

Kidney Disease and

Your Diet



Department of Nutrition Services Kidney and Urinary Program

Inside this book

	Page
About your kidneys	1
Protein	3
Potassium	6
Phosphorus	11
Sodium (Salt)	17
Herb and Spice Guide	21
Fluids	22
Staying a Healthy Weight	24
Bread, Grains and Other Starches	26
Fats	27
Sugar and Sugar Containing Food	28
Your Daily Choices	29
Sample Menu Plan	30
Tips on Eating Out	32
Reading Labels	39

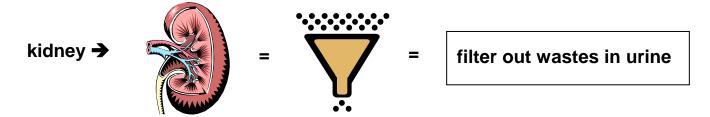
About your kidneys

Your kidneys are shaped like kidney beans. Each one is the size of your fist. A kidney has about 1 million tiny filters inside.

What do kidneys do?

Kidneys have 3 main jobs . . .

They filter and remove waste from blood and make urine.



- They control the salt and water balance in your body.
- They produce hormones that help make red blood cells and keep your bones healthy.

What happens when kidneys have a disease?

Kidney disease affects all the jobs that healthy kidneys do.

Kidneys with a disease do not remove waste out of your body very well. Wastes start to build up in your body.

Where does the waste come from?

Waste comes from the food we eat. Our food is made up of proteins, fat and starches. When we eat food, the body digests it. The blood absorbs the digested food and takes it to all the cells to be used.

After each cell uses the food it needs, it puts the waste back in the blood. The blood then takes the waste to the kidneys.

The kidneys filter the waste into the urine.

When you have kidney disease, the waste is not filtered and builds up in your body instead.

How does the build up of waste affect me?

With waste build up, you:

- may not feel like eating
- may lose weight
- may have less energy or get tired easy
- may hold extra salt and water in your body causing swelling

How can I help myself feel better?

You will need to look at your eating habits closely. You may have to reduce the amount of some foods in your diet. You may need to give up certain foods. The changes you make will depend on your eating habits.

What will I need to know about my diet?

You will learn about the 3 Ps:

- Protein
- Potassium
- Phosphorous



You will also learn about salt, water and calories. You will learn what these do in your body, what foods they are in and what changes you need to make.

There is a lot to learn about kidney disease and diet. Begin with the basics and add more information as time goes on. Your dietitian will help you and your family learn about your diet and how to make changes. You will be able to ask questions and learn how to stay healthy.

You should feel free to contact your dietitian when you need help or support with your diet.

Protein

What are proteins?

Proteins are used by the body for growth and to build and repair muscles and other tissues.

What food has protein?

The amount of protein in food varies.

Good quality protein is in:

• meat, chicken, fish, eggs, cheese and milk

Smaller amounts of lower quality protein are in:

• bread, cereal, pasta, rice and vegetables

Your body needs both kinds of protein food at the same time to work well.

What does my body do with protein?

The blood brings the protein to build and repair your muscles. A waste product called urea is formed after your body uses the protein. Since urea cannot be filtered by your kidneys very well, it builds up in your body.

Urea can make you feel unwell. You may not feel like eating or you may vomit. Urea also causes itchy skin.

How much protein does my body need?

The amount of protein you need depends on your height and weight. A large person needs more protein than a small person.





3

less protein

more protein

Is too much protein bad?

The kidney is the only organ in the body that removes urea.

When you have kidney disease, you need to try and protect the working filters. For example, if your kidneys are working at 20%, this means only 20% of the filters are filtering urea.

By eating too much protein, you make these filters work even harder. Overwork will damage the good filters very fast.



Can I stay off dialysis treatments by following my diet?

Following your diet can help you stay off dialysis for as long as possible.

Avoid extra protein to take the pressure off the good filters.

You need to eat the right amount of good quality protein to help your body build muscles and do the repair work needed.

Will I always have to eat less protein to protect my kidneys?

You will have to limit protein foods to prolong the life of your kidneys. This will help you keep off dialysis treatments.

Since dialysis increases protein loss, people having dialysis treatments need more protein. They need to follow their dialysis diet that contains extra protein to stay healthy and prevent muscle wasting.

What are some examples of protein choices?

Your dietitian will help you with the number of protein choices you can have each day.

Food	Amount = 1 choice
beef, pork, veal, chicken, turkey, fish, shrimp	30 grams or 1 ounce
egg	1
hard cheese: colby, swiss, cheddar, mozarella or gouda	30 grams or 1 ounce
cottage cheese	60 ml or 1/4 cup
canned tuna or salmon	60 ml or 1/4 cup
peanut butter	15 ml or 1 tablespoon

Avoid these protein choices that are high in salt. The ones marked by (**P**) are also high in **P**hosphorus:

- ham, bacon
- bologna, salami, sausages, wieners or hot dogs
- liver, heart, kidney (P)
- blue cheese, feta cheese, processed cheese slices or spreads (P)
- sardines, oysters (P)
- anchovies

Potassium

What is potassium?

Potassium is a mineral found in food. Your muscles and nerves need potassium to work well. Your heart muscle needs potassium for a strong beat.

Your kidneys filter extra potassium into your urine. When you have kidney disease, the filters do not work well and potassium builds up in your body.

A high amount of potassium can make your heart beat irregular. Too much potassium can cause your heart to stop beating.

What is the safe amount of potassium in my blood?

A safe or normal level is 3.5 to 5.0 mmols.

How can I keep my potassium level from getting too high?

You need to limit foods that are high in potassium.

What foods are high in potassium?

