

Proper nutrition plays a crucial role in managing Primary Biliary Cholangitis (PBC), helping to maintain liver function and prevent complications.

General Dietary Recommendations

Balanced Diet: Consume a well-balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats. This approach ensures adequate nutrient intake and supports overall health.

Calcium and Vitamin D: PBC patients are at an increased risk of osteoporosis. It's recommended to intake 1,000 to 1,500 mg of calcium and 1,000 International Units of vitamin D daily through diet and supplements if necessary.

Fat-Soluble Vitamins (A, D, E, K): Due to potential malabsorption issues, monitoring levels of these vitamins is essential. Supplementation may be required if deficiencies are detected.

Avoid Raw or Undercooked Foods: To reduce the risk of infections, avoid consuming raw or undercooked shellfish, fish, meat, and unpasteurized milk.

Limit Alcohol and Smoking: It's advisable to quit smoking and limit or avoid alcohol consumption to prevent further liver damage.

Healthy Fats: Incorporate unsaturated fats, such as those found in olive oil, nuts, and fatty fish, while limiting saturated and trans fats.

Monitor Protein Intake: Aim for a protein intake of 1.0–1.5 g per kilogram of body weight per day, which is generally recommended for individuals with liver conditions.

Additional Considerations

- **Regular Monitoring:** Regular check-ups with your healthcare provider are essential to monitor liver function and nutritional status.
- **Personalised Nutrition Plan:** Consult with a registered dietitian to develop a nutrition plan tailored to your specific needs and to address any deficiencies.

References

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