



HCSP FACT SHEET

• HCV WELLNESS •

Nutrition and Hepatitis C

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Foreword

In the past, diet modification was seen as an important part of liver disease management; this is less true today. However, recent data suggest that steatosis (fatty infiltrates of the liver) contribute to liver disease progression and lower HCV medical treatment response. Poor diet and little or no exercise greatly contribute to the formation of steatosis. Therefore it is recommended that people with hepatitis C eat a healthy, well-balanced diet, drink plenty of clear fluids, engage in moderate exercise and get plenty of rest.

Diet

A diet that follows the general guidelines for good nutrition based on the Dietary Guidelines for Americans (www.choosemyplate.gov) is generally recommended for people with stable chronic hepatitis C. Balancing the food you eat with physical activity is also recommended. Once someone develops cirrhosis it is very important that a liver disease specialist and a nutritionist be consulted.

Drinking enough clear fluids is also important to incorporate into a healthy diet. Water is often called the 'silent nutrient' because it provides needed minerals and essential fluids to keep us healthy. The Institute of Medicine (IOM) recommends that the general daily fluid intake should be 91 ounces for women and 125 ounces for men. Fluid intake can come from food, water, and other drinks. A good rule of thumb is to make sure that you drink when thirsty.

A healthy diet is low in fat, cholesterol, and sodium (salt), high in complex carbohydrates, and has adequate protein. Most people can obtain adequate nutrients by eating a well-balanced diet. Some people with HCV find various nutritional supplements beneficial. However, certain vitamins and minerals (e.g., vitamin A, vitamin D, iron, and niacin) can be harmful to the liver in high doses. People with hepatitis C should consult their healthcare provider – and

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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perhaps also a trained dietitian or nutritionist – before starting any new diet.

Some people with hepatitis C experience loss of appetite (anorexia), nausea, and diarrhea; these may also occur as side effects of the drugs used to treat HCV. Many people find it helpful to eat small, frequent healthy meals and snacks rather than three large meals each day. Soft or liquid foods and foods at room temperature (neither hot nor cold) may be easier to tolerate, while spicy or fatty foods may worsen nausea. If a person is unable to obtain enough nutrients by eating normally, liquid nutritional supplements (such as Advera, Ensure, or Sustacal) can be used.

All meat, fruits and vegetables should be washed to remove harmful residues.

Wash hands thoroughly before and after handling food.

Most experts recommend that people with HCV avoid consumption of raw or undercooked shellfish which can contain hepatitis A and bacterial infections that could lead to serious problems.

Tips for Eating Healthy

The following is speculative, but is nutritionally sound: Because the liver processes and detoxifies everything a person eats, avoiding certain foods may help reduce the liver's work load.

Processed foods may contain chemical additives and high levels of sodium, so people with HCV may benefit from limiting consumption of canned, frozen, or preserved foods, as well as fast foods.

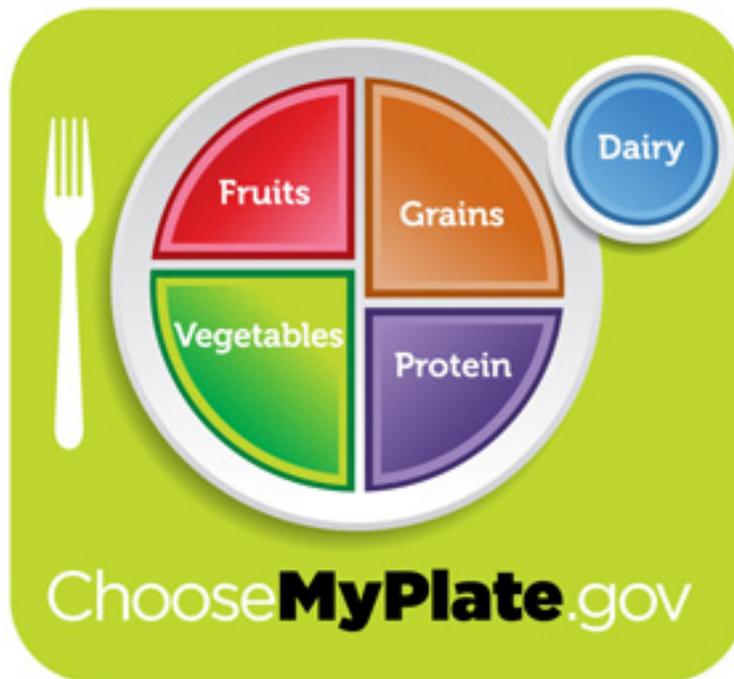
Avoid foods that contain trans fats (partially hydrogenated vegetable oils) since consuming trans fats is known to cause a number of serious health problems including increasing “bad” cholesterol levels and lowering ‘good’ cholesterol levels and contributing to heart disease. In 2013 the Food and Drug Administration (FDA) recommended a ban on all trans fat.

It is often recommended that people with HCV should avoid foods high in fat, salt, or sugar. Some people with HCV find it difficult to tolerate dairy products; if this is the case, soy milk or rice milk may be good

substitutes. Some experts believe protein from vegetables, dairy products, fish, or chicken may be easier to process than protein from meat. However, adequate protein is important for body tissue maintenance and repair.

Food Labels:

People with HCV should read food labels and familiarize themselves with ingredients. Most of the information is in the ingredient list and the label. It is important to know what serving size—some labeling can be misleading. For example, a product may look like it is only one serving but actually may be two or more servings. In general the ingredients



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are listed in order of amount in the food, but sugar, for example, may be present as different forms of sugar so the manufacturer can list other 'healthier' ingredients first. It can be challenging to read and understand the ingredient list and food label. The FDA has a good overview of the labeling at www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm274593.htm

The Dietary Guidelines for American's recommendations include many factors such as age, sex and physical

activity. In addition there are very practical tips and suggestions on how to eat healthily, a system to keep track of what you eat and various resources and links. To learn more information about nutrition and the food pyramid guide, visit www.choosemyplate.gov/

You may not have a lot of control over what hepatitis C does to your body, but you can help keep yourself healthier by eating a healthy diet, which will strengthen the immune system and help fight hepatitis C.

Related publications:

- **HCV Wellness: Brain Fog**
www.hcvadvocate.org/hepatitis/factsheets_pdf/Brain_Fog.pdf
- **HCV Wellness: Meditation**
www.hcvadvocate.org/hepatitis/factsheets_pdf/Meditation.pdf
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