

Salt/Sodium

Salt is only needed in small amounts. Limit salt in your diet.



Salt is found naturally in food and water

Salt is added to foods in processing

Salt can increase thirst and increase dialysis fluid gains.

Salt can also increase your blood pressure.

- Avoid using salt in cooking and at the table.
- Limit your intake of salty foods.

Lower Salt Items Good choices		Higher Salt items Limit/Avoid	
<p><u>Flavour/Seasonings</u> Herbs Spices Black pepper Fresh garlic Fresh onion Lemon/lime Vinegar Vanilla extract Mrs. Dash® McCormick's No Salt added ®</p>  <p><u>Homemade</u> Soups Pancakes Waffles Muffins</p>  <p><u>Breads/Cereal</u> Bread Buns Rice Pasta Cold & hot cereals</p>	<p><u>Cheese</u> Cream cheese Brick cheese Brie Swiss Mozzarella Ricotta Havarti Monterey Colby Gruyere</p> <p><u>Meats/Alternatives</u> Fresh poultry Fresh beef Fresh pork Fish Eggs Rinsed canned tuna Rinsed canned salmon Wild meat</p> <p><u>Other</u> Air popped popcorn Unsalted crackers Unsalted pretzels Homemade gravies Homemade sauces</p>	<p><u>Flavour/Seasonings</u> Seasoning salt Celery salt Garlic salt Lemon pepper Table salt Sea salt Ketchup Oyster/fish sauce Mustard Soy sauce BBQ sauce Relish Worcestershire sauce</p> <p><u>Other</u> Instant Noodles Rice/pasta noodle mixes Kraft Dinner® Hamburger Helper® Instant cereals Alphagetti® Packaged gravies Canned gravies/sauces Shake and Bake® Fast foods TV dinners Pickles Tomato/V8 ® juice</p>	<p><u>Cheese</u> Processed cheese Cheese Whiz®</p> <p><u>Meats/Alternatives</u> Canned meats Bacon Salami Bologna Sausages Wieners Sardines Pepperoni, Spam®/Klik® Ham</p> <p><u>Snacks</u> Salted snacks Pretzels Potato chips Microwave popcorn Tortilla chips Chips & dip</p> <p><u>Soup</u> Canned soups Bouillon Consommé Dry soup mixes</p>

*Do not use salt substitutes, such as No Salt® & Half Salt® as they are high in Potassium.

To be used in conjunction with advice from a Registered Dietitian.

Fluid



Your fluids allowance is _____ oz/ml per day.
(1 litre = 1000 ml and weighs 1 kilogram)



Limit your fluid intake to: _____ cups/day.

When large amounts of fluid need to be removed during dialysis it can cause cramps, lower blood pressure and shortness of breath.

The following items are considered fluids:

Water Soft drinks (regular/diet) Tea/Herbal tea/coffee Lemonade Limeade Drink crystals Popsicles Nutritional Supplements		Kool-aid® Tang® Soup Broth Ice cream Ice cubes Jell-O® Juice	
Soda water and Sports drinks should be avoided, as they are high in sodium.			




Tips:

- 1) Limit salt in your diet, as salt can cause you to feel thirsty and hold fluid inside your body.
- 2) Use small cups and glasses.
- 3) Try gum and candies to help relieve thirst (sugar free if you have diabetes).
- 4) Rinse your mouth with water or mouth wash to decrease thirst.
- 5) Use ice chips to relieve thirst. Ice chips lasts longer in your mouth. Brush teeth after meals to decrease dry mouth and reduce thirst.
- 6) Brush teeth after meals to decrease dry mouth and reduce thirst.
- 7) Drain the water/juice from canned fruit to decrease extra fluids.
- 8) Keep track of how much you are drinking until you get into a routine.

Phosphorus

Phosphorus is a mineral found in many foods. High levels of phosphorus can lead to calcium deposits in your skin, organs, joints, and blood vessels. Over time, this is dangerous and may increase your risk of heart attack, stroke and death.

