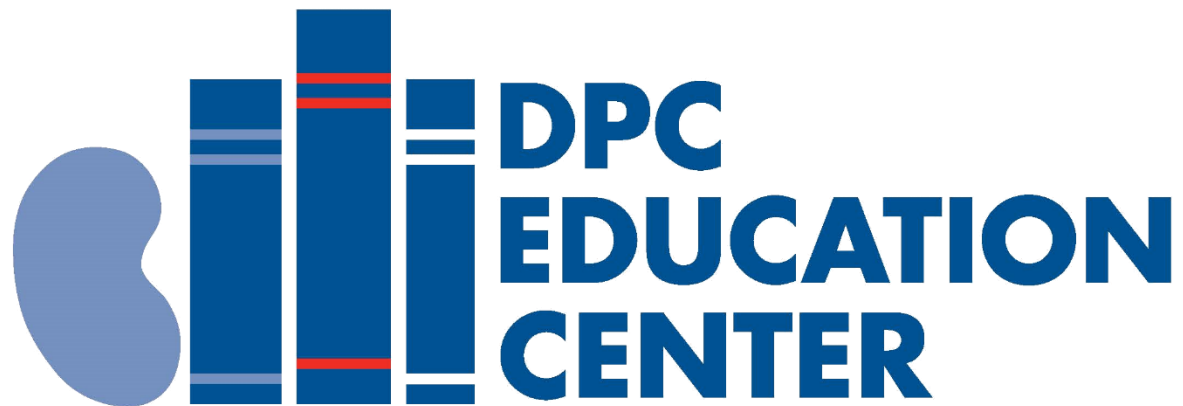



DPC Education Center April Education Seminar





A Livable Lovable Approach to Kidney Disease Nutrition

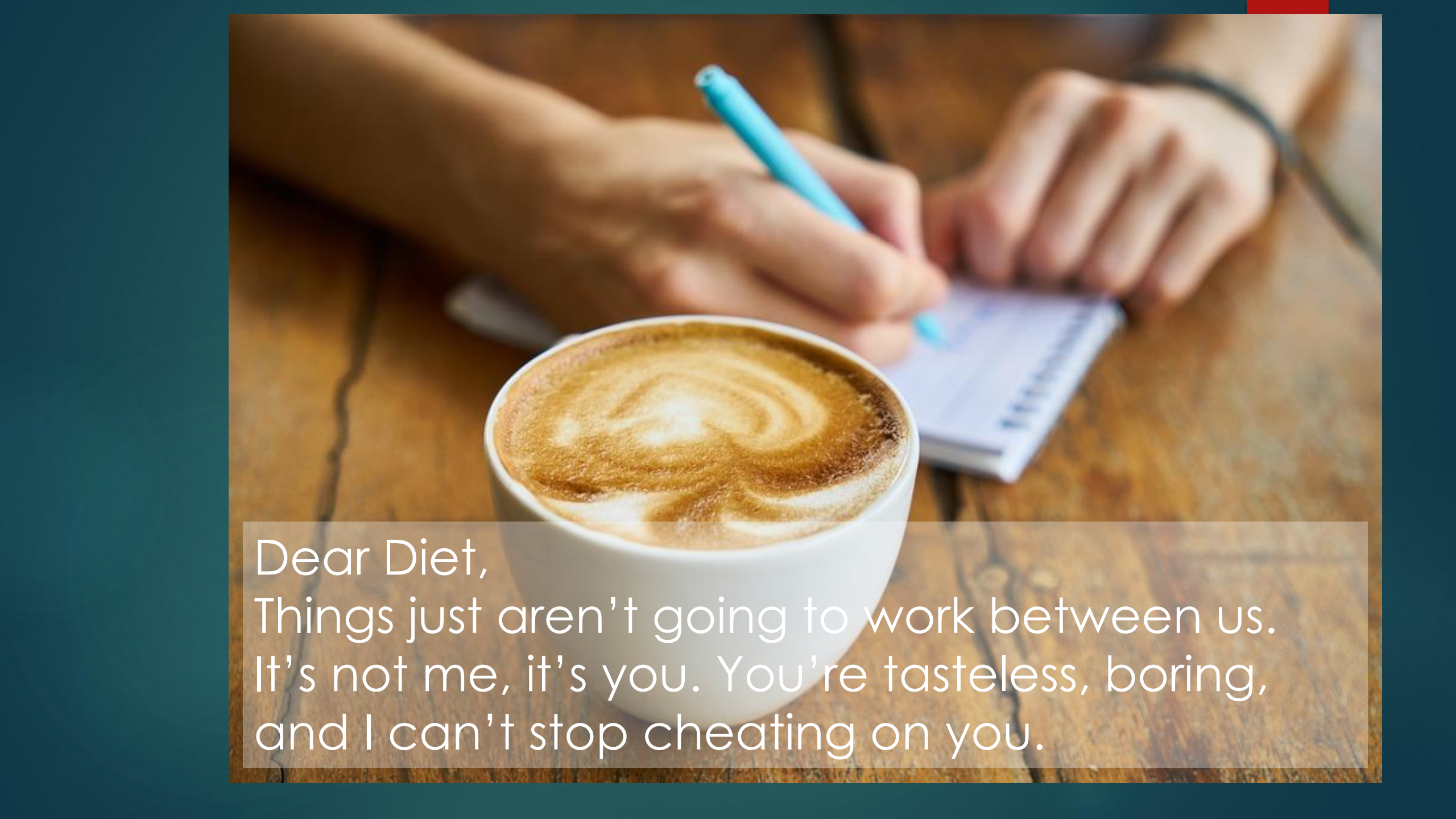
JESSIANNA SAVILLE, MS, RDN, CSR, LD, CLT

