

Nutrition and Kidney Health

Lauren Schock, RD

Outline

- Healthy eating for kidney disease
 - Sodium
 - Protein
 - Fluids
- What you can do now
- Resources

Goals of nutrition therapy

- Preserve kidney function
- Help you feel better
- Achieve and maintain healthy weight
- Prevent malnutrition
- Manage electrolyte/fluid balance
- Keep bones healthy



Kidney diet is individual

Depends on:

- Stage of kidney disease
- Kidney diagnosis
- Blood test results
- Other medical conditions
 - Heart disease, diabetes, high blood pressure

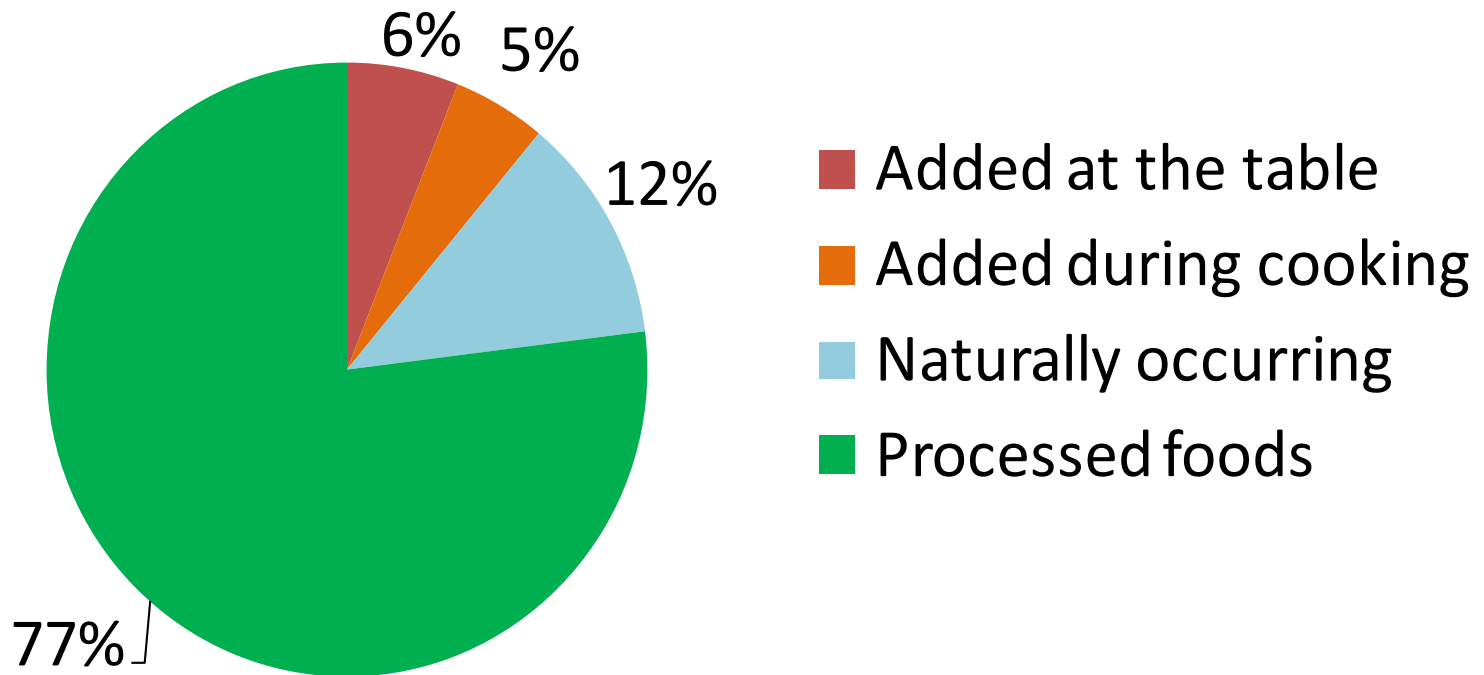
Sodium

- Sodium is a part of salt
- Found naturally in all foods
- Too much sodium may:
 - Increase blood pressure
 - Cause swelling in hands, feet, face
 - Cause protein to leak into the urine



