace medical treatment or treat liver disease. But can be beneficial within a healthier lifestyle. It is preferable to obtain these nutrients from food sources, and take supplements only if your doctor or dietitian prescribes them.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	245 kJ	245 kJ
Protein	3.1 g	3.1 g
Total fat,	2.8 g	2.8 g
Saturated	0.5 g	0.5 g
Trans	0 g	0 g
Polyunsaturated	0.2 g	0.2 g
Monounsaturated	1.7 g	1.7 g
Carbohydrates	3.2 g	3.2 g
Sugar	2.8 g	2.8 g
Fibre	2.6 g	2.6 g
Sodium	40.8 mg	40.8 mg
Potassium	260 mg	260 mg
Vitamin C	32 mg	32 mg
Iron	0.7 mg	0.7 mg



HEALTHY LIVER TIP

Turmeric or curcumin is a spice often used in cooking to add flavor, but it also aids digestion and boosts the immune system. However, do not take supplements unless they are recommended by your doctor or dietitian as they may be harmful to your liver.



HEALTHY HINTS

Alternatives to sugar

The first suggestion is to gradually get used to having less sugar in your food or drinks. Here are some handy hints to make it easier:

- Try to gradually lessen the sugar in anything you drink, like coffee or juice. Keep to the carbohydrates/ sugar that is naturally present in the food.
- If you find it hard to cut off the added sugar and sugary drinks, try this first: pour a small amount of the drink and add water. Slowly get used to the diluted taste and eventually you may drink more water.
- Drink flavoured water you prepare yourself: add slices of fruits (e.g. orange, lemon), or mint leaves.
- Heat up / cook fruits with cinnamon or cloves (e.g. pear, banana, apple), they are good desert alternatives.
- Be mindful of the amount of other sources of sugar you use like honey, maple syrup, etc.

ZUCCHINI PASTA WITH MUSHROOMS

This recipe was contributed by Will Scott, one of our wonderful Hepatitis Victoria volunteers who advocates to raise awareness of liver health.

Preparation time: 20 minutes

Number of serves: 2

Ingredients

Pasta

- 2 zucchinis
- 1 cup cherry tomatoes
- 1 cup spinach (chopped)
- 5 olives
- 1 cup mushrooms

Pesto

- 2 cups basil leaves
- 1 tablespoon grated cheese
- 1 clove of garlic
- ¼ cup of olive oil
- ¼ cup of walnuts

How to prepare

- Cut the zucchinis in very thin slices, similar to spaghetti pasta.
- Place water in a pan and bring to boil.
- Add the zucchini and cook for around 4 minutes. Remove from boiling water.
- In a frying pan, add all other ingredients and cook in medium heat for about 5 minutes. Add the zucchini and turn the heat off.
- For the pesto, place all ingredients except the cheese in a food processor. Blend it until it turns into a paste. Add the cheese on top and mix the pesto with the prepared zucchini.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	971 kJ	507 kJ
Protein	4.5 g	2.3 g
Total fat,	21.4 g	11.2 g
Saturated	2.5 g	1.3 g
Trans	0 g	0 g
Polyunsaturated	7 g	3.6 g
Monounsaturated	10.6 g	5.5 g
Carbohydrates	3 g	1.5 g
Sugar	1.8 g	0.9 g
Fibre	5 g	2.6 g
Sodium	266 mg	139 mg
Potassium	566 mg	296 mg
Vitamin C	42.7 mg	22.3 mg
Iron	2.3 mg	1.2 mg



RUSTIC PEAR AND CINNAMON CRUMBLE

Preparation time: 45 minutes

Number of serves: 8

Ingredients

- 6 medium pears (sliced)
- 3 tablespoons of lemon juice
- 1 teaspoon ground cinnamon
- 1 ³/₄ cup rolled oats
- 1 cup of almonds, walnuts and pecans
- ¹/₄ cup of almond meal
- 3 tablespoons of coconut oil
- 1 teaspoon of vanilla extract
- Lemon zest

Optional:

