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INSPIRING HEALTH



RENAL DIET

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DIET FOR THE KIDNEY DISEASE

Renal or kidney failure occurs when disease or disorder damages the kidney and it is not able to remove water and waste from the body.

How should my diet be changed in chronic renal failure?

Diet is an important part of your treatment. A proper diet can reduce the amount of water and waste products produced and stored. This may delay the advance of your condition so that the need for dialysis is delayed. If you are dependent on dialysis to do this, then a proper diet may reduce the number of times dialysis is needed.

Recommendations:

It is important for your overall health and well-being to get enough calories. But you also need to focus on the following nutrients:

- Protein
- Sodium
- Potassium
- Phosphorus
- Fluids
- Supplements

The dietary changes will be different if you have diabetes, high blood pressure or any other disease. Talk to your dietician for advice to suit your personal needs.

What is protein and how much should I take?

Your body needs the right amount of protein for building muscles, repairing tissues and fighting infection. Protein comes from 2 sources, animals and plants.

1. Animal sources: Eggs, fish, chicken, red meat, milk and milk products and cheese.
2. Plant sources: Beans, peas and lentils like green grams and brown grams. Cereals such as maize, wimbi, wheat and rice.

Your doctor may recommend that you follow a diet that has a controlled amount of protein. This may help to decrease the amount of waste in your blood and delay further damage to your kidneys.

People on dialysis are encouraged to eat mainly animal protein foods as they produce less waste. This includes meat, poultry, fish, cheese and eggs. In general, the protein from egg and milk is better tolerated than protein from other sources.

In the past a low protein diet was often prescribed to slow down the steady worsening of kidney function that occurs in some patients. We don't do this anymore. We suggest a moderate (not low, not high protein diet), If you like measuring, 0.8-1g protein per kg of ideal body weight.

Why not low protein?

- Modern treatments, such as improved blood pressure control, have reduced the benefit from a low protein diet.
- Low protein diets don't taste very good, and may lead you to go short on calories too.
- There is a risk of harm through poor diet.

Why not high protein?

- High protein intake in chronic renal failure makes the body more acidic and this can lead to increased muscle breakdown.
- High protein intake means high phosphate intake too (see below).

Your dietician will coach you on an eating plan designed to provide enough protein to meet your personal needs.

What is sodium and how do I limit my intake?

Sodium is a mineral found naturally in foods. There are large amounts in table salt. Kidney disease, high blood pressure and sodium are often related. Therefore, you may need to limit the amount of salt in your food.

High sodium foods are:

Salty seasonings like table salt, soya sauce, garlic or onion salt, sea salt, rock salt.

Most canned and some frozen foods.

Processed meats like sausage, salami, salted beef, etc.

Salted snacks like chips, crisps, nuts, Indian savouries, crackers etc.

Canned and packet soups.

DO NOT take sports drinks that contain added sodium.

DO NOT use salt substitutes without checking with your doctor/nurse/ dietician as these are potassium based.

What is potassium and how do I limit my intake?

Potassium is an important mineral in the blood that helps your muscles and heart work properly. Too much or too little potassium can be harmful. It is found in all fresh foods such as fruits, vegetables and unrefined grains and seeds such as peas, beans and lentils.

Fruits LOW in Potassium	Fruits HIGH in Potassium	Vegetables HIGH in Potassium	Vegetables LOW in potassium
Apples	Avocados	Dried beans & peas	Cabbage
Berries	Bananas	Pumpkin	Cauliflower
Canned fruit cocktail	Cantaloupe melon	Potatoes, French fries	Cucumber
Canned pears	Dried fruits	Spinach (cooked)	Kale
Grapes	Honeydew melon	Traditional greens	Mushroom
Lemon	Kiwi	Sweet potatoes	Eggplant
Peaches	Mangoes	Tomatoes, tomato	Green beans
Pineapple	Oranges & Orange Juice	sauce and paste	Lettuce
Plums		Vegetable juices	Onion
Watermelon	Pawpaw		Sweet peppers

Ask your dietician about the amount you can safely eat. Portion size is important. Eating too much or too often can result in high potassium levels even when eating low potassium foods.

Usually a renal patient's diet should be limited in potassium. The high potassium food should be avoided

What is phosphorus and how do I limit my intake?

Your kidneys may not be able to remove enough phosphorus from your blood. A high phosphorus level may cause you to itch and lose calcium from your bones. Your bones can become weak and may break easily.

Phosphorus is found in large amounts in the following:

Dairy products such as milk, cheese, rice pudding, yoghurt, ice cream.

Nuts (e.g. ground nuts, cashew nuts) and peanut butter.

Meat

Poultry

Fish and seafood

Eggs

Dried beans and peas

Wild game

Drinks such as cocoa, beer, and carbonated (fizzy) drinks.

Phosphates are often used to preserve foods or are contained in processed foods.

For that reason, you must read food labels carefully.

Why are fluids important?

As a renal patient, you may rely on dialysis to remove water and waste from your body. If your kidney disease gets worse, your doctor will let you know when you need to limit fluids and what amount of fluid is right for you. Fluids or liquid could be water, tea, beverages or things which are solid such as ice cubes, ice cream or jelly.

Why is calorie intake important for people with kidney disease?

Calories provide energy to your body which is a basic need. A pattern suitable for you can be designed by your dietician, but generally patients.

- If you do not have diabetes, you can take hard candies, sugar, honey, jam and jelly.

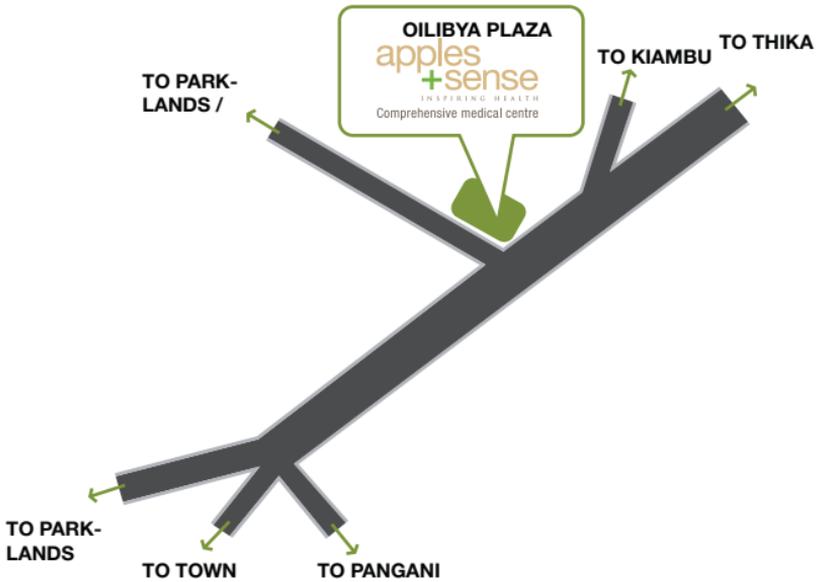
Can I use supplements?

People with renal failure often use supplements of certain nutrients. Your doctor is the best judge and can advise you. DO NOT take any supplements without your doctor's prescription and DO NOT take herbal products.

NOTE:

- The diet followed by patients with renal failure shares general basic principle that apply to all patients. However, the detail of diet for any individual renal patient depends on their overall general health and the type of treatment being given.
- You will have to explore with your doctor, dietician and other health professionals, what will work best for you.

Thank you for choosing Apples+Sense, for your health care needs. We welcome and appreciate your comments and suggestions to help us improve our services.



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