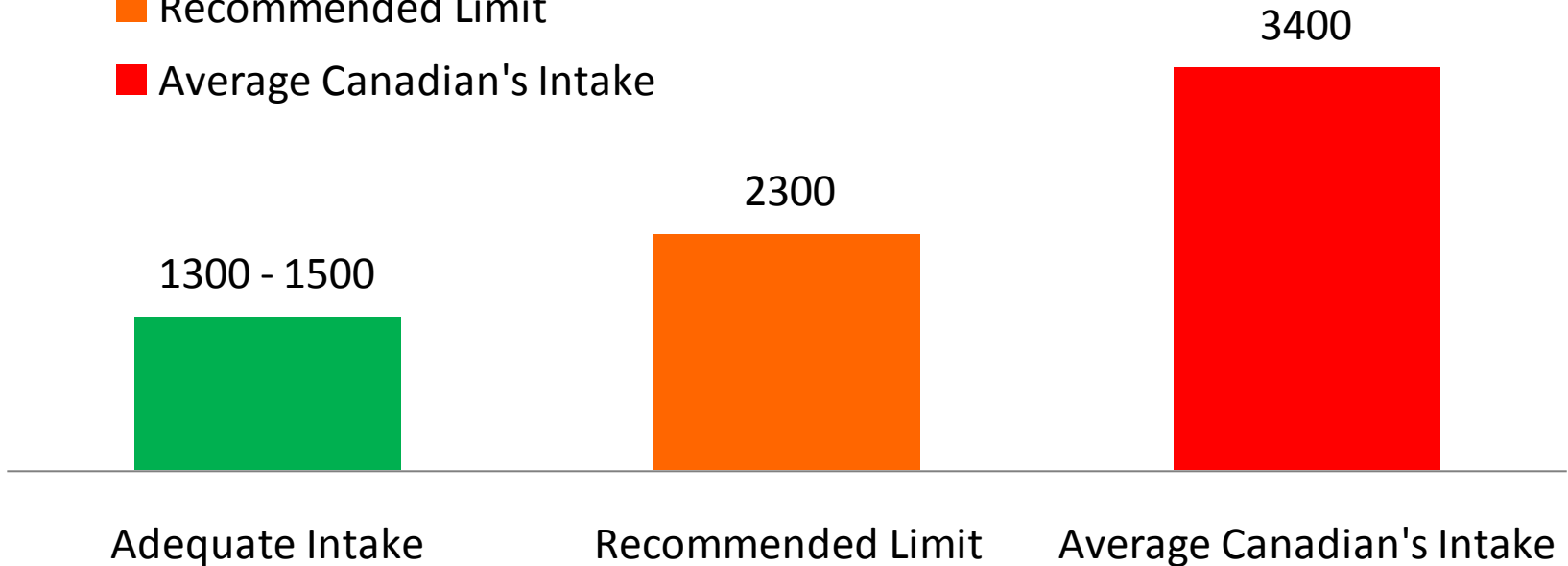
Sources of Sodium

Most sodium comes from packaged and processed food



Sodium Intake (mg/day)

- Adequate Intake
- Recommended Limit
- Average Canadian's Intake



Which has more sodium?



Kraft Dinner
1/4 box



Hamburger Helper
1/5 box

Read food labels

Look for foods labeled as:

- Low Sodium
- No Salt Added
- Reduced Sodium
- Sodium-free



Read the Nutrition Facts table

1. Check the listed serving size
2. Check the **Daily Value** (% DV)

15% DV or more is a lot

5% DV or less is a little

Choose foods with less than 5% sodium

Nutrition Facts			
Per 1 cup (55 g)			
Amount	% Daily Value		
Calories	220		
Fat	2 g		3 %
Saturated	0 g		0 %
+ Trans	0 g		
Cholesterol	0 mg		
Sodium	270 mg		11 %
Carbohydrate	44 g		15 %
Fibre	8 g		32 %
Sugars	16 g		
Protein	6 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	40 %

Protein

- Builds, repairs and maintains your body tissues
- Protein breaks down into urea (waste)
 - A healthy kidney removes urea from the blood
- High blood urea levels can cause:
 - Fatigue, nausea, vomiting, bad taste, confusion

What foods are high in protein?

Average person needs 5-6 oz protein per day



Fluid



- **Not usually restricted**
 - unless advised by your doctor
- May be **restricted** if you have heart failure, have swelling in the feet, or urine output declines
- May be **increased** for gout, kidney stones, or UTI

Potassium

- Mineral in the body that is regulated by the kidney
- Helps nerves and muscles work properly
- Do not usually need to restrict in early stages of kidney disease
 - Often restricted in stages 4 & 5 but depends on your blood test results

What foods contain potassium?

- Fruits and vegetables contain the largest amount



- Also in milk products, nuts, whole grains, chocolate, coffee
- Avoid salt substitutes that contain potassium chloride
 - e.g. No Salt™ or Half Salt™

Phosphorus

- A mineral found in the body and food
- The kidney filters phosphate from the blood
- Phosphate retention begins early in kidney disease
- Too much in the blood can cause:
 - Itching, bone and joint pain
 - Calcium deposits in soft tissues

What foods are high in phosphorus?

Naturally occurring



Phosphate Additives



Vitamins, minerals, supplements

- Some supplements can be harmful to kidneys or possibly toxic
- Check with your health care provider about vitamins, minerals, or herbal supplements you are taking



Nutrition tips for kidney health



- Eat fewer processed foods



- Eat more fresh foods

- Reduce sodium by flavouring foods with onions, garlic, lemon juice, herbs, and vinegar



- Maintain good blood sugar levels

Referrals and appointments

Living Well With A Chronic Condition:

- Self-referral
- Education classes
 - Cholesterol and Blood Pressure Essentials
 - Diabetes Essentials
 - Eating Well for Good Health
 - Managing Your Emotional Eating
 - Your Kidney Health
- **403-943-2584 (403-9 HEALTH)**

Resources

- Dietitians of Canada www.dietitians.ca
- Kidney Foundation of Canada www.kidney.ca
- National Kidney Foundation www.kidney.org
- Davita www.davita.com
- Kidney Community Kitchen www.kidneycommunitykitchen.ca
- Spice It Up www.myspiceitup.ca
- Sodium 101 www.sodium101.ca