All fruit, vegetables and their juices contain potassium. Some have more potassium than others. Milk and milk products such as yogurt, pudding, ice cream and buttermilk are also high in potassium.

What should I know when making choices?

The amount or portion of the food you eat is important. A low potassium food can become a high potassium food if you eat a large amount.

For example, strawberries are a lower potassium choice (1/2 cup or 125 ml). However, if you eat a larger amount they become a high potassium choice.

Will I be able to eat potatoes?

Potatoes are very high in potassium. Peeling, cutting and soaking potatoes in water overnight leaches out some of the potassium. Boil the potatoes in fresh water the next day.

You can double boil the potatoes to lower potassium. First peel and cut the potatoes in small pieces. Boil them in water until half cooked. Change the water, boil until cooked and throw the water out.

Less often choose baked potatoes, french fries and potatoes cooked in a microwave because all of the potassium stays inside the potatoes.

What should I know when making choices?

The amount or portion of the food you eat is important. A low potassium food can become a high potassium food if you eat a large amount.

The number of choices is important too. You get more potassium if you increase the number of choices you eat.

Other than potatoes, what else can I eat?

You can eat white rice and white pasta since they have very little potassium.

Can I have salt substitutes?

No. Salt substitutes such as No Salt™ are made with potassium.

What if I cannot lower potassium through diet alone?

Your health care provider may prescribe a medication called Kayexalate. This medication helps remove potassium. It binds to potassium in your stomach and excretes it in your bowel movements.

How do I know how much potassium I should eat?

The amount of potassium you need depends on:

- how much potassium you eat now
- the amount of potassium in your blood as measured by blood tests
- if you are taking medication that affects potassium such as water pills (diuretics) and some blood pressure medication
- how well your kidneys work
- if you make some urine or not
- if you are on dialysis treatments

What about foods that have potassium additives?

Some foods have potassium additives. These additives can contribute a significant amount of potassium to your diet. They are listed on the food label and are called:

- potassium chloride
- potassium sorbate or
- potassium lactate

Many companies use potassium chloride in place of sodium chloride when making sodium reduced products. It is important that you learn how to read labels. Your dietitian can help you do this.

Potassium Food Lists

There are 2 food lists on the next 2 pages to guide you:

- 1. Low and Medium Potassium Foods
- 2. High Potassium Foods

Follow these guidelines when using these lists:

- 1 serving = ½ cup (125 ml) or 1 small piece of fruit unless something else is written.
- Choose 3 fruit servings and 3 vegetable servings a day from the Low to Medium Potassium Food list.
- Your dietitian can help you add some choices from the High Potassium Food list.

Foods not on the lists:

- Milk, yogurt, ice cream, pudding, soy milk and cream soups are high in potassium. Choose only 1 item a day.
- ½ cup (125 ml) milk has the same amount of potassium as 1 fruit or
 1 vegetable serving from the Low to Medium Potassium Food list.
- Chocolate and nuts are high in potassium.
- ½ cup (125 ml) of soup made from allowed vegetables counts as 1 vegetable serving.

Remember

- For questions contact a dietitian at 905-522-1155 ext. 33604.
- You may have to leave a message and a dietitian will call you back.

Low to Medium Potassium Foods

Fruit and Juice	Vegetables
apricot – 2 small	alfalfa sprouts – 1 cup (240 ml)
apricot nectar	asparagus – 4 spears
apple	bamboo shoots
apple juice	beans: green, wax
applesauce	beets
berries: black, blue, goose,	broccoli
raspberries, strawberries	
cherries	bean sprouts
clementine	cabbage
cranberries - 2 cups (480 ml)	cauliflower
fig – 1 medium raw	carrots
fruit cocktail	celery – 1 stalk
grapefruit – ½	corn – or ½ ear
grapes	cucumber
grape juice	eggplant
lemon juice	endive
lime juice	escarole
mandarin orange	kale
nectarine ½	leeks
papaya nectar	lettuce
passion fruit	mixed vegetables
peach	mushrooms, fresh
pear- ½	okra
pear nectar	onions
pineapple	peas, snow peas
pineapple juice	pepper: red or green
prunes - 2	potato: mashed or boiled
prune juice – ¼ cup (125 ml)	radish
plum	spinach, raw
raisins – 2 tablespoons (15 ml)	summer squash – spaghetti, zucchini
rhubarb	tomato – ½ medium
tangerine	tomato sauce, canned ¼ cup (125 ml)
watermelon	turnip
Other: fruit pie: 1/8 piece	water chestnuts
using any of above fruit	
	watercress

High Potassium Foods

Fruit and Juices	Vegetables
avocado	artichokes
banana	beet greens
cantaloupe	brussel sprouts
dates – 3	bok choy
grapefruit juice	beans, dried
guava	carrot juice
kiwi	collards
mango	dandelion greens
melon - honeydew	lentils, legumes
orange	lima beans
orange juice	mushrooms – canned, cooked
papaya	parsnips
passion fruit juice	peas - dried
persimmon	plantain
pomegranate	potato – baked, instant, fries, scalloped
	pumpkin
	rapini
	rutabagas
	spinach, cooked
	squash (winter) - acorn, butternut, hubbard,
	sweet potato
	swiss chard
	tomato juice, vegetable juice
	yam

Phosphorus

What is phosphorus?

Phosphorus is a mineral found in many foods. Phosphorus helps keep your bones strong and healthy. As your kidney function declines, your blood phosphate level may rise, causing itchy skin, a loss of calcium from your bones, and painful bony deposits in your heart, skin, joints and blood vessels.

What is the recommended amount of phosphorus in blood?

This depends of how much of your kidneys are working:

- If you have lower kidney function and you are not having dialysis treatments, the range is 0.87 to 1.49 mmol/L.
- If you are having dialysis treatments, the range is 1.13 to 1.78 mmol/L.

