

Nutritional Therapy for Clients with Alcoholic Liver Disease



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BACKGROUND: The Czech Republic has long been the largest consumer of beer in the world and its total adult per capita consumption of pure alcohol (16.45 litres) also ranks among the highest globally. While alcohol has a negative effect on the whole organism, the most significant somatic damage involves that to the liver, with the subsequent development of liver disease. Alcohol consumption may lead to a variety of illnesses, ranging from mild conditions, such as hepatic steatosis, to serious, life-threatening liver cirrhosis. **OBJECTIVE:** the aim is to identify the optimal recommended daily intake of protein, carbohydrates, fat, and energy and to use such data to determine the basic nutritional recommendations for clients with alcohol-related liver disease. **METHODS:** a descriptive literature analysis based on the predefined criteria identified 18 original studies reflecting the objectives of this study in the EBSCO,

MEDLINE/Pubmed and Proquest databases. **RESULTS:** the results indicate that the lipid intake should ideally be around 30% of the total daily energy intake. Being of high importance, the protein intake should reach about 1.2 to 1.5 g per kg of body weight per day. While essential amino acids also showed a positive effect, they are typically administered in a hospital setting under professional supervision. As the results on the carbohydrate intake were not consistent, a similar intake to that for the general population, i.e. 55–60% of the total daily energy intake, is recommended. A sufficient energy intake also plays an important role. It should be 35–40 kcal per kg of body weight. **CONCLUSIONS:** The recommended nutrition values of food identified by our study can be used to optimise the diet of clients who suffer from alcohol-related liver disease and to facilitate the process of treatment and recovery.

KEY WORDS: NUTRITIONAL RECOMMENDATIONS – ALCOHOLIC LIVER DISEASE – ALCOHOL CONSUMPTION – TREATMENT

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