

Plant-Based Diets and Kidney Disease - Who this can help and what you need to know

This webinar will start shortly

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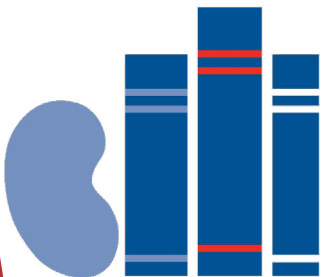
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Today's Presenter



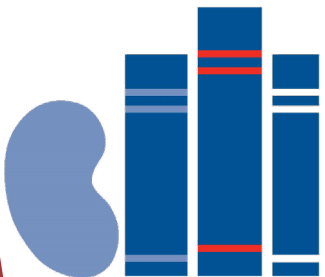
Jessianna Saville, MS, RDN, LD, CSR, CLT is a registered dietitian and renal nutrition specialist. She founded the KidneyRD an organization committed to advancing the practice of kidney care. She feels passionately about the role nutrition therapy plays in kidney disease to improve quality-of-life. You can follow her (and she loves new followers) @ KidneyRd on facebook, Instagram, youtube, twitter, and Pinterest.



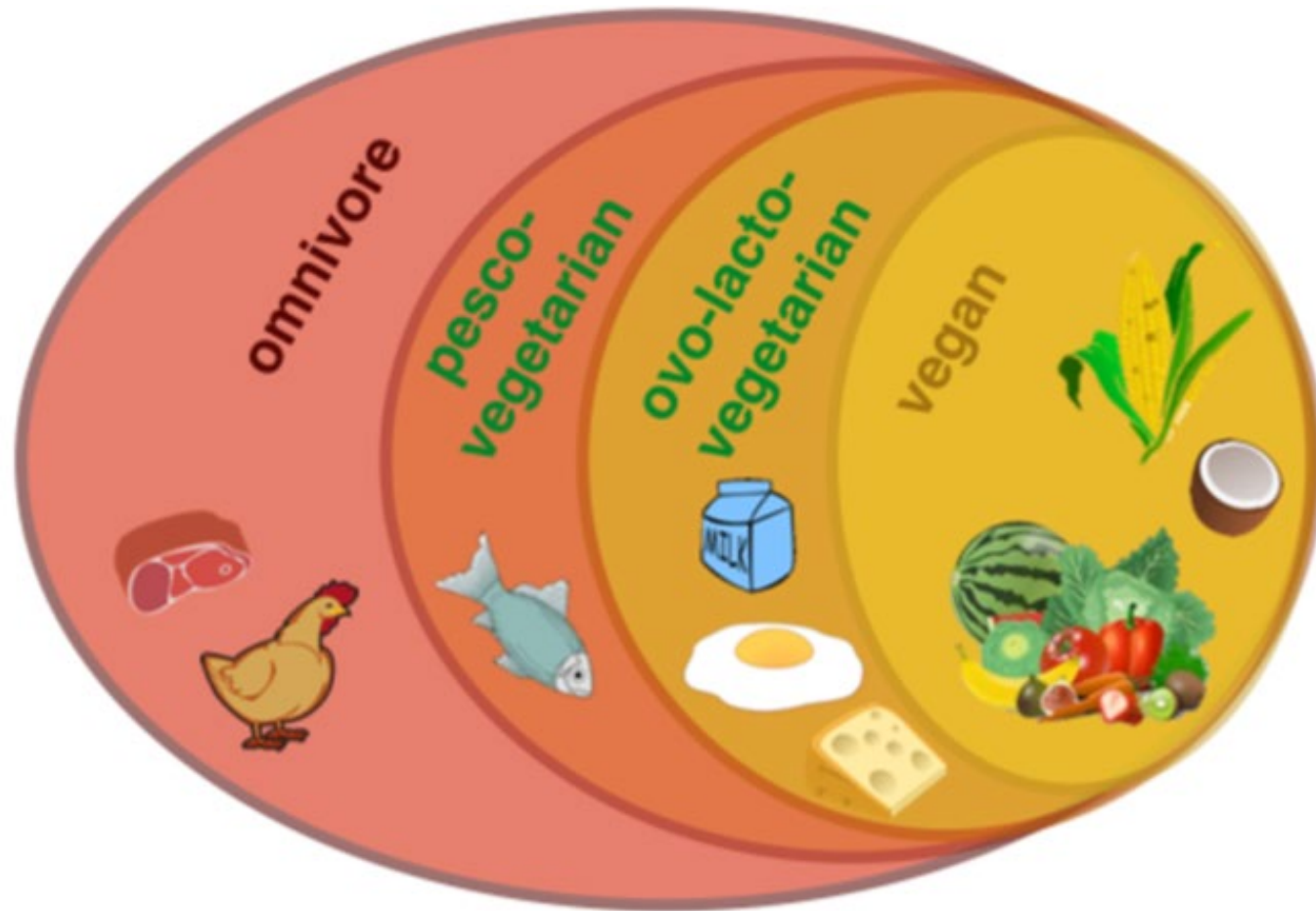
Plant-based diets



When vegans pose for photos.