How do I keep my phosphorus levels normal?

- You may need to limit the amount of phosphorus you eat.
- You may be prescribed a phosphorus binder medication.
- If you are on dialysis, making sure you get regular dialysis treatments as prescribed by your doctor.

What foods contain phosphorus?

Some foods naturally contain more phosphorus than others. Meat, poultry, and fish contain phosphorus, as well as good quality protein. Your dietitian will help you with the amount of protein that your body needs.

Refer to the food chart on the next few pages for more details.

What is phosphorus binder medication?

Your doctor may prescribe a medication that lowers phosphorus in your blood. This is called a phosphorus or phosphate binder.

Phosphorus binder medication acts like a sponge to soak up the phosphorus from the food you eat so less phosphorus goes into your blood. For this medication to work properly, you must always take it with food.

Some names of this medication are: calcium carbonate (Tums), calcium acetate (Phoslo), Sevelamer (Renagel) and lanthanum carbonate (Fosrenol).

The amount of this medication you need depends on your diet and your blood phosphate level. You can talk to your doctor and/or dietitian about this.

What food should I limit and what food should I choose?

Food Group	High phosphorus foods to Limit	Low phosphorus foods to Choose
Meat and Protein	Organ meats, oysters, clams, mussels, bones from canned fish such sardines and salmon Seasoned meats containing phosphate additives Processed meats	All other unseasoned or fresh beef, chicken, pork, turkey, veal, lamb, fish, eggs
Dairy and Dairy Substitutes	Milk (cow, goat, soy, coconut, chocolate) and other dairy products such as yogurt, pudding, ice cream, frozen yogurt, and cream soups Limit to cup(s) or ml each day. Processed cheese and cheese spreads	Rice milk (unfortified) Sherbet/sorbet, gelatin desserts Cream cheese, cottage cheese, ricotta, brie, soft goat, parmesan Hard block cheese such as cheddar, mozzarella, Swiss, gouda, gruyere, camembert, provolone, blue, feta

Food Group	High phosphorus foods to Limit	Low phosphorus foods to Enjoy
Breads, grains and cereals	Cereal: bran cereal (All Bran, Raisin Bran, Red River, Grapenuts), granola, oatmeal, oat bran, wheat germ, Shredded Wheat, Shreddies, Total Vector, Wheetabix	Cereal: non-bran cereals, rice cereals, corn flakes, Rice Krispies, Special K, Puffed Ric or Wheat, Corn Chex, Crispex, Corn Bran Squares, Cream of Wheat, Cream of Rice, Just Right, Rice Chex, Life, Cheerios,
	Bread: whole grain, 100% whole wheat, bran, multigrain, pumpernickel, dark rye, corn bread, whole wheat English muffins	Bread: white, 60% whole wheat, light rye, cracked wheat, sourdough
	Grains: brown/long grain or wild rice, whole wheat pasta, quinoa, packaged macaroni and cheese	Grains: white: rice, pasta, rolls, bagels, pita, hamburger and hotdog buns, English muffins, couscous, bulgur
	Other: store-bought tea biscuit, cake, muffin, pancake and waffle mixes, homemade bran and oat bran muffins, fruit cake, rye and whole grain crackers, Triscuits, crackers with peanut butter or cheese filling, cake, donuts	Other: unsalted crackers (soda, melba toast), rice cakes, graham crackers, homemade pancakes, waffles, muffins, tea biscuits, cakes and cookies, yeast donuts, fruit pies, angel food cake, pound cake, sponge cake
Vegetables	Dried peas, beans, lentils Edamame, soy beans Lima, pinto, split peas, navy, chickpeas Hummus Baked beans	All vegetables which are not on the "High phosphorus foods to Limit" list

Food Group	High phosphorus foods to Limit	Low phosphorus foods to Enjoy
Beverages	Cola carbonated beverage, Dr. Pepper Iced tea, Iemonade, fruit punch and powdered drink crystals made with phosphate additives Beer Hot chocolate and cocoa drinks Non-dairy creamer Flavoured water	Non-cola soft drinks (ginger ale, sprite, 7-Up, lemon/lime soda, root beer) Homemade iced tea, lemonade and fruit punch without phosphate additives Alcohol (gin, vodka, whiskey, wine) but only as advised by your doctor. Coffee, tea 100% fruit juice without added calcium
Other	Nuts and seeds, including chia or flaxseeds Chocolate, chocolate bars Hazelnut spread Nut butters Tahini	Unsalted popcorn, pretzels, corn chips Lower Phosphorus Baking Soda Substitute: Instead of 1 teaspoon (5 ml) baking soda, try 1/4 teaspoon (1.25 ml) baking soda + 1/2 teaspoon (2.5 ml) cream of tartar

Where does phosphorus in food come from?

Phosphorus in food comes from 2 sources:

- **1. Naturally occurring in food:** Phosphorus is naturally found in food such as whole grains, dried beans and lentils, meat and dairy products.
- 2. Additives: Phosphorus is added to food for many reasons such as to make food creamier, add flavour, maintain the juiciness of meat, reduce acidity, and increase shelf life.

What are phosphorus additives?

90 to 100% of phosphorus additives are absorbed by the body. Only about 60% of phosphorus naturally found in food is absorbed by the body.

It is important to reduce and control your intake of phosphorus additives as a key part of managing phosphorus levels in your body.

The amount of phosphorus a food contains does not legally need to be included on the Nutrition Facts Panel of packaged foods. Therefore, it is important to look at the ingredient list for 'hidden' sources of phosphorus.