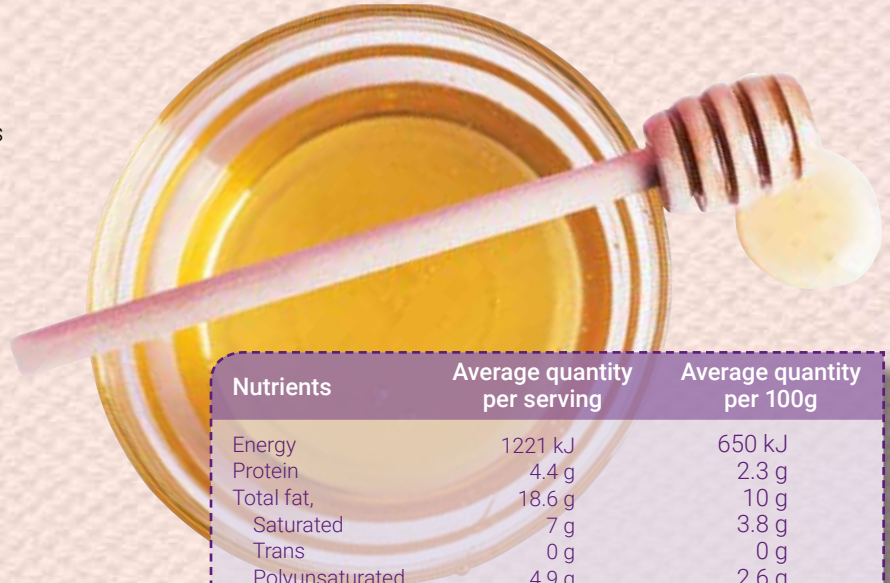
20 g cranberries, 1 tablespoon honey

How to prepare

- Pre-heat oven to 180°C.
- In a large bowl, mix the sliced pears, lemon juice and ground cinnamon; layer into a baking dish.
- In a medium size bowl combine oats, almond meal, almond / nuts / pecans, honey, coconut oil and vanilla. Mix well.

- Spread the oat mixture evenly over the pears. Sprinkle lemon zest on top. Bake for 35 to 40 minutes or until the pears are tender.

Suggestion: Add cranberries and honey on top. Serve with low fat yoghurt.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	1221 kJ	650 kJ
Protein	4.4 g	2.3 g
Total fat,	18.6 g	10 g
Saturated	7 g	3.8 g
Trans	0 g	0 g
Polyunsaturated	4.9 g	2.6 g
Monounsaturated	5.4 g	2.9 g
Carbohydrates	24 g	13.2 g
Sugar	19.8 g	10.5 g
Fibre	5.4 g	3 g
Sodium	11.5 g	6 mg
Potassium	320 mg	170 mg
Vitamin C	6.7 mg	3.6 mg
Iron	1 mg	0.5 mg





HEALTHY LIVER TIPS

Make your own yoghurt

It's easy to make your own yoghurt and reduce wastage by using any leftover milk.

Ingredients:

- 1 litre milk (skim milk preferably, and any milk close to expiry date)
- 2 tablespoons natural yoghurt

How to prepare:

- Pour the milk in a saucepan, using a thermometer. Heat to 90°C, when the milk will boil
- Cooling down the milk should be a quick process, so transfer the milk to another bowl, let the bowl sit in a sink half filled with cold water (iced water if possible to accelerate the cooling process)
- When the milk reaches 35 to 40°C (no more), add the natural yoghurt and hand whisk it into the milk thoroughly. (Beware: if yoghurt is added to milk hotter than 40°C, this will kill the beneficial bacteria)
- Pour the milk into a sterilised 1.1 litre deep baking tray. Switch on the oven to 35°C, and put the tray in the oven. Allow the milk to set at this temperature for at least 9 hrs (overnight would be best).
- Next morning, strain the yoghurt if you want more like a Greek yoghurt, or just portion it into jars or containers
- You can keep the yoghurt for up to 2 weeks in the refrigerator below 3°C

YOGHURT PANNA COTTA

Preparation time: 15 minutes
(rest 4 hours before serving)

Number of serves: 10

Ingredients

- 1 cup skim milk
- 1 cup homemade yoghurt (see recipe following)
- 1 tablespoon vanilla essence
- ½ cup raw sugar
- 1 ½ gelatine sheets
- zest of 1 orange