WWW.KIDNEYRD.COM

THE *kidney* RD

Objectives

- ▶ Sorting out the confusion of the renal diet
- ▶ Ways to slow the progression of kidney disease with nutrition
- ▶ Ways to prevent complications with kidney disease and nutrition
- ▶ Tips and tricks to make your diet livable AND lovable

A close-up photograph of a person's hands writing in a small, light blue spiral notebook with a bright blue pen. The notebook is open on a rustic wooden table. In the foreground, a white ceramic cup filled with a latte and a heart-shaped latte art design sits on the table. The background is softly blurred, showing the person's arms and a dark-colored sleeve. The overall scene conveys a sense of productivity and focus.

Dear Diet,
Things just aren't going to work between us.
It's not me, it's you. You're tasteless, boring,
and I can't stop cheating on you.

Why all the confusion?

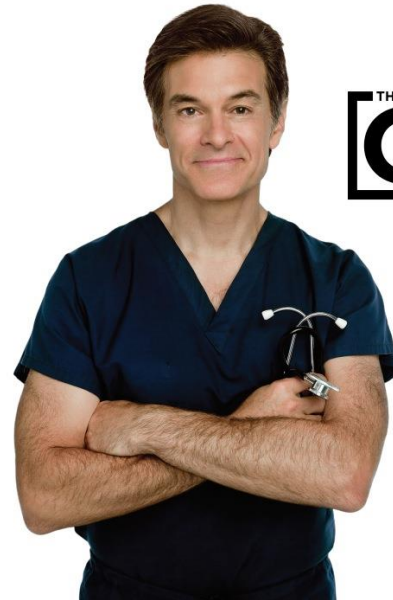


January/February 2014
weightwatchers

THE POWER ISSUE

Amp Up Your Losing

essica
on starting over,
simple pleasures
and Simple Start



THE DR.
OZ
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DESCRIPTIONS

Popular on YouTube...

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Sports

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23:07



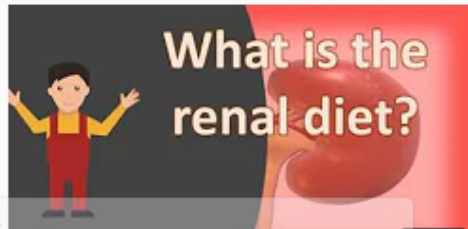
11:59



11:35



www.KidneyDietSecrets.Bonus101 2:44



Kidney Disease Treatment - Reversing Kidney Failure in 28 Days Through Diet

Nicole Greenwood Healthy Channel • 2.9K views • 1 year ago

Site >> >> <http://beatkidneydisease.wikiihow.com> >> >> <http://beatkidneydisease.wikiihow.com>
Kidney Disease **Diet** ☐

KIDNEY FAILURE PREVENTION by Follow These RENAL DIET Foods to EAT and AVOID! KIDNEY DISEASES DIET

Healthy Eating Tips • 46K views • 5 months ago

KIDNEY FAILURE PREVENTION & KIDNEY Disease **diet** foods to eat and to avoid! To limit sodium in your meal plan: Do not add

kidney diet secrets - renal diet menu protein - kidney diet secrets chronic - dialysis diet

romerojoel100 • 30K views • 7 years ago

<http://kidney-diet-secrets.bonuscb.com> - kidney diet secrets - **renal diet** menu protein - kidney diet secrets chronic - dialysis diet

What is the renal diet ?