- > Phosphoric acid
- > Pyrophosphate
- > Poly**phos**phate
- > Hexametaphosphate
- > Dicalcium **phos**phate
- > Monocalcium **phos**phate
- > Aluminum **phos**phate
- > Sodium poly**phos**phate
- Sodium tripolyphosphate
- > Tricalcium **phos**phate
- > Trisodium **phos**phate
- Tetrasodium phosphate

Helpful Hint Look for: > Phos > phos

Food products that commonly contain phosphorus additives:

Food	Product
Meat, Poultry, Seafood	Processed items such as frozen chicken products (nuggets, strips etc.), hot dogs, deli meats, crab
	Food enhanced with broth such as quick frozen chicken or turkey
	When you see the word 'seasoned' on meat you may also see phosphorus additives
Bakery Products	Biscuits, pancake mix, frozen waffles, cake mix, snack cakes, breakfast cereal, granola bars
Cheese	Processed and spreadable cheeses
	Cheese flavoured snack foods
Instant Puddings	Puddings and sauces
Beverages	Colas, Dr. Pepper
	Some iced tea, lemonade, fruit punch drinks
	Non-dairy creamer
	Flavoured water
	Look for phosphorus additives in drinks that come in plastic bottles and some powdered drink crystals
Other	Fast food
	Commercially prepared frozen entrees

Sodium (Salt)

What is sodium?

The common name for sodium is salt. It is found in many foods. Table salt is sodium chloride.

You get sodium when you use a salt shaker or add salt to cooking. There is also hidden sodium in processed and prepared foods.

What does sodium do in my body?

Sodium keeps the amount of water in your body balanced. It also helps to keep blood pressure normal. Your body needs very little sodium. Extra sodium is removed out of your body by the kidneys.

What happens when the kidneys slow down?

As the kidneys slow down, they may not be able to remove extra sodium. Sodium builds up in your body.

Too much sodium can make you thirsty and you may also notice:

- ankle swelling
- weight gain
- blood pressure may go up

When there is too much sodium and water in your body, you may have trouble breathing. This is caused by water in your lungs.

How much sodium can I have each day?

The recommended amount of sodium you can have each day from all food and drink is between 1500 and 2300 mg.

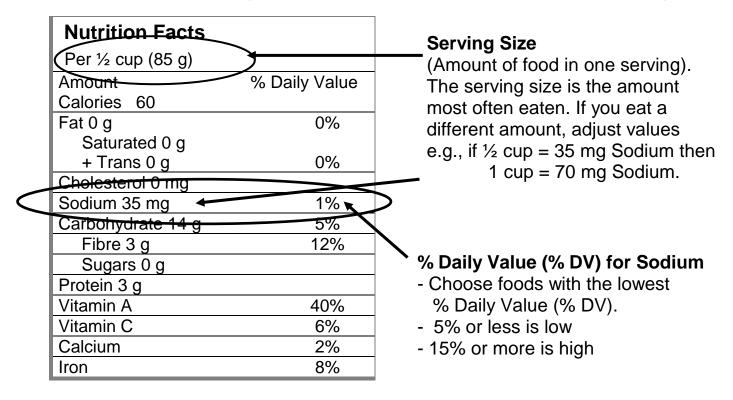
How can I cut down on sodium in my diet?

- Give up using salt shakers and/or boxed salt.
- Avoid adding salt when cooking. Remember all salt types such as sea salt, picking salt, kosher salt and Himalayan pink salt have similar amounts of sodium and have the same effect on your body.
- Cut down on foods that contain hidden sodium such as salty meat, snacks, processed food, canned soups, pickles and salted sauces.
 Since many foods have hidden sodium, you need to read labels.

Nutrition Facts Table

A Nutrition Facts table is usually found on the package. This is the best place to see how much sodium is in the food product. You can also use this information to compare foods. Many nutrition facts are listed including calories, fat, carbohydrate, protein and sodium. On the Nutrition Facts, the word sodium alone is most often used. You rarely see the word Salt.

First, look at the serving size to show you how much sodium is in 1 serving.



Can I use salt substitutes?

You cannot use salt substitutes as they are made with potassium. It is not safe to use these substitutes if you have kidney disease. Safe seasonings to use are Mrs. Dash or McCormick (any flavour). You can also make your own recipe using a combination of different herbs and spices you like.

What about salt free products?

Some salt free products may be prepared with salt substitutes. This means they contain potassium. For example, salt free cheese may contain potassium. You would be better off to use regular, hard cheese. Salt-free products can be misleading. For example, canned soups with less than 1% sodium may have the same amount of sodium as a regular soup when you compare serving sizes.

What can I do when I eat out?

When you eat out, ask for food prepared without sodium. Ask for gravies, sauces and dressings on the side. This way, you can use a smaller amount. If you have a few choices, pick food that you know does not contain a lot of sodium. Ask for the hand-out on 'Kidney Disease – Tips for Eating Out'.

Tips to lower sodium:

- Prepare your own foods to give you better control of what is in it.
- Use leftovers to make your own frozen dinners. They make good, quick meals.
- Rinse off some sodium on canned tuna, salmon and canned vegetables or buy lower sodium canned products.

What foods can I eat?

- **Beverages:** Drink water, coffee, tea, low sodium mineral water, lemonade, fruit juice. Talk to your dietitian about your daily fluid limit and acceptable fluid choices.
- Cookies, crackers and snacks: Buy crackers with unsalted tops.

 Eat unsalted popcorn, pretzels or chips instead of potato chips and nuts. Flavour with herbs and spices.
- Dairy (cheese, milk and other dairy foods): Substitute block cheese for processed cheese slices and spreads. Avoid feta and blue cheese.
- **Desserts:** Choose sherbet (sorbet) or gelatin.
- Fats and oils: Use unsalted butter or margarine. Add seasonings to these spreads or oils and use on bread, vegetables, potatoes and salads.
- Fruits and vegetables: Choose fresh or frozen vegetables. Some canned vegetables have no added salt. Look for the label "No Added Salt".

