

# Nutritional Profile of Patients with Compensated Alcoholic Liver Disease (ALD)- Cirrhosis

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## Abstract

Nutritional profile in fifty patients of alcoholic liver disease (ALD) with compensated cirrhosis was studied for its relationship to amount and duration of alcohol intake. Anthropometric, clinical signs of nutritional deficiencies, dietary assessment, hematological and biochemical parameters were used for nutritional assessment. Clinical signs of nutritional deficiencies were found in all subjects. The mean values of body mass index (BMI), triceps skin fold thickness (TFT) and midarm circumference (MAC) were found to be decreased as compared to normal subjects. Vitamins B<sub>12</sub> and serum folate levels were decreased in 12% and 44% cases respectively. Serum magnesium, serum phosphorus and serum zinc levels were also lower than that found in normal population (in 46%, 38% and 42% cases respectively). Total calorie intake was found to be significantly decreased in these subjects. Nutritional deficiencies were more pronounced in patients with increased amount and duration of alcohol intake. Thus, nutritional deficiencies are present in compensated ALD-cirrhotics and correlate with amount and duration of alcohol intake.

*Keywords:* Alcoholic liver disease, cirrhosis, nutritional profile.