BEST HEALTH Answers • 232 views • 6 months ago

Renal diet information davita. **Renal diet** nephcure kidney international livingwithkidneydisease and renal url? Q webcache. **Renal**

We're all different!



What to think about when considering dietary changes

- ▶ SLOW progression: Keep your kidneys STRONG!
 - ▶ Protein, sodium, phosphorus, fiber
- ▶ PREVENT complications: Stay out of the hospital, keep your bones and heart strong
 - ▶ Potassium, phosphorus

Sorting out the RENAL diet – Establish priorities

- ▶ Stage 3: SLOW progression, prevent complication
- ▶ Stage 4: Prevent complication, SLOW progression
- ▶ Stage 5 not on dialysis: Prevent complication, SLOW progression
- ▶ On dialysis: Prevent complication!
- ▶ Work off of ONE grocery list!

| SHOPPING LIST | | | | |
|---|---|---|-----------------------|--------------------------|
| FOR DIABETES, HIGH BLOOD PRESSURE, AND KIDNEY DISEASE | | | | |
| Vegetables (fresh) | Fruits <i>affects glucose levels</i> | Cereals/Grains <i>affects glucose levels</i> | Dairy Products | Beverages |
| Akita Sprouts | Apples | BRBD | Brie | Tea (green, black, herb) |
| Asparagus | Applesauce | Bread (whole grain) | Cream Cheese | Coffee |
| Bamboo Shoots | Apricots (dried) | Budín (Kinglet) | Feta Cheese | Ice Tea (see bag) |
| Bean Sprouts | Buddies | Com. Brita | Margarine | Sprinkle (see bag) |
| Beans (per 1/2 cup) | Bulberries | Flaxseed Bread | Sour Cream | Root beer, diet |
| Bell Pepper (per 1/2 cup) | Cherries | Rice Cakes | Mix and pop (see bag) | Orange Soda, diet |
| Broccoli | Clementine Oranges | Rye Bread | Mix and pop (see bag) | Grape Soda, diet |
| Cabbage | Cranberries | CRBALS | Mix and pop (see bag) | Ginger ale, diet |
| Carrots | Cranberry Sauce | Cream of Wheat | Mix and pop (see bag) | Almond Milk |
| Cauliflower | Dried Beans | Cream of Rice | Mix and pop (see bag) | Rice Milk |
| Celery | Pop (see bag) | Grain | | |
| Chili Peppers | Fruit/vegetable | Grain Cakes | | |
| Chives | Grapefruit | Grapes | | |
| Collard Greens | Lemons | Grain (see bag) | | |
| Cucumbers | Limes | Shredded Wheat | | |
| Eggplant | Mandarin oranges | | | |
| Onion | Rubies | | | |
| Garlic | Passion fruit | | | |
| Hominy | Peaches | | | |
| Jicama | Pears | | | |
| Yam | Pineapple | | | |
| Leeks | Pumpkins | | | |
| Lettuces | Raspberries | | | |
| Mushrooms | Strawberries | | | |
| Mustard Greens | Tangerines | | | |
| Parsnips | | | | |
| Onions | | | | |
| Pea pods (per 1/2 cup) | | | | |
| Pimientos | | | | |
| Radicchio | | | | |
| Rhubarb | | | | |
| Shallots | | | | |
| Spaghetti squash | | | | |
| Spinach | | | | |
| Summer Squash | | | | |
| Tumpkins | | | | |
| Turkey | | | | |
| Water Chestnuts | | | | |
| Watercress | | | | |
| Zucchini | | | | |

Slow Progression

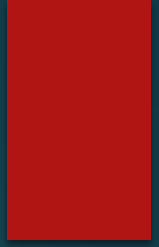
- ▶ Protein – hard to filter
- ▶ Phosphorus – hard to filter
- ▶ Sodium – increased pressure to filter, causes proteinuria
- ▶ Diabetes – damages nerves
- ▶ Gut health – inflammation(1)



