



Eating Healthy with PSC

Erin Paice, RD, CD-N
Hartford Hospital Transplant

Objectives

- What does it mean to “eat healthy”?
- What are barriers to maintaining a healthy diet with PSC?
- How can we keep a healthy diet when we live a busy life?



Healthy Eating

- Focus on whole grains, fruits, and vegetables
 - Gluten free grains
- Includes low-fat or fat-free dairy
- Lean protein sources
- Low in saturated fats, cholesterol, sodium, and refined sugars. Limited or no trans fats





GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day:
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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Are All "Carbs" Bad?

- Better carbohydrates:
 - Pasta
 - Potatoes
 - Quinoa
 - Cereal
 - Breads
 - Rice
 - Fruits and starchy veggies

Carbohydrates to limit or avoid

Cakes

Cookies

Pies

Regular Soda

Candy



Carbohydrates

- With liver disease, the body's ability to maintain a normal blood glucose level can be affected. Eating on a regular basis can help keep energy levels up.
 - Eat consistently every 3-4 hours
 - Choose complex carbohydrates – avoid simple sugars that can have a rapid/dramatic effect on glucose levels
 - Monitor portion sizes of your carbohydrates foods



Protein

- It is important to consume sufficient protein to help your body:
 - Regulate blood sugar
 - Reach satiety
 - Promote muscle/skin maintenance
 - Decrease fatigue
 - Promote bone health



Protein

- High-Biological Value Sources

- Eggs (whites) or egg substitutes
- Milk, yogurt, cottage cheese, pudding
- Chicken, Fish, Turkey, Beef, and Pork

Other Good Sources

Beans and legumes

Soy products, tofu

Whole grains such as Quinoa, and Wild Rice

Nuts – whole or as a butter product



Protein

- For most people, protein should be consumed at 1-1.5grams per kg of body weight and should be eaten throughout the day.
 - Example:
 - 125# person would need 60-85 grams of protein daily (or ~25grams of protein per meal)
 - 150# person would need 70-100 grams of protein per day (or ~30 grams of protein per meal)



Three bright green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, showing its stem. Two other apples are behind it, one to the left and one to the right. The background is white, and the bottom of the image has a solid green gradient bar.

Pop Quiz

Which meals have the longest time period between them?

Answer

- From dinner to breakfast....
 - It is crucial to include a bedtime snack rich in protein to help maintain and prevent deterioration of protein stores within the body.
 - Examples:
 - ½ or whole sandwich
 - Glass of low fat milk or yogurt
 - Peanut butter and crackers
 - Nutritional supplement



Fats

- Mal-absorption of fat can result from liver disease.
 - Concerns become deficiency of fat soluble vitamins (Vit A, D, E, and K)
 - High Cholesterol
 - Decreased calcium absorption
- Speak with your health care team about your possible dietary supplement needs and about when/how often to have vitamin levels tested. Never add supplements/herbal medications without reviewing with your team!



Fats

- Include healthy fats in your diet:
 - Monounsaturated and polyunsaturated fats include olive, canola and peanut oils, avocados, safflower, sesame, soy, corn and sunflower-seed oils, nuts and seeds. Flaxseed is a good source of Omega 3's!
- Limit unhealthy fats:
 - Saturated Fats: fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats, AKA "Partially Hydrogenated...", are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
- But remember – it's not just the type of fat that matters – it's also the quantity!
- Speak with your health care team to see if fish oil supplements are right for you.



Sodium

- You may need to decrease the amount of sodium in your diet.
 - Sodium causes your body to retain (hold on to) fluids and cause swelling.
 - High sodium intakes can negatively affect bone health
 - Be sure to read food labels for the sodium content and aim for *250mg or less per serving*.
 - Your doctor may recommend a daily sodium intake of 2000mg or 4000mg based on your individual's needs.



Sodium

- The Top Worst Foods from a Sodium Standpoint:
 - Bacon, sausage and deli meats
 - Canned vegetables and vegetable juice
 - Frozen dinners (unless they are “heart healthy/lower NA”)
 - Packaged snack foods like potato chips and pretzels
 - Soy, barbecue, and teriyaki sauces
 - Canned soups
 - Chinese foods (not all... but most)
 - Table salt (Adding salt to foods is not recommended – try alternatives such as Mrs. Dash and other herb seasonings)



Calcium

- PSC and other cholestatic liver diseases can increase risk for osteoporosis and other bone diseases
 - Focus on getting in adequate calcium (most people require ~1000mg/day)
 - Vit D helps the body absorb Calcium (most people require ~ 2000 IU/day)



Calcium

- Foods Rich in Calcium
 - 200-400mg calcium per serving:
 - 8oz yogurt (with/without fruit)
 - 8oz milk (any kind)
 - 1 oz Swiss Cheese
 - ½ cup part-skim Ricotta Cheese
 - 50-150mg calcium per serving:
 - ½ cup cooked collards
 - ½ cup pudding, custard, flan
 - 1 oz almonds
 - ½ cup ice cream, ice milk frozen yogurt
 - ½ cup kale, broccoli, mustard greens
 - 1 medium orange



Vitamin D

- Food Source of Vitamin D:
 - Milk
 - Fortified juices
 - Soymilk
 - Yogurt
 - Fatty fish such as tuna, mackerel, and salmon
 - Flax Seed
- Sunlight/ultraviolet B exposure to the skin, naturally initiates the conversion of cholesterol in the skin to vitamin D



Weight

- Monitor weight often:
 - Rapid changes in weight are more likely to represent changes in fluid status and not true changes in body weight
 - Keep a close watch on your sodium and fluid intakes
 - If you are suffering from weight loss – snack often on healthful foods and consider a nutritional supplements such as whey protein shakes, Boost/Ensure, or Carnation Instant Breakfast.



Planning Ahead

- One of the biggest reasons we “fall off the wagon” when it comes to eating healthy is lack of planning... So...
 - Keep healthy snacks on hand
 - Keep veggies/fruits cut in the fridge
 - Frozen veggies are a great substitution for fresh
 - Use your freezer!
 - Cook in larger batches and freeze what you won't eat in 2-3 days



Dining Out

- Society is much more health conscious and the food/beverage industry is aware!
 - Most restaurants offer “heart healthy” options – heart healthy typically means lower in fat, sodium, and higher in fiber!
 - If you consider a food to be unhealthy at home... it will likely not be a healthy choice while dining out
 - Check out the menu before you go out to eat – if the place you are going doesn't offer anything that can be considered or modified to be “healthy” find somewhere else to go!



Golden Rules

- Everyone is different...
 - Keep a food journal
 - You may start to notice a pattern with the foods you are eating
- Be your own scientist!
 - Keep an open mind to alternative practices – review any changes/supplements with your team.
- There is a lot of confusing information out there – so find a dietitian in your area to help you weed through it!



Three bright green apples are arranged on a white background. One apple is in the foreground, slightly to the right, and is in sharp focus. Behind it, two other apples are visible, slightly out of focus. The apples have a smooth, glossy texture and a small brown stem at the top. The overall composition is clean and simple, with the apples occupying most of the frame.

The Golden Rule

Most foods are okay once in a while –
just make sure “once in a while”
doesn’t happen every day!

So go ahead... indulge... Just indulge in *MODERATION*!

Three bright green apples are arranged on a white surface. One apple is in the foreground, slightly to the right, showing its stem. Two other apples are behind it, one to the left and one to the right. The apples are glossy and have a few small brown spots. The word "Questions?" is written in white, sans-serif font across the middle of the apples.

Questions?

Thank you!