- **Meat and protein foods:** Use fresh roast beef, turkey or chicken for sandwiches. Avoid cured, smoked and pickled meats such as bologna, salami, and corned beef as they are very high in salt.
- Salad dressings and condiments: Make your own salad dressings.

 Use flavoured herb vinegar. Make your own flavoured oils with fresh herbs and garlic in the summer and use these all year round.
- **Seasonings:** Use fresh garlic, onion flakes, celery seeds and garlic powder. Avoid seasoned salts such as onion salt, garlic salt, and celery salt.
- **Soup:** Make your own soup. Do not use bouillon cubes, powder or regular soup bases for flavour. Use salt-free soup bases or broths. Flavour with herbs and spices.

Herb and Spice Guide

Type of Food	Herb or Spice
Beef	basil, bay leaf, chillies, coriander, garlic, marjoram, mustard, oregano, parsley, tarragon, thyme
Bread	anise, basil, caraway, cardamom, cumin, dill, lemon peel, orange peel, poppy seeds, saffron, sesame seeds
Cheese	caraway, celery seed, chervil, chives, curry, dill, garlic, horseradish, lemon peel, mustard, nutmeg, parsley, pepper, sage
Chicken	allspice, basil, bay leaf, cinnamon, curry, dill, garlic, ginger, poultry seasoning, saffron, sage, tarragon, thyme
Eggs	basil, chervil, chives, curry, dill, fennel, ginger, paprika, parsley, pepper, sage, tarragon
Fish	basil, bay leaf, chives, dill, fennel, garlic, ginger, mustard, parsley, tarragon
Fruit	allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint, nutmeg
Lamb	basil, bay leaf, cinnamon, coriander, cumin, curry, dill, garlic, mint, parsley, rosemary, tarragon, thyme
Potatoes	basil, caraway, chives, dill, mace, paprika, parsley, rosemary, tarragon, thyme
Salads	basil, chives, dill, garlic, mint, oregano, parsley, tarragon
Salad dressings	basil, chives, dill, fennel, garlic, horseradish, mustard, oregano, paprika, parsley, saffron, tarragon
Soups	basil, bay leaf, chevril, chillies, chives, cumin, dill, fennel, garlic, parsley, pepper, rosemary, sage, savoury, thyme
Sweets	allspice, anise, cardamom, cinnamon, cloves, fennel, lemon peel, ginger, mace, nutmeg, mint, orange peel

Fluids

What is fluid?

Fluid is a liquid or any food that turns into a liquid at room temperature.

What are some examples of fluid?

Water, milk, juice, tea, coffee, alcohol, soup, and pop are all fluids.

Ice cubes, jello, ice cream, frozen yogurt and sherbet are also fluids as they melt into liquid at room temperature.



Should I limit the amount of fluid I eat and drink when I start dialysis?

When you are on dialysis, you may find your kidneys are not able to make your normal amount of urine. At this time, you will need to control the amount of fluid you drink. The amount you can have will be based on the amount of urine you make.

How much fluid can I safely drink in a day?

The less urine your kidneys make, the less fluid you can safely drink in a day. You are allowed _____ cups each day. 1 cup is equal to 8 ounces or 240 ml.

What does excess fluid do to my body?

Drinking more than you need to can cause high blood pressure, shortness of breath, longer dialysis treatments, and weakened heart muscles. You may also notice swelling in your hands, legs and feet.

How do I know if I am drinking too much fluid?

The weight you gain between each dialysis treatment is called water weight. You should try not to gain more than 2.0 to 2.5 kilograms of water weight between each dialysis treatment.

Why am I thirsty?

Eating too many salty foods will make you thirsty.

Tips to feel less thirsty:

- Avoid using salt and salty foods.
- Brush your teeth or rinse your mouth with chilled mouthwash.
- Swallow medications with soft foods such as applesauce and save fluid for when you are thirsty.
- Suck on a lemon wedge or use lemon in water. The sour taste helps quench thirst.
- Rinse your mouth with ice-cold water. ➤ Do not swallow the water.
- Chew gum or suck on hard sour candies to help make saliva.
- Freeze 1 cup of water to make 8 ice cubes. Cold things quench thirst better than room temperature.
- Measure the total volume you can drink in a jug. Drink from this all day.
- Put grapes in the freezer. Eat frozen grapes when thirsty.

Other Foods and Fluids:

Fruits and vegetables naturally contain water. If consumed in moderation, fruits and vegetables should not contribute large volumes of water to your daily total intake of fluids. Therefore, fruits and vegetables do not need to be counted as part of your daily fluid intake.

Example of how to spread out fluids on a 4 cup (1 litre) fluid restriction:

Breakfast:

2 pieces white toast with margarine, 2 eggs, 1 clementine, **1 cup** (240 ml) coffee with splash of cream, sugar.

Lunch:

Tuna salad sandwich on rye bread with lettuce and tomato slice, ½ cup (120 ml) watermelon, **1 cup** (240 ml) water

Dinner:

Salmon fillet with butter, lemon and pepper, rice, asparagus, small salad, **1 cup** (240 ml) milk. 2 cookies for dessert (ginger snaps, sugar, vanilla or lemon).

Evening snack:

1 cup (240 ml) sherbet

Staying a Healthy Weight

Why worry about weight?

When you are on a special diet, it is important to get enough calories to stay at a healthy weight. Your body needs calories for energy just as a car needs gas to run. When you do not eat enough food, your body starts to use your own fat and muscle to give you energy. You then lose weight even when you do not want to.



How do I know how many calories I need to stay healthy?

