

## PBC DIETARY RESTRICTIONS

### Salt

Individuals with all forms of liver disease, including PBC, are at risk of developing a condition called portal hypertension – this refers to high blood pressure specifically in the vein that supplies blood flow to the liver. Excess sodium intake contributes to high blood pressure.

**Tip** - Limit the “3 Ps”:

- Prepackaged
- Processed
- Pickled

Limit packaged, processed, and pickled foods as these foods are usually very high in salt. Also limit the number of meals you eat at restaurants or fast-food establishments.

Do not add salt to boiled foods like rice, pasta, and potatoes. Put the saltshaker away. Flavor your foods with spices, herbs, and flavored oils.

### Sugar

Excess sugar intake can cause your liver to store that excess in the form of fat and can lead to liver damage.

Limit your intake of foods that are high in added sugar like baked goods, sweets, jams, jellies, honey and syrups.

Avoid sugar-sweetened drinks like pop, energy drinks, and fruit juice, and limit what you add to hot drinks like coffee and tea.

Limit intake of desserts and other sweets. Choose plain, or lightly sweetened yogurt, sweetened with fresh or frozen fruits, nuts, and seeds.

Limit your intake of jams and jellies as spreads and choose nut butters instead. Avoid foods with high fructose corn syrup.

## FOCUS ON WHAT YOU CAN DO!

- Limit red meat to twice a week or less, and trim fat off all meat before cooking.
- Snack on nuts in a trail mix with some dried fruits to help meet both your protein and fiber goals.
- Drink water, milk, and milk alternatives instead of sugary drinks like pop, juice, and specialty coffees.
- Keep your goals in mind when making your food choices.

### Read The Label

1. **Serving size:** choose the portion that makes sense for how much you are likely to eat.
2. **Calories:** note the amount of energy (calories) your portion provides.
3. **Fat, Fiber, Protein, Sugar, Sodium:** aim for low sodium (less than 10% of daily value) and low sugar.
4. **Vitamins**
5. **Daily Value (DV):** 5% or less is too little, 15% or more of DV is a lot.

Nutrition Facts	
8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
<b>Amount per serving</b>	
<b>Calories</b> 230	
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Stay positive, some days will be better than others.**

Disclaimer: This pamphlet is a tool to help PBC patients include good nutrition as part of their daily routine. It is not intended to be prescriptive. Always consult your PBC specialist prior to beginning your nutrition plan.

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## Stay Strong through Healthy Eating

*PBC is a chronic autoimmune liver disease that can progress slowly over time. Like other chronic diseases, it is important for those with PBC to maintain overall health, including a healthy diet, to help control disease progression and reduce the risk of developing PBC-associated complications such as osteoporosis, fatty liver, portal hypertension, and heart disease.*



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## GET STARTED

Have you heard the line, “If you fail to plan, you are planning to fail”? A healthy diet really does hinge on a good plan, and here are a few tips for getting started:

### Plan ahead

Make a master meal list, plan 7 days of meals and make a grocery list for the week. To keep things simple, make use of leftovers for lunch and plan similar meals for breakfast:

### Set goals

Choose one goal at a time to develop a habit around that behaviour. Keep goals SMART: Specific – Measurable – Achievable – Realistic – and Timely.

### Keep track of what you are eating

Use a food diary or online tool to log everything you eat for one week. Challenge yourself to set new goals for the following week.

### Follow Canada’s food guide

Take some time to review Canada’s food guide for meal ideas, grocery tips, and healthy eating habits:

### The healthy plate

Have plenty of  
vegetables and fruits

Eat protein foods



Choose  
whole grain  
foods

## PBC DIETARY NEEDS

### Protein

Eating enough protein when you have PBC is very important to build and maintain muscle mass and strength, and to maintain immune function.

**Tip** - A quick trick to helping you meet your protein goal is to make sure you eat a source of protein at every meal and most snacks.

### Fiber

Fiber helps to maintain healthy cholesterol levels and good bowel health, controls blood sugars, and helps in maintaining a healthy body weight. Fiber also feeds good bacteria in our bowels – which plays a role in reducing inflammation and preventing disease.

**Tip** - Include whole grains, fruits and vegetables, nuts and seeds, and legumes in your diet to help make sure you get enough fiber every day.

### Fat

Dietary fat plays an important role in helping to absorb certain types of vitamins like Vitamin D, E, A, and K, which is very important in later-stage PBC. Dietary fat also plays a role in hormone production and is important for brain function. Unsaturated fats have more nutritional benefits than saturated fats.

**Tip** - we get healthy, unsaturated fats from oils that are pourable at room temperature.

### Calcium and vitamin D

People with PBC are at higher risk of developing low bone mass and osteoporosis. By eating calcium-rich foods like dairy products, fortified milk alternatives, and canned fish with bones, you can help to keep your bones strong. Vitamin D helps the body absorb calcium from your diet into your bloodstream. Most patients with PBC benefit from taking a vitamin D supplement. Talk to your doctor or dietitian for specific supplement advice.

## Recommended Food Sources

Nutrient	Food Source
Protein	Milk, yogurt, cheese, beans, lentils, peas, nuts, seeds, meat, fish, shellfish, eggs, meal supplements, and protein powders
Fiber	Whole grain cereals & bread, large flake oatmeal or bran flakes. Whole wheat or brown pasta & rice. Skins of fruits and vegetables. Legumes like beans & chickpeas.
Healthy Fats	Include fish 2x per week. Include nuts & seeds, like ground flax in oatmeal, or hemp seeds sprinkled on salads to increase intake of unsaturated fats. Use plant-based oils for cooking, like olive, canola, or avocado oil.
Calcium	Dairy milk and fortified plant-based milks, yogurt, cheese, calcium-set tofu; canned fish with bones like salmon or sardines; cooked green vegetables like spinach, broccoli, and cabbage. Small amounts are also found in legumes, nuts and seeds.
Vitamin D	We get some vitamin D from dairy products and eggs; however, it can be difficult to meet our needs from diet alone. A vitamin D supplement is usually a helpful ally in preventing and treating vitamin D deficiencies.

**Practice healthy eating to live your best life!**