(Your blood phosphorus level should be less than 1.80)

Lower Phosphorus Good choices		Higher Phosphorus Limit/Avoid	
<p><u>Bread/flour</u> White 60% whole wheat Rye French bread Sourdough bread</p> <p><u>Cereals</u> Cornflakes® Rice Krispies® Puffed Rice® Puffed Wheat® Special K® Crispix® Shredded Wheat® Cream of Wheat ® Rolled oats limit to 3x per week</p> <p><u>Drinks</u> 7 up® Sprite® Ginger ale® Coffee Tea Non dairy whiteners Rice Dream Classic-Original®</p> 	<p><u>Grains</u> White noodles White rice</p> <p><u>Homemade</u> Muffins Pancakes Waffles</p> <p><u>Meats/Alternatives</u> Fresh beef Fresh chicken Fresh Pork Fresh turkey Fish Eggs Tofu Wild meat Peanut butter- limit to 2 tbsp/day</p> <p><u>Other</u> Air popped popcorn Hard candies Jelly beans Jams & jelly Sugar & artificial Sweeteners Unsalted Pretzels</p>	<p><u>Bread/flour</u> 100% whole wheat Multigrain Pumpnickel bread Dark rye bread</p> <p><u>Hot Cereals</u> Oat bran® Red River® Sunny Boy®</p> <p><u>Cold Cereals</u> All Bran® Bran Flakes® Mini Wheats® Raisin Bran®</p> <p><u>Drinks</u> Evaporated milk Powdered milk Condensed milk Chocolate drinks Rice Dream Enriched® Coke®/ Pepsi® Dr. Pepper® Beer</p> <p><u>Store Bought</u> Muffins Muffin mixes Biscuits mixes Pancakes mixes Waffles mixes</p>	<p><u>Grains</u> Whole Wheat noodles Brown rice Wild rice</p> <p><u>Meats/Alternatives</u> Deli meats Sausages Wieners Hot dogs Chicken fingers Seasoned meat Beef/chicken patties Cheese Slices Cheese spreads Navy beans Kidney Beans Black beans Lentils Chickpeas Pork & beans Split peas Nuts Sesame seeds Sunflower seeds Pumpkin seeds</p> <p><u>Other</u> Chocolate Scalloped potatoes</p>
<p>Milk products are high in phosphorus and potassium. These should be limited to ½ cup serving per day. This includes milk used in cooking. Choose one of the following per day: Milk, yogurt, creamed soup, soy milk, ice cream & pudding</p>			
<p>Block Cheese should be limited to 1 oz serving 3x per week (1oz is approximately 1”cubed”)</p>			

Phosphate Additives

Phosphate additives are hidden sources of phosphorus. Foods that are commonly known to contain phosphorus additives include:

- Hot dogs
- Chicken fingers
- Processed cheese
- Instant products (e.g. muffin mixes)
- Beverages with phosphoric acid (e.g. Colas, Dr.Pepper[®], Iced Teas)
- Frozen foods

Check the ingredient label for phosphate additives. Examples of phosphate additives include: **disodium phosphate, phosphoric acids, hexametaphosphate, or tri-calcium phosphate.** Read labels carefully, as phosphate additives are absorbed more readily than natural phosphorus.

Phosphorus Binders

Phosphorus binders act as a sponge to soak up phosphorus from your food. If you have been prescribed phosphate binders (Calcium (Apocal[®]), Tums[®], Renagel[®]), remember to take them at the start of meals and snacks as instructed by your doctor, pharmacist or dietitian.








Helpful Hints to remember to take your phosphate binders:

- 1) Place the bottle on your dining room table or where you normally eat your meals.
- 2) When away from home keep a few pills at work, in your car, jacket, or purse/backpack.
- 3) Tell your family about your medications, so they can help to remind you.
- 4) Refill your prescription a week before running out so you always have a supply.
- 5) Wear a watch with an alarm to remind you of your medications.