1 <https://academic.oup.com/ndt/article/31/5/737/1751657>

Slow Progression: Sodium

- ▶ Salt and sodium
- ▶ Know where it is at
- ▶ Aim for less than 500-600 mg/meal



Slow Progression: Protein

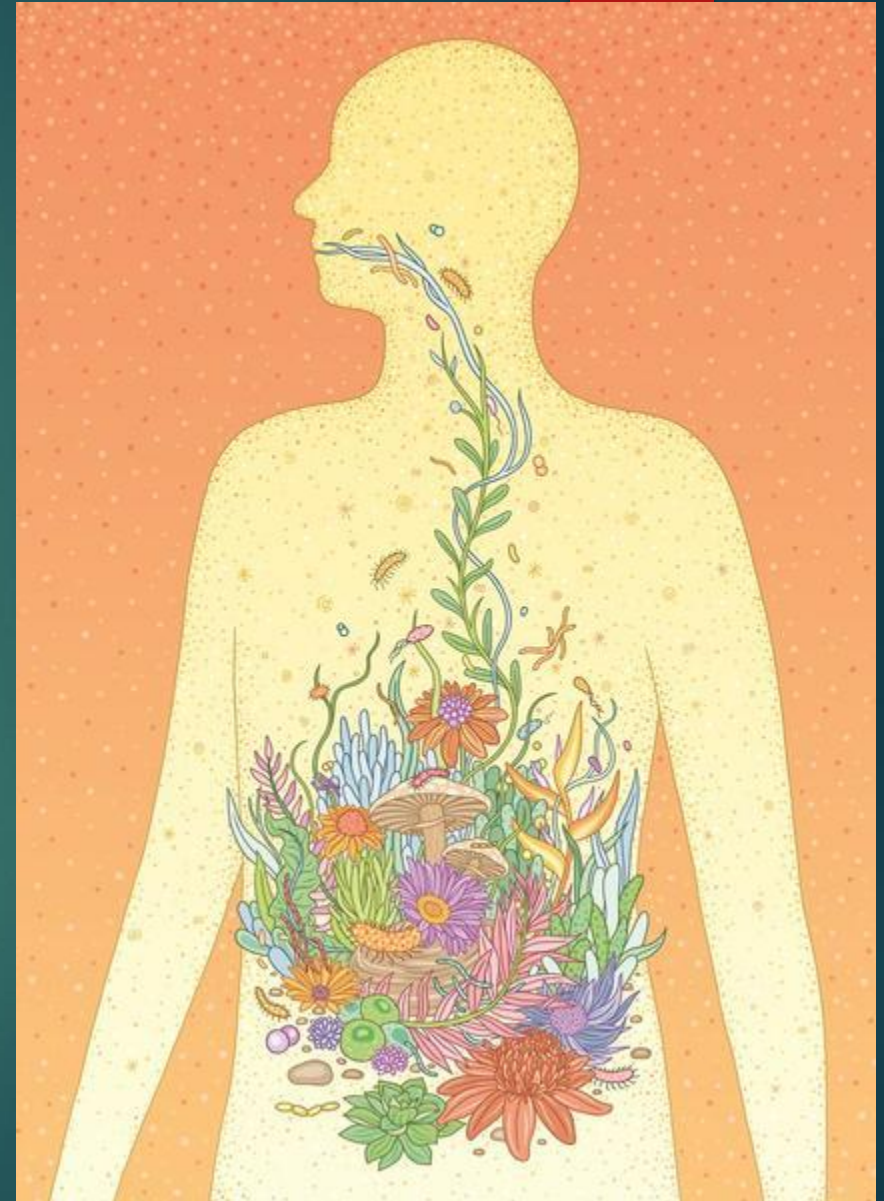
► Protein - yes or no?



