

Advice centres in Bristol to help you

Many of the foodbanks in Bristol use a **voucher referral system**. You can get these from different referral agencies, including **citizens advice**. See below for contact details:

North Bristol Advice Centre covering North Bristol and South Gloucestershire

<http://www.northbristoladvice.org.uk/> Tel: 0117 951 5751

South Bristol Advice Centre covering postcode areas BS3, BS4, BS13, BS14 and some parts of BS1

<https://www.southbristoladvice.co.uk/> Tel: 0117 985 112

St Pauls Advice Centre

<https://www.stpaulsAdvice.org.uk/> Tel: 0117 9552 981

Citizens Advice Bristol Main office in central Bristol and advice is also available at East Trees Health Centre, Brooklea Health Centre, Hartcliffe Health Centre and William Budd Health Centre

<https://www.bristolcab.org.uk/> Tel: 0800 811 2384

To find local foodbanks use Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank/> or Tel: 0808 208 2138



Scan the QR to reach our website, and click the 'Liver Disease and Diet' tab:



Looking after your liver on a budget









The importance of a balanced diet

A healthy and balanced diet helps your body work properly. This is especially true for your liver. A healthy diet can allow your liver to heal and even reverse liver damage.



What a healthy diet looks like

Here are the basics of a healthy diet

-  **5-a-day:** 5 portions of fruit and veg a day. This includes frozen and tinned (not in syrup!). A portion is 80g, which could be a handful of small fruit or several tablespoons of cooked veg.
-  **Starchy Carbohydrates:** This includes potatoes, bread, pasta, rice, oats and noodles - aim for whole grain varieties
-  **Protein:** Try to include in each meal. Examples are eggs, fish, meat (avoid too much red or processed meat like sausages or bacon), and veggie sources like beans, pulses or tofu
-  **Dairy:** Provides the body with calcium. Aim to have some every day. This includes milk, yoghurt and cheese. If using dairy alternatives, make sure it is fortified with calcium
-  **Oils and spreads:** Small amounts made from plant sources like olive oil are good, or more affordable options like rapeseed or vegetable oil
-  **Avoid high fat, salt or sugar foods:** Check the front of pack traffic light label to see if a food is high in these things
-  **Drink 6-8 glasses of fluid a day**
-  **Coffee:** 3 cups a day (prepared as filtered, instant or espresso) may improve liver health

7 top tips for a healthy diet on a budget

With rising food costs it can be a challenge to eat a healthy, balanced diet. Here are some tips from our hospital staff:



- 1 Canned and frozen foods:** Often cheaper than fresh and still full of good nutrients. Fruit and veg tinned in water or juice counts towards your 5-a-day (avoid those in syrups). Why not try using canned fish to try and get to two portions a week?
- 2 Use beans and pulses to add protein** to your meal – it can often be cheaper than meat! Things like chickpeas, lentils and beans can be bought in tins (see tip 1...).
- 3** If buying meat consider **cheaper cuts like chicken thighs**, make it healthier by removing the skin which contains fat.
- 4 Porridge oats are a healthy breakfast choice** and bananas and apples can make an affordable and healthy snack.
- 5** Meal planning: What do you have left in the cupboard? Set a budget and **go to the shop with a list and a plan.**
- 6** Batch cooking will mean the oven is used less, **saving you money on energy.** Leftover or old veg can be made into a soup (add a can of beans to make it more filling).
- 7** Larger supermarkets offer a wide range of products, which may provide cheaper options. Aim to do a weekly shop at these stores and less smaller, more frequent shops at smaller stores. **If getting to the supermarket is an issue, online delivery can be as little as £1.**



What about if I have cirrhosis?

If your doctor has told you that you have liver cirrhosis, there are some special dietary considerations. This includes:

- A no added salt diet
- Having a higher amount of protein to prevent muscle loss
- Having a bedtime carbohydrate snack (speak to your doctor about this if you have diabetes or have a high BMI)



Helpful resources

Have a look at some of the resources below for more information

Beezee bodies: free weight management courses for adults or families in Bristol.
Beezeebodies.com

Cooking on a bootstrap: A website full of affordable recipes.
cookingonabootstrap.com

British Liver Trust:
They have lots of information about liver disease, including dietary advice.
Britishlivertrust.org.uk

FoodCycle: They make free healthy meals for anyone to enjoy. Find them at:
Easton Christian Family Centre, St Jude's. Wednesday at 7pm
Barton Hill Settlement, 43 Ducie Road, Barton Hill. Saturday 1:30pm.

Bristol Food Network has a list of organisations on their website that support people who are struggling to get enough nutritious food.
www.bristolfoodnetwork.org/blog/food-poverty-insecurity-in-bristol

Too Good To Go: an app where you can buy bags of unsold food from restaurants and cafes at a significantly reduced price