The number of calories you need depends on your age, sex, weight and how active you are. Your dietitian will help you with the food choices you should make to get proper nutrition and calories.

What are good sources of calories?

Good sources of calories are:

 fats such as butter, non-hydrogenated margarine, oil, home made salad dressings, mayonnaise and non-dairy whipped toppings.



 sugar and items with sugar in them such as: jam, jelly, honey, sour hard candies, jelly beans, jujubes, marshmallows, crystal drinks, lemonade, cranberry juice and non-cola pop.

People with diabetes should avoid food and drinks that contain sugar.

What do I do if I am losing weight when I do not want to?

If you are at a healthy weight and would like to stay the same, you have to make a special effort to eat more calories.

Choose extra fat and items that contain sugar to get more calories.

Contact your dietitian to get more ideas to stop your weight loss.



You may need nutrition supplements added to your diet.

Bread, Grains and Other Starches

bread: white, light rye, oatmeal	1 slice
bread: pita	
bagel	
dinner roll	1 small
hamburg bun, hot dog roll, kaiser	
melba toast	4
salt free crackers	8
Danish pastry	1
yeast doughnut	1
plain muffin	1
cooked macaroni, rice, noodles, spaghetti	1/2 cup
cream of wheat, oatmeal	1/2 cup
puffed wheat, puffed rice	1 cup
cornflakes, cheerios, rice crispies	½ cup
cake: plain, sponge, pound	1 slice
cookies: arrowroot, social tea	4
cookies: shortbread, sugar	2
popcorn	2 cups







Fats

unsalted margarine	1 teaspoon
unsalted butter	1 teaspoon
cooking oil	1 teaspoon
salad dressing	2 teaspoons
mayonnaise	2 teaspoons
sour cream	2 tablespoons
table cream	2 tablespoons
whipping cream	1 tablespoon
non dairy coffee whitener	2 tablespoons
cream cheese	1 tablespoon
home made gravy from drippings	1 tablespoon



Sugar and Sugar Containing Food

white sugar	1 tablespoon
honey	2 tablespoons
jam	2 tablespoons
jelly	2 tablespoons
cranberry juice	³ ⁄4 cup
fruit flavoured crystal drinks	1 cup
non cola pop	1 cup
Use these as extras to add calories to you	r diet
jellybeans	9
hard candies	5
gum drops	5
marahmallawa	Florac



Your Daily Choices

Food Group	Number of Choices
Meat and alternates	
Milk and milk products	
Bread, grains and other starches	
Vegetables	
Fruit and fruit juice	
Fats and oils	

Kidney Disease and Your Diet Sample Menu Plan

Breakfast	Amount	Sample menu
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
mid morning snack		
Lunch		
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
mid afternoon snack		
Dinner		
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
evening snack		

Kidney Disease and Your Diet Sample Menu Plan

Breakfast	Amount	Sample menu
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
mid morning snack		
Lunch		
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
mid afternoon snack		
Dinner		
meat and alternatives		
breads and starches		
milk and milk products		
fruits and vegetables		
fats and oils		
drinks		
evening snack		

Tips on Eating Out

Most people enjoy eating out or buying take-out food for many reasons. However, it can be a challenge when you have to follow a diet controlled in salt, potassium, phosphorus and fluid.

Here are some helpful hints.

- Plan ahead. Know the food you can and cannot eat.
 This helps you make better choices.
- Choose the restaurant carefully. Some restaurants are happy to follow special diet requests while others are not.

Watch your portion sizes:

- Restaurants tend to serve large portions.
- > Ask for 1/2 of a portion.
- ➤ Leave any extra portions on the plate, share them or bring them home as a leftover for another day.
- Avoid dishes with dried beans, chickpeas, nuts and seeds.
- Avoid ordering casserole type foods that are already mixed and cooked.

Meat and other protein foods:

- Order plain food that can be cooked to order such as pork chop, steak, fish and chicken.
- Ask for the inner cut of a slice of meat to avoid sauces and marinades.
- Remove breaded layers from chicken, meat or fish before eating.
- Avoid ham, sausages and bacon.
- Use cheese and cheese containing dishes within your weekly cheese allowance.

Dressing, seasonings and sauces:

- Order sauces and salad dressings on the side so you can use a smaller amount.
- Ask for a lemon slice for fish.

Pizza:

- Use cheese, onions, green pepper and ground meat.
- Avoid pepperoni, anchovies, olives, bacon, sausage and double cheese.

Chinese and Asian food:

> Ask if you can order without soy sauce or monosodium glutamate (MSG).

Fast Food:

Avoid pickles, relish, ketchup and sauces.

Salads:

- Avoid potato salad, salads with feta cheese and olives, bean salads.
- Choose coleslaw, pasta salad or gelatin salads.

Side dishes:

Try pasta or plain rice instead of baked potato, hash browns and French fries.

Beverages, Drinks and Fluids:

- ➤ If you are restricted in fluid, figure out how much of your fluid allowance you can use when out.
- Avoid milkshakes, high potassium juices, and colas. Choose clear pop, cranberry juice or lemonade. Order small size drinks.
- Avoid mixed drinks with tomato juice, orange juice and colas.
- Drink wine or beer in moderation.
- > Avoid soups.

Dessert:

- Choose fruit, cake, sorbet, jello, fruit pies.
- Avoid desserts with chocolate, nuts and dried fruit.

Fruit:

Avoid high potassium fruit such as melons, bananas and kiwis.

The next few pages contain samples of food you can eat and food to avoid. Follow these guidelines and enjoy eating out.