Danole moulds: these containers give shape to the Panna Cotta after it cools and sets. If you don't have any, use cups or glasses

How to prepare

- Place gelatin sheets in a bowl and cover with cold water, allow to soak for 10 minutes.
- Pour milk into a saucepan with vanilla essence, orange zest and raw sugar and heat. Remove from heat when milk begins to simmer softly.
- Remove the gelatin sheets from the water and squeeze the excess. Add the gelatin to the milk mixture and whisk well. Allow to cool for a few minutes, add the yoghurt and whisk gently.
- Pour the mixture into danole moulds or glasses greased with butter. Place in the fridge and leave to set for about 4 hours. Best results if left overnight.

HEALTHY LIVER TIPS



Vegans can use almond milk, vegan yoghurt and agar agar instead of skim cow milk, yoghurt and gelatine. For vegetarians, remember cow's milk has more protein than almond milk.

Nutrients	Average quantity per serving	Average quantity per 100g
Energy	208 kJ	355 kJ
Protein	3.2 g	5.6 g
Total fat,	0.4 g	0.7 g
Saturated	0.2 g	0.4 g
Trans	0 g	0 g
Polyunsaturated	0 g	0 g
Monounsaturated	0.1 g	0.2 g
Carbohydrates	8.1 g	13.8 g
Sugar	8.1 g	13.8 g
Fibre	0 g	0 g
Sodium	34.9 mg	59.7 mg
Potassium	121 mg	207 mg
Vitamin C	0 mg	0.1 g
Iron	0 mg	0 mg

COCONUT DELICE WITH SEASONAL FRUITS

Preparation time: 20 minutes

Number of serves: 8

Ingredients

- ½ can coconut cream
- 25 g coconut flakes
- 1 drizzle of honey (7 g)
- 1 tablespoon vanilla essence
- ½ cup of three different seasonal fruits: chopped mango, strawberries, raspberries, pear or others

How to prepare

- One day before making the recipe, leave the coconut milk or cream in the fridge overnight. Remove the thick and hardened coconut from the can and transfer to a mixing bowl. Add vanilla essence and honey. Use a mixer to beat the cream for 2 minutes, or until the mixture is light and fluffy.
- Toast the coconut flakes in the oven for 10 minutes at 180° C.
- Place the mixture in glasses, add coconut flakes and seasonal fruits. Make a few layers.