| MEALS WITH LESS MEAT | |
|---|---|
| CHRONIC KIDNEY DISEASE | |
| <p>Without going completely vegetarian, you can cut back on protein by eating meals that use smaller portions of meat. Reducing protein intake can help slow the progression of CKD. Here are some examples of this type of meal. A few recipes are included on pages 24-6.</p> | |
| Meal | Serving Suggestions |
| Stir-Fry | Stir-fry is a great way to use meat in smaller portions while ramping up the vegetables. You can use whatever you have on hand and even buy premade sauces (be careful about sodium content). Serve over rice and add some fruit on the side to complete the meal. |
| Kabobs | Load your skewer with veggies like peppers, zucchini, and onions. Then put a few chunks of beef or chicken or pork in between. Serve with rice, bread, salad, or even as up. |
| Salads | Adding some chicken or beef to your salad will be an easy way to incorporate meat into your low-protein diet. The post-tilt here are an idea; all kinds of greens, veggies, fruits, and dressings can be used. |
| Tacos/Burritos | Traditional tacos seem to go heavy on the meat and light on the vegetables. It's not hard at all to switch things around when cooking at home. Adding low-potassium beans such as black beans can also make it more filling. |
| Pasta | Spaghetti with meat sauce, lasagna, chicken Alfredo... these are all meals with small meat portions. The trick here is to limit the amount of tomato-based sauce you use to minimize potassium intake. Remember, small amounts are ok, but there are also many pastas that don't use tomato-based sauces at all. Try a few! |
| Soup | Again, the post-tilt here are an idea. Just remember to make soup with lots of low-potassium veggies and mix in a little meat. Modify your favorite recipes, or even make up your own. It's also a good idea to use low-sodium broths. |
| Sandwiches | Nothing too complicated here, make a nice chicken or turkey sandwich, use less meat and more vegetables. Serve with fruit or a bowl of soup and crackers and you have a meal. Grilling the sandwiches can help add some variety, or even make a wrap using lettuce and tortillas. |
| Pot pie | Comfort food classics such as pot pie and quiche can be kidney friendly! Fill your homemade pie or quiche with lots of veggies (carrots, broccoli, corn, peas, etc...) and a good herb blend for flavor that makes you forget the meat. Stay light on the gravy and substitute unsweetened almond or rice milk instead of regular milk to lower the potassium and keep without changing flavor. |
| Pizza | Homemade pizza can also be included in your low meat, kidney friendly meals. Be sure to use low-sodium tomato paste, and spread it thinner than normal. You could also try a chicken Alfredo pizza. Use plenty of veggies and garlic to give flavor, go light on the cheese. |

Slow Progression: The Gut

- ▶ Gut wall houses 70% of the cells that make up the immune system
- ▶ Probiotics
- ▶ Fruits and vegetables
- ▶ Garlic, onions, leeks, apples, barley, oats, jicama



Prevent Complication: Potassium



High Potassium Foods

FRUITS



BANANAS CANTALOUPE KIWI



MANGO HONEYDEW PEACHES



NECTARINE ORANGES ORANGE JUICE



PAPAYA PRUNES PRUNE JUICE



POMEGRANATE DRIED FRUIT RAISINS

VEGETABLES



ARTICHOKES AVOCADO BEETS BOK CHOY



EDAMAME (soybeans) LIMA BEANS MUSHROOMS (cooked)



POTATOES FRENCH FRIES YAMS/SWEET POTATOES



PUMPKIN RUTABAGAS SPINACH (cooked)



SQUASH (Acorn) SQUASH (Butternut) SWISS CHARD TOMATOES

OTHERS



BEANS SALSA POWDERED DRINKS



ENSURE/BOOST COCONUT WATER MILK



POTATO SALAD SWEET POTATO PIE



SALT SUBSTITUTE MOLASSES SPAGHETTI SAUCE

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!

Portion size for fruits and veggies is 1/2 c fresh, 1/2 c canned, 1/2 c cooked, 1/4 c dried, and 1/2 c juice.

Low Potassium Foods

FRUITS



APPLES APPLESAUCE BERRIES



CHERRIES CRAISINS CRANBERRIES



FIGS GRAPES JUICE (NOT ORANGE)



LEMONS/LIMES PEARS PINEAPPLE



PLUMS FRUIT, CANNED WATERMELON

VEGETABLES



ALFALFA SPROUTS ASPARAGUS BROCCOLI/CAULIFLOWER CABBAGE



CARROTS CELERY CORN CUCUMBER



EGGPLANT GREEN BEANS COLLARDS/KALE



LEEK LETTUCE MIXED VEGGIES ONION



PEAS PEPPERS RADISHES SPINACH (RAW)



SUMMER SQUASH SPAGHETTI SQUASH TURNIPS WATER CHESTNUTS

OTHERS



ALMOND MILK COFFEE ICED TEA



HONEY PASTA SALAD PESTO



POPCORN RICE COLESLAW



NEPRO, ENSURE CLEAR, BOOST GLUCOSE, SUPLENA

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!

