

Your Kidneys and Your Food Choices**

The kidneys help remove excess wastes and fluids from your body. If the kidneys aren't working well, these substances – phosphorus, potassium, sodium, protein, and fluids -- can build up in your blood, which can be dangerous. You can help prevent the buildup of such substances by being aware of what you eat and drink. ***See a registered dietitian for advice.***

	Limit or Avoid ☹	OK to Choose Daily ☺
<p style="text-align: center;">Protein</p> <p style="text-align: center;">Normal Range: 4.0 +</p> <p>Eating adequate protein helps build your immune system, energy levels, wound healing and tissue repair.</p>	<p>Hot dogs, sausage, bacon, ham, deli meats, organ meats, sardines, beans, lentils, milk, cheese, yogurt</p>	<p>Chicken, turkey, beef, fish, fresh pork, eggs, cottage cheese, canned tuna or salmon, lamb, seafood</p>
<p style="text-align: center;">Phosphorus</p> <p style="text-align: center;">Normal Range: 3.5-5.5</p> <p>Too much phosphorus in your blood can cause weak bones, itching, and calcification of your blood vessels. If prescribed, be sure to take your phosphate binder with meals and snacks as directed</p>	<p>Milk, cheese, yogurt, ice cream, cream soups, beans, lentils, nuts & seeds, peanut butter, whole grain breads & cereals, colas, chocolate, beer, corn, green peas/snow peas, mushrooms, pancakes, waffles, corn tortillas, biscuits, <u>foods with phosphoric acid additives</u></p>	<p>Mocha mix, coffee mate, rice milk, sherbet, popcorn, unsalted pretzels/crackers, white/French/Italian or sourdough bread, plain bagel, white rice, pasta, flour tortilla, corn & rice cereals, cream of wheat, cream of rice, grits, malt-o-meal, puffed wheat or rice, English muffin, cream cheese, graham crackers, unsalted saltines, melba toast, vanilla wafers, shortbread cookies, sugar wafers, fruit pie (apple, berry, peach, cherry)</p>
<p style="text-align: center;">Potassium</p> <p style="text-align: center;">Normal Range: 3.5-5.5</p> <p>Too much or too little potassium can cause heart problems.</p>	<p>Banana, orange, tomato, potato, avocado, kiwi, guava, grapefruit, nectarine, pear, dried fruit, pomegranate, mango, papaya, spinach, greens, sweet potato, winter squash, tomato sauce/ juice, Chinese cabbage, milk, cheese, yogurt, dried beans & peas, chocolate, nuts & seeds, salt substitute</p>	<p>Apple, strawberries, blueberries, boysenberries, raspberries, canned fruit, broccoli, cauliflower, carrots, green beans, cabbage, eggplant, zucchini, bell pepper, onion, cucumber, iceberg lettuce, radish, summer squash</p> <p>Fruit juices: cranberry, apple, grape, pineapple</p>

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<p>Sodium Using too much salt can cause high blood pressure, fluid retention, and may cause difficulty breathing.</p>	<p>Salt & salt seasonings, salt substitutes, accent, bbq sauce, teriyaki sauce, catsup, processed meats (bacon, sausage, ham, hot dogs), soy sauce, canned soups, olives, pickles, T.V. dinners, sauerkraut, tomato juice, bouillon, chips, pancakes, waffles</p>	<p>Fresh herbs & spices, Mrs. Dash, pepper, lemon/lime, oil, vinegar, homemade soup, fresh or frozen vegetables</p>
<p>Fluids Normal fluid weight gain is no more than 3-5% of dry weight. Your daily fluid allowance may be limited depending on kidney function. 1 liter = 32 ounces.</p>	<p>Pepsi, coke, Hawaiian punch, Gatorade, powerade, bottled iced tea, hot chocolate</p>	<p>Water, tea, coffee, sprite, 7-up, root beer, crystal light, lemonade, Gingerale, kool aid, Hi-C, gelatin, homemade soup, ice</p>

***A one size fits all diet is impractical and possibly dangerous when handling kidney disease - because each individual case is different. The nutrition plans for people with kidney disease patients are wide-ranging in recommendations and include unfamiliar or conflicting ideas such as high or low potassium, phosphorus or even the type of protein to eat. As a result, when those who are diagnosed begin to research how they can eat better to improve their kidney function they are left feeling confused and powerless. Meet with a Registered Dietitian for individualized meal planning based on your food preferences, needs and health care goals.*

The information contained herein is intended for educational purposes only. It is not intended and should not be construed as the delivery of medical care. Persons requiring diagnosis or treatment, or those with specific questions, are urged to contact their local healthcare provider for appropriate care.