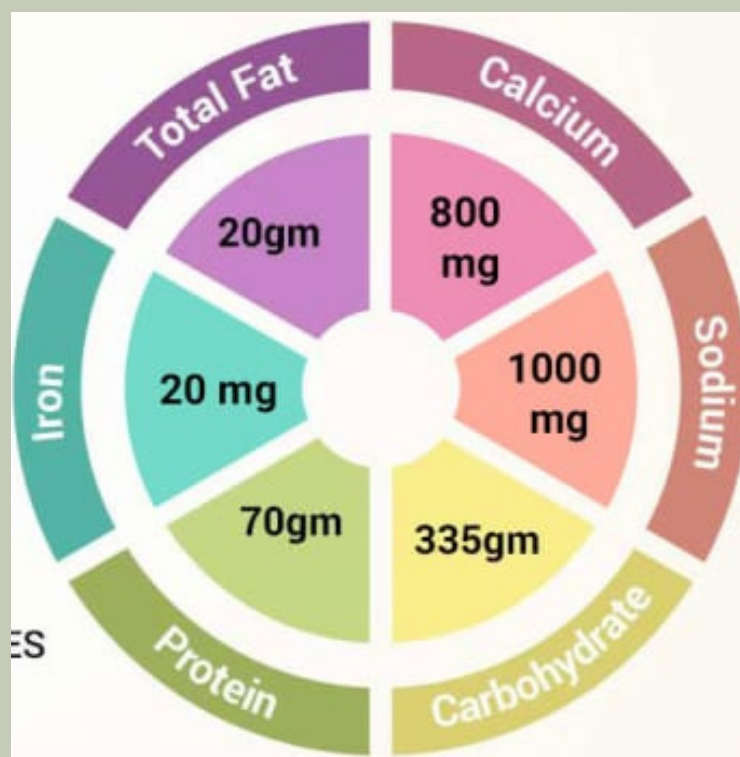


Dialysis Nutrition

Your diet is an important part of your treatment. Your kidneys cannot get rid of enough waste products and fluids from your blood and your body now has special needs.

- Reduce salt, potassium, and phosphorus
- Eat more high protein foods
 - Fish, chicken, eggs, red meat
- Learn the safe amount of fluid to intake



A recommended daily diet consist of:

- 6-11 servings of grains,
- 8-10 ounces of high protein foods,
- 4-6 servings of low potassium fruits and vegetables a day.



Enjoy Dessert!

- limit dairy-based desserts and those made with chocolate, nuts, and bananas.
- If you have diabetes, discuss low carbohydrate dessert choices with your dietitian.

TIPS TO REMEMBER

Reduce Sodium

Use herbs & spices instead of salt
Limited fast food and frozen meals
Avoid Salt substitutes with potassium

Limit Potassium

Limit bananas, oranges, kiwi, prunes, potatoes, avocados, & beets
All fruits & vegetables have some potassium, but avoid excess amounts

Moderate Phosphorus

Limit dairy intake to 1/2 cup of milk or 1 ounce of cheese per day
Avoid high fiber and whole grain foods