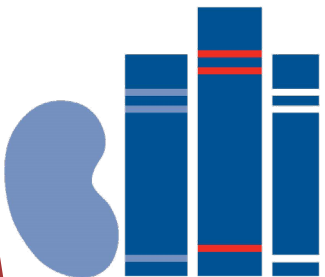


What is a plant-based diet?



animal-based

plant-based



What do you eat?



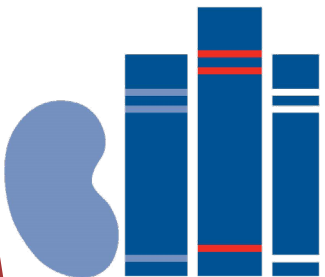
What does a day look like?

Breakfast: Overnight Oats

Snack: Apples and almonds

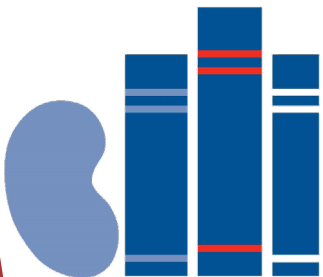
Lunch: Salad with chickpeas + lots of colorful
veggies, crackers

Dinner: Cashew Stir fry over rice, mandarin
oranges



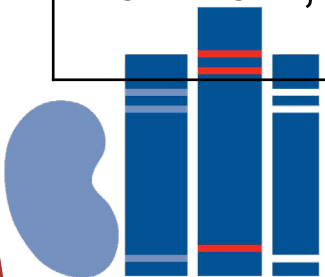
Concern #1 POTASSIUM

1. **Meat vs Plants:** Does decreasing meat intake, and increasing plant intake mean you have higher potassium intake AND thus higher potassium levels?
2. **What else can impact potassium other than food?** Or in other words, if potassium is elevated, is it really the diet's fault?

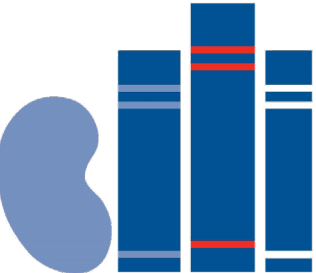


Meat vs Plant Proteins Potassium Comparison

Food Item	K+ in mg	Food Item	K+ in Mg
Chicken, 3 oz	332 mg	Chickpeas ½ cup	207 mg
Hamburger, 3 oz (85% lean)	243 mg	Black beans, ½ cup	334 mg
Pork loin, 3oz	358 mg	Lentils, ½ cup	365 mg

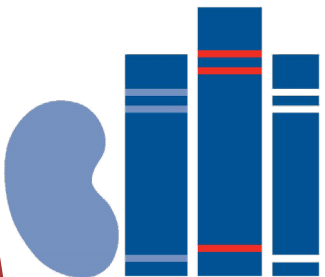


Meal Comparisons

Meal Comparison - Animal	K+ in mg	Meal Comparison – Plant-based	K+ in Mg
Baked pork chop, 3 oz	309 mg	Stir fried tempeh, 3 oz + 2 tsp avocado oil	341 mg
Brown Rice ½ cup	87 mg	Onions 1/4 cup	87 mg
Steamed broccoli ½ cup	228 mg	Cauliflower ¼ c	44 mg
Margarine 1 tsp	1 mg	Broccoli ½ c	228 mg
Canned apricots, 3 halves	178 mg	Dinner roll + vegan margarine (1 tsp)	98 mg +
		Chilled watermelon slices (1 c cubed)	170 mg
	413 kcals, 804 mg K+, 30 gm Protein, 45 gm CHO, 6 gm Fiber, 367 mg P, 2.3 mg Fe		377 kcals, 872 mg K+, 21 gm protein, 30 gm carbohydrate, 4.6 gm fiber, 313 mg P, 2.9 mg Fe