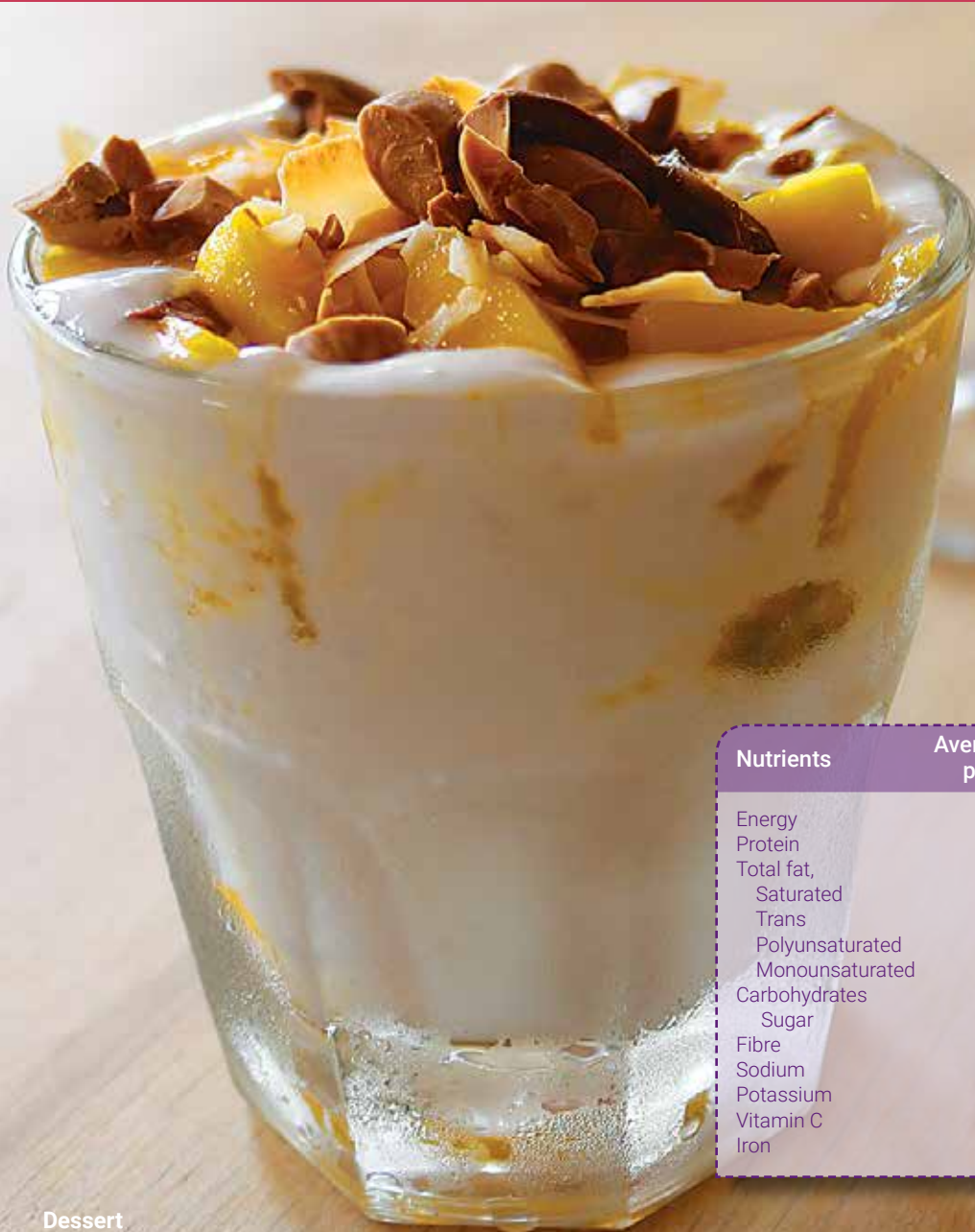
HEALTHY HINTS

Watch your saturated fats

Coconut is a source of saturated fat. It is best to have it once in a while and in small amounts.

- You can see that 100 g has around 8g of saturated fat, and one serve or 77 g has 6 g.
- In general, we should look for up to 3 g of saturated fat per 100 g of a dish.
- Giving an example, if you need 2000 kcal per day, about 200 kcal may come from saturated fat. This would be a total of 22g during the day.
- This means one serve of this dessert has 6g out of the 22g, about 27% of all saturated fat you should have during the day.

Learn more here: <https://heartfoundation.org.au/healthy-eating/food-and-nutrition/fats-and-cholesterol/saturated-and-trans-fat>.



Nutrients	Average quantity per serving	Average quantity per 100g
Energy	398 kJ	513 kJ
Protein	1 g	1.3 g
Total fat,	7 g	8.9 g
Saturated	6.1 g	7.9 g
Trans	0 g	0 g
Polyunsaturated	0 g	0 g
Monounsaturated	0.3 g	0.4 g
Carbohydrates	6.6 g	8.6 g
Sugar	6.4 g	8.2 g
Fibre	1.8 g	2.3 g
Sodium	7 mg	8.9 mg
Potassium	147 mg	190 mg
Vitamin C	12.2 mg	15.7 mg
Iron	0.4 mg	0.5 mg