Restaurant Type	Good Choice	Poor Choice
Breakfast or Family Restaurant	 eggs (no salt) omelet made with low potassium vegetables (green pepper, red pepper or onion) French toast made with white bread muffin: plain or with fruit (no blueberry) low potassium fruit such as pineapple, apple, pear, grapes apple or cranberry juice grilled, broiled or baked steak or burger (chicken, pork, fish or seafood) 3 to 4 ounces kabobs, fajitas steamed white rice, buttered noodles, pasta green salad with low sodium dressing low potassium vegetables such as green beans, carrots, zucchini, corn and cauliflower sherbet, small fruit pie, cobbler, lemon meringue pie, angel food cake, pound cake coffee or tea 	 omelet with fillings such as cheese, avocado, salted meat, sausage or ham bacon (1 to 2 strips once in a while is okay) adding extra butter and/or soy sauce in preparation capers, pickles, onion or garlic salt mixed dishes or casseroles pudding cheesecake anything chocolate

Restaurant Type	Good Choice	Poor Choice
Fast Food	 small sandwich (hamburger, grilled chicken, roast beef, turkey, tuna salad, or chicken salad) with mayonnaise, lettuce, onion, and one or two slices of tomato small onion rings coleslaw small tossed salad non-cola soft drink sorbet vanilla cookies fruit salad with allowed fruit 	 sandwich with cheese or bacon hotdog sausage corned beef salami bologna French fries pickles, olives potato chips milkshake ice cream cola
Italian	 pasta with olive oil and garlic or pesto pasta with tomato or cream sauce in limited amounts plain Italian bread 1 to 2 slices of medium sized pizza with chicken, hamburger, green peppers, onion, or pineapple small garden salad with oil and vinegar dressing Italian ice dessert 	 pasta dishes with sausage, olives, prosciutto or extra cheese clam sauce anything parmigiana pizza with sausage, olives, pepperoni, anchovies, feta cheese, or extra cheese

Restaurant Type	Good Choice	Poor Choice
Chinese / Asian	 chicken, tofu, beef or pork dish with broccoli, carrots, bean sprouts, snow peas, eggplant, green pepper, green onion, pineapple, or water chestnuts steamed rice one egg roll fortune cookies tea 	 soup fried rice peanuts, cashews, almonds MSG extra soy sauce fish sauce
Roadhouse	 steak grilled or broiled chicken, fish, pork chop, burger or seafood roast beef plain rice pasta (see Italian section) green beans, asparagus, carrots, zucchini, cauliflower, broccoli white bread or roll plain breadstick coleslaw salad with oil and vinegar dressing pie with allowed fruit vanilla cake 	 soup casseroles or mixed dishes with cheese heavily breaded or battered items ham corned beef sausage spinach potatoes baked beans sauerkraut

Sample Restaurant Menus to Order

On the Go Menu

Coleslaw
Grilled Chicken on a Bun
Onion Rings
Lemon Lime Drink

Wild West Steakhouse Menu

Sirloin Steak
Steamed Rice
Green Beans
Roll
Coffee OR Tea OR Real Ice Tea

Italian Paradise Menu

Tossed Salad with Oil and Vinegar Dressing
Linguini with Chicken and Pesto
Fresh Italian Bread
Sparkling Water
Italian Ice Dessert

Chinese Palace Menu

Egg Roll
Pepper Beef with Broccoli and Carrots
Steamed Rice
Lemon Tea
Fortune Cookies

Breakfast Place

Omelet (with onion and peppers)

Occasionally 1 to 2 strips bacon OR roast beef or steak OR salmon

White toast with strawberry jam OR small muffin

Small apple juice OR coffee OR tea

When you eat away from home, you can always find food choices that are good for you and your diet.



Reading Labels

How do you know what is in a product?

All packaged food must list the ingredients used in the product. Ingredients are listed in the order of the amount used by weight. The first ingredient on the list means it is present in the largest amount based on weight. The rest of the ingredients follow from largest to smallest, based on weight.

Here is a sample of a list of ingredients on a label:

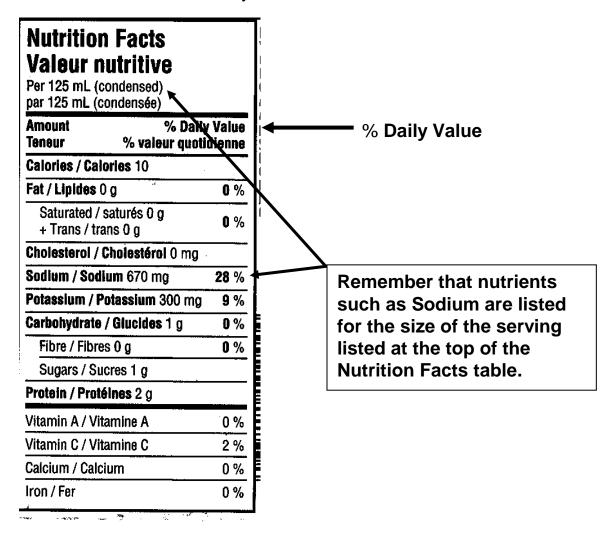
INGREDIENTS: CHICKEN BROTH, SALT, YEAST EXTRACT AND HYDROLIZED WHEAT GLUTEN, CHICKEN FLAVOUR, DEXTROSE, POTASSIUM CHLORIDE, DISODIUM GUANYLATE, DISODIUM IHOSINATE, SPICE, ASCORBIC ACID/CITRIC ACID BLEND.

INGRÉDIENTS: BOUILLON DE POULET, SEL, EXTRAIT DE LEVURE ET GLUTEN DE BLÉ, HYDROLYSE, SAVEUR DE POULET, DEXTROSE, CHLORURE DE POTASSIUM, GUANYLATE DISODIQUE, IHOSINATE DISODIQUE, EPICE, MELANGE D'ACIDE ASCORBIQUE ET D'ACIDE CITRIQUE.