Adapted from: Renal Nutrition Update Northern Alberta Renal Program

Potassium

Potassium is a mineral found in foods. High levels of potassium can cause your heart to beat rapidly. Very high levels can be dangerous and cause your heart to stop beating. Limit Fruits and Vegetables to 5 servings per day (Ideal potassium level 3.5 to 5.5; acceptable to 5.9; avoid over 6.0)

Lower Potassium Good Choices		High Potassium Limit/Avoid	
<p>Fruit (1 serving = ½ cup)</p> <p>Apple Berries Canned fruit Strawberries  15 grapes Mandarin oranges Peach / Plum Pineapple 1 cup watermelon 10 cherries ½ mango Rhubarb Crabapple 2 tbsp raisins Tangerine</p> <p>Juice</p> <p>Cranberry Cranapple  Lemonade Limeade Apple Grape Grapefruit Pineapple</p> <p>Drinks</p> <p>7 up® Sprite® Ginger ale® Coffee/Tea Drink crystals</p>	<p>Boiling, rather than microwave vegetables in a large amount of water will help decrease their potassium.</p> <p>Vegetables (1 serving = ½ cup)</p> <p>Broccoli Cabbage Cauliflower Cucumbers Corn Green/wax beans Lettuce Peas Green/red/yellow peppers Mixed vegetables Radish Celery Chives Canned mushrooms Onions Zucchini Asparagus Okra  Raw spinach</p> <p>Milk Substitutes</p> <p>Non-dairy coffee whitener Rice Dream Classic-Original®</p>	<p>Fruit</p> <p>Bananas  Cantaloupe Dried apricots Dried prunes Dried dates Dried figs Kiwi Nectarine Navel oranges Coconut Honeydew Fresh plums Papaya Pomegranate Guava Avocado Fresh apricots Fresh pears</p> <p>Juice</p> <p>Orange Prune Tomato/V8® Passion fruit Five Alive® Tangerine Carrot Clamato®</p>	<p>Other</p> <p>Nuts & seeds Potato chips Whole grains Milk Yogurt Chocolate Lentils Navy beans Kidney beans Black beans Lima beans No Salt® Half Salt®</p> <p>Vegetables</p> <p>Baked potato Cooked spinach Tomato Beets Beet greens Brussels sprouts Fresh mushrooms Parsnips Pumpkin Snow peas Bean sprouts Squash Water chestnuts Bok choy Potato Sweet potato Raw carrots  Rutabagas</p>

The following vegetables can be peeled, cut up, & soaked in water for 4 hours or overnight to reduce potassium content: Sweet potatoes, carrots, rutabagas, beets
Double boil your potatoes to reduce potassium content. Bring water to a boil. Add vegetables and boil for 10 minutes. Drain water and add fresh water, bring to boil and cook until vegetables are done.

Caution: Avoid eating Star Fruit as it can be toxic for people with kidney disease.

Protein

Protein is lost each time you have dialysis. To replace the protein lost and reduce muscle wasting your dietitian will ask you to increase your protein servings per day.

Increase your protein portions to _____ servings per day.

The following are examples of one serving of protein:

1 oz beef, pork, or wild meat

1 oz chicken or turkey

1 oz fish or seafood

1/4 cup canned salmon or tuna, rinsed

1/3 cup or 1 oz tofu

1 egg or 2 egg whites

1/4 cup cottage cheese

1-ounce cheese

2 tablespoons of peanut butter

1/3-cup legumes such as chickpeas, lentils, beans and split peas (Limit these foods if you are on a phosphorus or potassium restriction)



Limit processed meats like: ham, bologna, bacon, hot dogs, sausages, chicken fingers, chicken burgers & beef jerky as they are high in salt and phosphorus.

3 ounces, or 3 protein servings is the same size as a deck of cards.

This example shows _____ servings of protein each day:

Breakfast	___ egg(s)	___ serving(s)
Lunch	___ ounces of chicken	___ servings
Supper	___ ounces of beef	___ servings
Snack	Toast with _____ peanut butter	___ serving
Total		___ servings

Dietitian Name: _____ Phone # _____