SUGGESTIONS OF FURTHER READINGS

Links to other available resources, including more recipes

- Alcohol – Frequently asked questions: https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ds10-alcoholqa.pdf
- Better Health Channel www.betterhealth.vic.gov.au; More on fatty liver disease from Better Health: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/liver-fatty-liver-disease>
- British Liver Trust: more resources and information on liver health, liver conditions and its treatments: <https://www.britishlivertrust.org.uk/>
- Catherine Saxelby's website: <https://foodwatch.com.au/>
- Commonwealth Scientific and Industrial Research Organisation (CSIRO): <https://www.csiro.au/>
- The global diabetes community: more information on diabetes, recipes, resources: <https://www.diabetes.co.uk/>
- Diet and liver disease: <https://www.britishlivertrust.org.uk/liver-information/diet-and-liver-disease/>
- Dietitians Association of Australia: <https://daa.asn.au/smart-eating-for-you/>
- Eat For Health – Australian Dietary Guidelines and The Australian Guide to Healthy Eating, how to read food labels, nutrition calculators and all related information etc.: www.eatforhealth.gov.au
- Fatty liver disease: more information and nutrition related resources: <https://www.healthdirect.gov.au/fatty-liver>
- Food and Mood Centre – Deakin University: <https://foodandmoodcentre.com.au>
- Food safety: <http://foodsafety.asn.au/food-safety-at-home/> and <http://dofoodsafely.health.vic.gov.au/index.php>
- Green Bananas: Good or Bad?: <https://www.healthline.com/nutrition/green-bananas-good-or-bad#section6>
- Health Star Rating System: <http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/Home>
- Healthy Choices Guidelines: the traffic light system: <http://heas.health.vic.gov.au/healthy-choices/guidelines>
- Information on omega-3: <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/>
- Karen Hoyt's website: <https://www.ihelpc.com>
- Life: helping you prevent diabetes, heart disease and stroke: <https://www.lifeprogram.org.au/>

A SPECIAL THANK YOU

- 🌿 Live Lighter: nutrition related information, sugar and fat, recipes etc.: www.livelighter.com.au
- 🌿 Liver Foundation: <https://www.liver.org.au/>
- 🌿 Love your gut: more and varied recipes with nutritional information:
<https://loveyourgut.com/getting-gut-healthy/recipes/>
- 🌿 Love Your Liver: www.loveyourliver.com.au
- 🌿 Nutrition Australia: www.nutritionaustralia.org
- 🌿 Nutrition for children with liver disease: <https://childliverdisease.org/liver-information/nutrition/>
- 🌿 Seasonal Food Table: <https://sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide/>
- 🌿 Shape Up Australia: www.shapeup.gov.au
- 🌿 Sugar Quiz: How much sugar is in our food?:
<https://www.abc.net.au/news/2016-03-17/quiz-what-does-six-teaspoons-of-sugar-look-like/7086790>
- 🌿 The Victorian Health Promotion Foundation:
<https://www.vichealth.vic.gov.au/>
- 🌿 Therapeutic Goods Administration:
<https://www.tga.gov.au/>
- 🌿 Tips for groceries:
<https://www.mymoneycoach.ca/blog/budget-grocery-shopping-tips-to-save-money.html>

Pamela Wood
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Tass Mousaferiadis

for contributing with reviewing the resource.

Dedicated to all our wonderful volunteers and members, advocates, champions and supporters.

Liver disease affects millions of Australians, yet the vast majority are unaware of their condition. Liver health is given a boost if you eat well, that's why I endorse this Guide and its delicious sounding recipes which are good for your liver.

A/Professor Paul Gow, Deputy Director Gastroenterology, Austin Health

One of the most effective ways you can tackle liver disease and protect yourself is quite simple, it's to eat healthy and delicious food. That's why I strongly endorse Eating Well: A LiverWELL™ Lifestyle Guide.

Dr Alex Hodge, Gastroenterologist

The Eating Well Guide is a valuable resource for my patients because there is great evidence in the benefits of a well-balanced and nutritious diet in people with liver disease.

Phoebe Trinidad, Hepatic Clinical Nurse

As someone whose family has been personally and tragically affected by liver disease, I know how challenging it can be to find easy to understand and yet authoritative guidance around how to eat well and look after your liver. This healthy eating guide offers practical and positive assistance at a time when it is most needed.

Maria Marshall

HEPATITIS VICTORIA

Download the LiverWELL app on liverwell.org.au

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This resource is the first of a series of guides being developed around the four domains from the Living Well component in our LiverWELL app: Eating Well, Feeling Well, Getting Active and Drink Aware; and also our Chronic Disease Self-Management program LiverWELL Coaching.



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