Nutrition Facts Table

Nutrition information is given on the Nutrition Facts table. All food labels are required to have a Nutrition Facts table.

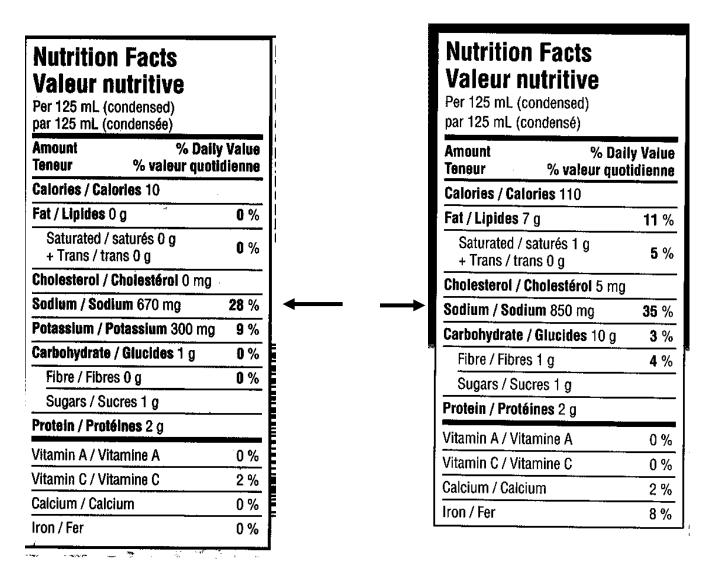
The % Daily Value tells you if there is a lot or a little of a nutrient in the specified amount of food. % Daily Values are based on recommendations for a healthy diet.



Picking the Best Product

In order to pick the best product for the nutrient you are interested in compare similar products and choose the one that has a lower number for the % Daily Value.

Here are 2 examples comparing the nutrient Sodium (Salt).



Watch Serving Sizes

Pay attention to the serving sizes listed on labels. Here is an example:

Remember that ½ cup or 125 millilitres is 1 serving size of fruit juice. If you look at a bottle of fruit juice, you may see 10 ounces or 300 millilitres. This bottle contains 2.4 serving sizes. If you drink the whole bottle, you would be consuming 2.4 times the amount of allowed potassium.

Some Nutrients are not on the Label

Not all nutrients are listed on labels. Some are not required by Federal Government regulations. For example, the amount of potassium or phosphorus is not required to be listed in the product.

Here is a label that does not contain the amount of phosphorus in the product.

Nutrition Facts Valeur nutritive Per 125 mL (condensed) par 125 mL (condensée) Amount % Daily Value Teneur % valeur quotidienne Calories / Calories 10 Fat / Lipides 0 g 0 % Saturated / saturés 0 g 0 % + Trans / trans 0 g Cholesterol / Cholestérol 0 mg Sodium / Sodium 670 mg 28 % Potassium / Potassium 300 mg 9 % Carbohydrate / Glucides 1 g 0% Fibre / Fibres 0 g 0 % Sugars / Sucres 1 g Protein / Proteines 2 g Vitamin A / Vitamine A 0 % Vitamin C / Vitamine C 2 % Calcium / Calcium 0 % Iron / Fer 0% - 200

Here is a label that does not contain the amount of potassium or phosphorus in the product.

V				
Nutrition Facts				
Valeur nutritive				
Per 1/2 cup (125 mL) / pour 1/2 tasse (125 mL)			
Amount % Da Teneur % valeur quo	illy Value tidienne			
Calories / Calories 25				
Fat / Lipides 0.5 g	1 %			
Saturated / saturés 0 g + Trans / trans 0 g	0 %			
Cholesterol / Cholestérol 0 mg				
Sodium / Sodium 10 mg	0 %			
Carbohydrate / Glucides 3 g	1 %			
Fibre / Fibres 1 g	4 %			
Sugars / Sucres 3 g				
Protein / Protéines 1 g				
Vitamin A / Vitamine A	10%			
Vitamin C / Vitamine C	45 %			
Calcium / Calcium	2%			
, Iron / Fer	2%			
	roughter .			

Nutrition Claims

A nutrition claim is used to highlight a feature of the food.

For example, you may read a label with "25% LESS SALT":



Other examples of nutrition claims are:

- Bacon with 1/3 less salt
- Crackers with 50% less salt

Avoid Tricks on some Labels

Take time to read the labels and get to know the products. For example, a can of soup with a label claiming "25 % less salt" does not mean it is a low salt soup. It means that 125 ml or ½ cup of condensed soup has less salt than the same amount of regular soup.

For example, on this label, 28% of the % Daily Value or 670 mg is almost 1/3 of your daily need.

As this label shows, a salt reduced product can still be high in salt.

Salt reduced products are lower in salt **but may not be low in salt.**

Nutrition Facts Per 125 mL (condensed) par 125 mL (condensée) Amount % Daily Value Teneur % valeur quotidienne Calories / Calories 10 Fat / Lipides 0 g 0 % Saturated / saturés 0 o 0 % + Trans / trans 0 g Cholesterol / Cholestérol 0 mg Sodium / Sodium 670 mg 28 % Potassium / Potassium 300 mg 9 % Carbohydrate / Glucides 1 g 0% 0 % Fibre / Fibres 0 g Sugars / Sucres 1 g Protein / Protéines 2 g Vitamin A / Vitamine A 0 % Vitamin C / Vitamine C 2 % Calcium / Calcium 0% Iron / Fer 0%

Save Labels and Talk to your Dietitian

A label may show that some nutrients are low but other nutrients may be too high for your needs.

Save the labels from the things you eat. Your dietitian can help you read and compare labels.

Your dietitian will help you understand how packaged food fits into your meal plan.