Portion size is 1/2 c fresh, canned, or cooked, 1/4 c dried, and 1/2 c juice.

Prevent Complication: Phosphorus

Look for P-H-O-S

Nutrition Facts
Serv. Size 2oz. drained (56g - about 1/4 cup)
Servings about 8
Calories 70
Fat Cal 20

| Amount/Serving | %DV* | Amount/Serving | %DV* |
|---------------------|------|------------------------|------|
| Total Fat 2g | 3% | Sodium 190mg | 8% |
| Sat Fat 0.5g | 2% | Potassium 130mg | 4% |
| Trans Fat 0g | | Total Carb 0g | 0% |
| Polyunsat Fat 0.5g | | Fiber 0g | 0% |
| Monounsat Fat 0g | | Protein 13g | 23% |
| Cholest 25mg | 8% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Sat Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Potassium | 3,500mg | 3,500mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |
| Protein | 50g | 65g |

Not a significant source of Sugar, Vitamin A, Vitamin C, Iron or Calcium

Vitamin D 15% • Niacin 30% • Vitamin B6 6%
Vitamin B12 20% • Selenium 60%

INGREDIENTS: WHITE TUNA, WATER, VEGETABLE BROTH, SALT PYROPHOSPHATE.

CONTAINS: FISH, SOY.
DIST. BY: © STARKIST CO., PITTSBURGH, PA 15116
PRODUCT MAY CONTAIN BONES.









PYROPHOSPHA

TE

Phosphorus food guide

| Instead of eating this HIGH-PHOSPHORUS FOOD... | Consider eating this LOWER-PHOSPHORUS FOOD |
|--|---|
|  1 cup prepared macaroni and cheese from box (442 mg) |  1 cup enriched spaghetti, cooked, no added salt, ½ tbsp margarine, ½ tsp garlic powder, ½ tsp basil (90 mg) |
|  1-oz slice processed American cheese (179 mg) |  1 oz cheddar cheese (145 mg) |
|  2 tbsp low-sodium, smooth-style peanut butter (115 mg) |  1 tbsp jam (4 mg) or honey (1 mg) |
|  1 slice fast food, pizza chain, 14" pizza, pepperoni topping, regular crust (220 mg) |  1 small slice French bread with 1 oz part-skim, low-moisture mozzarella cheese melted on top (185 mg) |

| Instead of eating this HIGH-PHOSPHORUS FOOD... | Consider eating this LOWER-PHOSPHORUS FOOD |
|---|---|
|  1 cup soft-serve vanilla frozen yogurt (186 mg) or ½ cup vanilla ice cream (69 mg) |  ½ cup orange sherbet (30 mg) |
|  ½ cup caramel custard or flan, prepared from recipe (147 mg) |  ½ cup gelatin with 2 tbsp pressurized whipped-cream topping (35 mg) |
|  ½ cup instant chocolate pudding prepared with 2% milk (338 mg) |  ½ cup ready-to-eat rice pudding (77 mg) |
|  1 12-oz bottled beverage (30–260 mg) ² |  Ask your dietitian for beverage suggestions. |

| Instead of eating this HIGH-PHOSPHORUS FOOD... | Consider eating this LOWER-PHOSPHORUS FOOD |
|---|--|
|  ½ cup dry-roasted mixed nuts with peanuts, no salt added (298 mg) |  10 pretzel twists, no salt added (68 mg) |
|  ¾ cup bran flakes (152 mg) |  1 cup low-sodium corn flakes (12 mg) |
|  ½ cup canned baked beans, no salt added (132 mg) |  Ask your dietitian how to fit beans into your eating plan. |
|  Large blueberry muffin (202 mg) |  ½ cup oats (instant or old-fashioned), unsalted, cooked with water (90 mg) |

References: 1. US Department of Agriculture, National Agriculture Library, USDA National Nutrient Database for Standard Release 25. <http://ndb.nal.usda.gov/ndb/foods/list>. Updated September 2012. Accessed December 21, 2012. 2. Kalantar-Zi, Gulkunst L, Mehrotra R, et al. Understanding sources of dietary phosphorus in the treatment of patients with chronic kidney disease. *Clin J Am Soc Nephrol.* 2010;5:519-530.

