

FOOD & NUTRITION



**What
should you eat
if you have
kidney disease?**



By Laura Estan, RD, LDN Renal Dietitian

Your Kidney Diet depends on.....

- Stage of kidney disease
- Abnormal lab values
- Other medical conditions
- Your doctor or dietitian's recommendations
- Foods you like !!

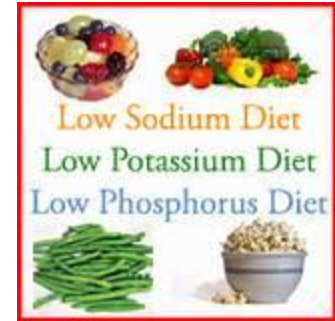
Why Is Diet Important?

*Diet control may slow the progression of kidney disease

*Diet affects your health and how well you feel

*Diet changes can help make up for some of your kidney function loss

So what's important in the Kidney Diet?



Protein

Potassium

Phosphorus

Calcium

Sodium

Calories

Fluids

PROTEIN

ESSENTIAL for:

- Fighting infections
- Muscle building and repair
- Structure of red blood cells
- Proper functioning of immune defense
- Regulation of enzymes and hormones.



PROTEIN

- Protein is made of amino acids.
- The more amino acids that need removing... the harder the kidneys have to work!
- For people with kidney disease... this may mean an acceleration of their kidney disease.



PROTEIN

HERE'S the solution !



- eat enough protein to maintain health, but to minimize the excess amino acids and spare the kidneys.
- The way to do this is to eat foods with high quality proteins that the body will use most efficiently.

PROTEIN

Animal proteins have the best combination of amino acids and produce the least waste they are "high biologic value" or *HBV* foods.

High Quality Protein Sources

Meats	Fish
Poultry	Eggs
Dairy	Tofu

Low Quality Protein Sources

Bread
Cereal
Vegetables
Beans

POTASSIUM

- a mineral found naturally in foods.
- essential for fluid balance, muscle contraction and nerve impulse
- dangerous when too high or too low
- This level is monitored closely by your dialysis physician and dietitian.



POTASSIUM

IMPORTANT NOTE!!

Read the ingredient label for
hidden potassium additives!!

Fruits

Vegetables

Dried beans and peas

Nuts

Some salt substitutes

Dairy Products
including
milk,
yogurt,
ice cream,
cheese

PHOSPHORUS

- another mineral found in *all* foods!
- Its function includes acid base balance in the body and healthy bones and teeth
- too much phosphorus can cause calcium to be pulled from your bones resulting in them becoming very weak and easily broken.
- You may be instructed by your Nephrologist to take a medicine called a *phosphate binder* with your meals and snacks to prevent your Phosphorus levels from increasing too high in your blood.



PHOSPHORUS & CALCIUM



A larger amount of phosphorus is found in milk, cheese, nuts, grains, dried beans and peas, and meats.

***High
phosphorus
foods include:***

- Dairy products
- Dried beans / peas
- Nuts
- Peanut butter
- Chocolate

SODIUM

Foods high in sodium include:

- **Canned or pickled foods, olives**
- **Smoked foods and deli meats**
- **Snack, processed, fast foods**
- **baking soda**
- **many seasonings, onion salt, garlic salt, marinades**
- **many condiments, like worcestershire, soy sauce, ketchup**
- **monosodium glutamate (MSG),**
- **convenience food items, packaged, box foods**



SODIUM *FACTS*

- **The body requires some sodium to regulate blood pressure**
- **Consuming too much sodium can elevate blood pressure**
- **Excess sodium intake can worsen fluid retention and edema resulting in high fluid weight gain**
- **Consuming sodium increases thirst.**
- **All of these make the typically required fluid restriction more challenging**

FLUIDS

When the kidneys are failing they aren't able to remove fluid then fluids build up in the body and.....

- **Damage occurs to the heart**
- **Breathing becomes difficult**
- **Painful Edema develops**



FLUIDS

Fluids are...

- ..Coffee
- ..Tea
- ..Water
- ..Juice
- ..Soup
- ..Soft drinks



And any food that is liquid at room temperature

- ..Ice
- ..Jello®
- ..Ice cream

CALORIES



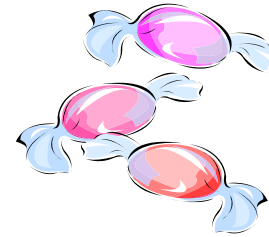
! give your body energy
! help you stay at a healthy weight
! help your body use protein for building muscles and tissues.

- Calories are found in all the foods you eat.
- Your calorie requirement is specific to your needs
- Because your recommended diet may limit protein, you may need to get extra calories from other foods.

Maintaining a healthy weight is also important! Especially for transplant....
If you need to lose weight, your dietitian will teach you how to lose it slowly and carefully *without risking your health.*

CALORIES

- Use more simple carbohydrates like sugar, jam, jelly, hard candy, honey and syrup.
- Other good sources of calories come from fats like soft (tub) margarine oils like canola or olive oil, And other foods that are low in saturated fat



You should talk with your dietitian about the best way to get the right amount of calories and keep your blood sugar in control if you have diabetes.

VITAMINS & SUPPLEMENTS

If your diet is limited or insufficient,
you may need to take special vitamins or supplements

Take only what your doctor has ordered !!

Supplements include:

Prescribed vitamins

Folic acid

Iron

Additional calories/protein in liquid form



*** Do NOT take herbal preparations unless approved by your Nephrologist**

DINING OUT

Learn to make good choices when dining out !!

Don't be afraid to special order:

- Sauces on the side
- Request Small portions
- Take home a “doggie bag”
- Ask about ingredients



Avoid high-salt: Soups ..Casseroles ..Fast food



Feeling Nauseous? Try these Tips



Helpful Hints Include:

- Eat small amounts
- Eat before hunger pains hit
- Sip liquids with a straw between meals
- Suck on ice chips
- Wear loose fitting clothes
- Rest after eating
- Don't come to dialysis with an empty stomach
- Track your feelings of nausea; try to find a pattern & specific cause that you might be able

Foods to Try:

- Dry toast
- Unsalted crackers/pretzels
- Rice or noodles
- Applesauce
- Clear carbonated beverages
- Cool temp foods

Foods to try Avoid:

- Greasy, fatty foods
- Anything very sweet
- Spicy food
- Strong odors
- Hot temperature foods

Other ways to tell if what you are doing is working:

Weight loss or gain

Blood pressure control

Swelling of hands or feet

How you feel !!



What you can do:

Continue to learn about your disease,

KNOW your blood test results,

Follow your diet as best you can!

..Take your medicines as directed

..Make the right food choices to feel
your best

..Stay physically active

..Ask questions !!!

Malnutrition and Kidney Disease

- There are many seemingly overwhelming food restrictions that come along with decline in renal function
- Due to increased nutrient requirements and the frequent loss of interest in food, meeting nutritional requirements often becomes a challenge.
- If this is not corrected, it is found to have detrimental effects on one's health and well being including protein deficiency, decreased immune system, and excessive fatigue..

