A Slow Weight Loss is Best

Healthy weight loss takes time! Reaching and keeping a healthy weight means eating well-balanced, nutritious, and low-fat meals and exercising regularly.

Healthy weight loss is about *lifestyle change* - not dieting. Most diets that offer quick and easy weight loss ends in the person regaining the lost weight and sometimes gaining more weight.

Healthy lifestyle changes will lead to gradual weight loss. A weight loss of \( \frac{1}{2} \) - 1 pound per week (\( \frac{1}{4} \) - \( \frac{1}{2} \) kg) is recommended for most individuals.

**Tips for a Healthy Lifestyle with Kidney Disease**

**Eat 3 regularly spaced small meals each day:**

- Eat every 4-6 hours (don’t skip meals)
- Eat small portions
- Include small, low-calorie snacks such as:
  - raw vegetables, e.g. cucumber slices and celery sticks
  - fruit, e.g. blueberries and apples
  - unsalted soda crackers
  - popcorn made without added fat or salt

**Drink Water:** if you are restricting fluids speak with your renal Dietitian

- Try to drink 6-8 cups (1 \( \frac{1}{2} \) - 2 litres) of water every day
- Other fluids to include:
  - diet fruit crystal drinks, e.g. Kool Aid® & Crystal Lite®
  - Tea (limit to 5 cups or less per day)
  - Coffee (limit to 3 cups or less per day)
  - Limit sugar and cream in hot beverages
  - diet soft drink - if you have high phosphorus avoid regular or diet colas (Pepsi, Coke, Dr. Pepper)

To be used in conjunction with advice from a Registered Dietitian.
Physical activity every day:

- Walk for at least ½ hour per day
- Gardening
- Housework (e.g. vacuuming)
- Swimming
- Exercise class (e.g. yoga, aerobics, pilates)

Eat fruit and vegetables:

- Fruits and vegetables are low in fat, high in fibre, vitamins & minerals
- If you have a potassium restriction choose from low & medium potassium fruits and vegetables
- Limit serving size to ½ cup

Eat slowly:

- Chew slowly
- Put your fork down between bites
- Wait 20 minutes before thinking about getting seconds
- Drink water with your meal
- Chew sugar-free gum between meals (to keep your mouth busy)

Limit sweet foods:

- Choose fruit instead of juice
- Choose lower potassium fruit such as canned pears & mandarin oranges (without the juice)
- Drink water if you are thirsty
Use less sugar when baking

Try a low-calorie sweetener in hot beverages and on your cereal

Choose diet syrups and jams

Cut back or avoid sugar-containing foods such as:
- jam, jelly, marmalade, honey
- candies
- chocolate (avoid if you have a phosphorus restriction)
- regular soft drinks, iced tea, fruit beverage crystals
- condensed milk
- pastries, iced cakes, ice cream, donuts

Many of these high sugar & fat foods are also high in potassium, phosphorus and sodium!!!!!

Limit fatty foods:

- Margarine, butter, lard & oil are all pure fat- they are all high in calories
- Skim fat from the top of hot homemade soups, stews & gravies, or let dish cool in fridge or freezer until fat hardens and take off
- Cut back on high fat foods such as:
  - fried foods
  - processed meats
  - potato chips
  - fatty cuts of meat
  - cake
  - nuts

Use low fat cooking methods such as:

- Broiling
- Baking
- Barbequing
- Steaming
- Poaching
- Microwaving
Buy low fat dairy foods such as:

- Skim or 1% milk
- Low fat yogurt
- Skim milk cheese or lower fat cheese (7-20% M.F.)

Remember to limit your dairy products to ½ - 1 cup per day if you are restricting potassium & phosphorus.

Other tips for weight loss

- Buy lean meat
- Avoid eating processed meat (wiener, sausages, luncheon meats)
- Trim all the fat off meat before cooking
- Drain fat from pan after cooking meat
- Choose poultry (chicken & turkey) and fish more often than beef
- Take the skin off poultry before eating
- Serve chicken or fish without batter or coating
- Choose fish canned in water instead of oil
- Try low fat salad dressing and light mayonnaise
- Try a small amount of mustard
- Try a sprinkle of herbs or lemon on your vegetables

Limit Alcohol, such as hard liquor, wine or beer 🍷

If you choose to drink:

- Limit yourself to one drink/day (5 oz wine, 8 oz beer, 1 oz hard liquor)
- Substitute dry wine for sweet wine or liqueurs
- Use a diet soft drink as a mix (avoid Colas if restricting phosphorus)
- Make a wine spritzer
  (mix wine with diet soft drink such as gingerale or club soda)
- Avoid beer when restricting phosphorus

Ask your doctor or pharmacist if alcohol is safe for you.
Portion Control: What should a serving size?

CD case = 1 serving bread

Deck of cards = 3 oz meat

2 soup ladles = 30 g hot cereal

Golf ball = 2 tablespoons peanut butter

Computer mouse = 1 medium potato

Small fist or tennis ball = ½ cup

4 dice = 50 g cheese

Tip of thumb = 1 teaspoon (5 ml) fat

Healthy Eating Goals:

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Remember, your renal diet is made to suit your needs. Talk to your Dietitian about weight loss and your renal diet.

Dietitians Name __________________________@ ___________