Total intake of phosphorus depends on your recommended allowance for daily protein consumption. Overall, total daily phosphorus intake should be low enough to allow you to maintain serum phosphorus levels within normal range for the laboratory that tests your blood.

Let's think "Can do!" instead of "Don't have..."



Love your food!

- ▶ Use acid
- ▶ Use spices
- ▶ Try new things
- ▶ Use the internet (sodiumgirl.com, kidneyrd.com, dialysispatients.org, cookingforyourkidneys.com, etc...)



Get to Know Some Options (Your Dietitian can Help!)

- ▶ Take time at the store to look at new products
- ▶ Know how to look products up
- ▶ Know how to read labels
- ▶ Find easy alternatives

Look at some specifics



140 mg sodium
15 mg potassium



140 mg sodium
370 mg potassium



570 mg sodium
? mg potassium



140 mg sodium
230 mg potassium

Reading labels is liberating

General Mills
Whole Grain Guaranteed

NEW!

Chocolate Cheerios

Made with Real Cocoa

May Reduce the Risk of Heart Disease



Chocolate Flavored Whole Grain Corn and Oat Cereal

*Diet low in saturated fat and cholesterol may reduce the risk of heart disease. Chocolate Cheerios cereal is low in fat (1g), saturated fat free and naturally cholesterol free.

NET WT 11.25 OZ (318g)

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (27g)
Servings Per Container about 12

| Amount Per Serving | Chocolate Cheerios | with $\frac{1}{2}$ cup skim milk |
|-------------------------------|------------------------|----------------------------------|
| Calories | 100 | 140 |
| Calories from Fat | 10 | 15 |
| | % Daily Value** | |
| Total Fat 1g* | 2% | 2% |
| Saturated Fat 0g | 0% | 3% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 0.5g | | |
| Monounsaturated Fat 0g | | |
| Cholesterol 0mg | 0% | 1% |
| Sodium 170mg | 7% | 10% |
| Potassium 60mg | 2% | 8% |
| Total Carbohydrate 23g | 8% | 10% |
| Dietary Fiber 1g | 4% | 4% |
| Sugars 9g | | |
| Other Carbohydrate 13g | | |
| Protein 1g | | |
| Vitamin A | 10% | 15% |

Ingredients: Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Whole Grain Oats, Canola and/or Rice Bran Oil, Cocoa Processed with Alkali, Color Added, Salt, Dried Corn Syrup, Corn Bran, Barley Malt Extract, Trisodium Phosphate, Vanillin.

Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

MAY CONTAIN WHEAT INGREDIENTS.
DISTRIBUTED BY GENERAL MILLS CEREALS, LLC,
MINNEAPOLIS, MN 55440 USA
© 2009 General Mills

May be mfg. under U.S. Pat. Nos. 5,523,109 & 7,021,525

| | | |
|-------------------------|-----|-----|
| Vitamin C | 25% | 25% |
| Calcium | 10% | 25% |
| Iron | 25% | 25% |
| Vitamin D | 10% | 25% |
| Thiamin | 25% | 30% |
| Riboflavin | 25% | 35% |
| Niacin | 25% | 25% |
| Vitamin B ₆ | 25% | 25% |
| Folic Acid | 50% | 50% |
| Vitamin B ₁₂ | 25% | 35% |
| Phosphorus | 4% | 15% |
| Magnesium | 2% | 6% |
| Zinc | 25% | 25% |

*Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat (0.5g saturated fat, 0.5g monounsaturated fat), less than 5mg cholesterol, 240mg sodium, 260mg potassium, 29g total carbohydrate (14g sugars), and 6g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Dietitians Help Clients Find Easy Alternatives

- ▶ Pumpkin pie spice
- ▶ Ginger, cinnamon, cardamon
- ▶ Extracts
- ▶ Vinegars
- ▶ Lemons/Limes



Orange Substitutes - Citrus Favorites



Recap

- ▶ Stick with one list
- ▶ Work with a professional to identify your most important priorities if you feel confused
- ▶ Remember not everyone needs ALL “kidney diet” restrictions
- ▶ Love your kitchen, be your own best advocated, use your resources!



Questions?

THE *kidney* RD

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Jessianna Saville, MS, RDN, CSR, LD, CLT /
jess@kidneyrd.com www.KidneyRD.com