Phosphorus

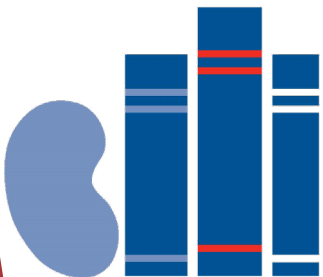
Food Item	Phos in Mg	Food Item	Phos in Mg
Chicken, 3 oz	219 mg	Chickpeas ½ cup	139 mg
Hamburger, 3 oz (85% lean)	153 mg	Black beans, ½ cup	248 mg
Pork loin, 3oz	212 mg	Lentils, ½ cup	178 mg
Salmon, 3 oz	218 mg	Edamame ½ c	284 mg



Phosphorus Concerns



- ▶ Nuts (because of portion size)
- ▶ Bran (because of portion size)
- ▶ Beer
- ▶ Processed plant-based foods
- ▶ Vegetarian and Dairy - for dialysis patients wanting to go vegetarian, note that often people replace their meat with dairy. Not necessarily a win

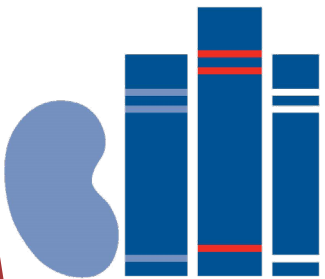


Will a plant based diet lead to malnutrition?

Suboptimal nutritional intake = protein malnutrition

What contributes to suboptimal nutritional intake?

- Metabolic acidosis
- Bowel flora alteration
- Hormonal dysregulation



Nutrients that can be impacted

Iron - use cast iron skillet, dried peas, beans, lentils, dried fruit, dark leafy veggies, enriched grains

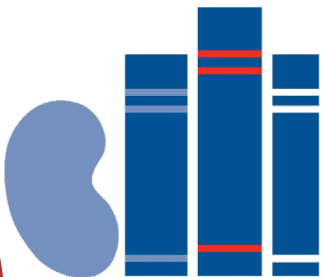
B12 - most likely will need to supplement; nutritional yeast, mushrooms, spirulina, fortified cereals

Selenium - brazil nuts, sunflower seeds, chia seeds, lentils, grains

Omega 3 Fatty Acids - Walnuts, chia seeds, flax seeds, Hemp seeds, algae supplements

Magnesium - sunflower seeds, flax seeds, cashews, pumpkin seeds, pepitas

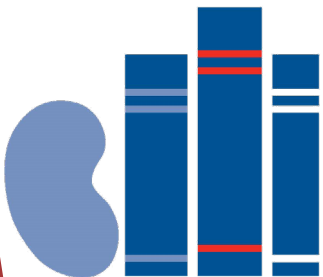
Calcium - dark green leafy vegetables, tofu, sesame seeds, tahini, fortified cereals



Boosting Protein for ESRD

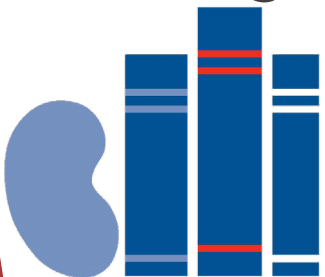
- ▶ SunWarrior(\$1.87/oz)
- ▶ Has meal replacement powder - unsure on potassium, but sodium is only 20 gm
- ▶ VegaOne (\$1.17-1.62/oz)
- ▶ Meal replacement option available 230 mg K+, 240 mg sodium, Phos 250 mg (unsure bioavailabilty since powders aren't technically a whole food)
- ▶ Garden of Life Raw Organic Protein (\$1.50/oz)
- ▶ Pea Protein (often least expensive) (\$0.5+/oz)
- ▶ Bob's Red Mill Vanilla Protein Powder (\$1.34/ounce)

(see post uploaded to platform)



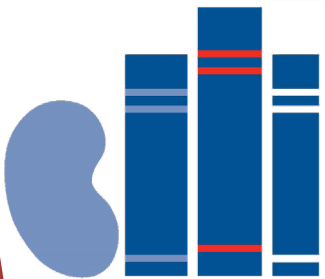
Work with a dietitian

1. Make out a plan including lab draws
2. Get a clear list of foods you can eat
3. Log your food and have the dietitian review
4. Watch for signs of anemia or fatigue
5. A good multivitamin



Questions?

Please use the Chat Box



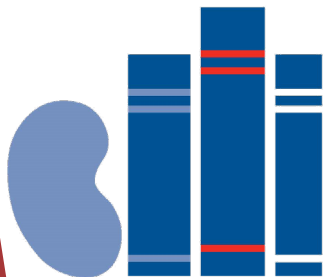
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Thursday, July 22nd @ 2pmEST

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Presented by Wayne Jonas, MD, Executive Director of Integrative Health Programs at Samuelli Foundation

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