If you have liver disease, your body may not process protein the way it should. Too much protein can lead to a condition called hepatic encephalopathy (HE).* Symptoms include:

- Short-term memory loss
- Finding it hard to focus or concentrate
- Feeling tired or irritable.

If HE is a problem, you may find that plant proteins are easier to handle than animal proteins. Try to include plant proteins in your daily diet.

Limit your protein to _____ grams each day. Don’t stop eating protein, as this can be harmful. Follow your dietitian’s guidelines.

<table>
<thead>
<tr>
<th>Sources of plant protein</th>
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<tbody>
<tr>
<td>1 cup tempeh</td>
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<tr>
<td>½ cup tofu or</td>
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<tr>
<td>soy protein</td>
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<tr>
<td>1 cup (8 ounces)</td>
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<tr>
<td>2 Tbsp peanut butter</td>
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<tr>
<td>¼ cup nuts</td>
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<tr>
<td>½ cup dried beans,</td>
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*HE is not always related to protein intake. You should work with your dietitian and doctor to find out how much protein your body can handle.

Sources of animal protein

1 cup (8 ounces) milk = 8 grams protein
1 cup yogurt = 8 grams protein
¼ cup cottage cheese = 7 grams protein
1 ounce cheese = 7 grams protein
½ cup ice cream = 4 grams protein
1 ounce cooked beef, lamb, pork or poultry = 7 grams protein
¼ cup seafood or canned fish = 7 grams protein
5 small oysters or shrimp = 7 grams protein
1 large egg = 6 grams protein

Tips

2 tablespoons of peanut butter is about the size of a Ping-Pong ball.

3- to 4-ounce piece of meat is about the size of a deck of playing cards.

1 ounce of cheese is about the size of a domino.
The energy you get from food is measured in calories. Your body needs calories to function and to stay at a healthy weight.

Since you are eating less protein, you may also be eating fewer calories. Not eating enough calories may cause your body to break down its own muscles for energy. This also puts stress on the liver.

The following foods may help you stay at a healthy weight while eating less protein.

- Condiments such as honey, sugar, syrup, jam, jelly and non-dairy creamer
- Fats like salad dressing, sour cream, cream cheese, butter and margarine
- Fruits and vegetables
- Candies and desserts (no milk products)
- Starches such as bread, pasta and rice

**Remember**

- Follow the recommendations for how much protein you should eat.
- Choose plant proteins.
- Eat small meals more often to help increase your calorie intake.
- Spread your protein throughout the day to decrease your risk of HE.
- Add plenty of fats and condiments to your foods.

**References**


