

# Navigating a Renal Diet: Decoding the Mystery

*This webinar will start shortly*

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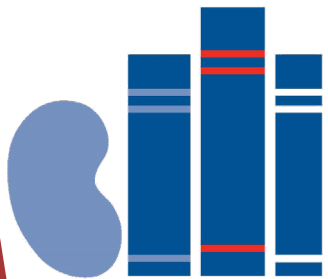
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# Reminders

- All lines are muted
- Ask questions or make comments through the Chat Box
- Written questions will usually be answered at the end of the program
- You will receive the link to the **recording** and **slides** within a week
- Please complete the feedback form at the end of the program



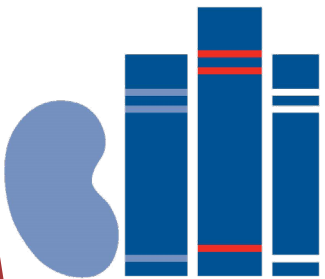
# Today's Presenter



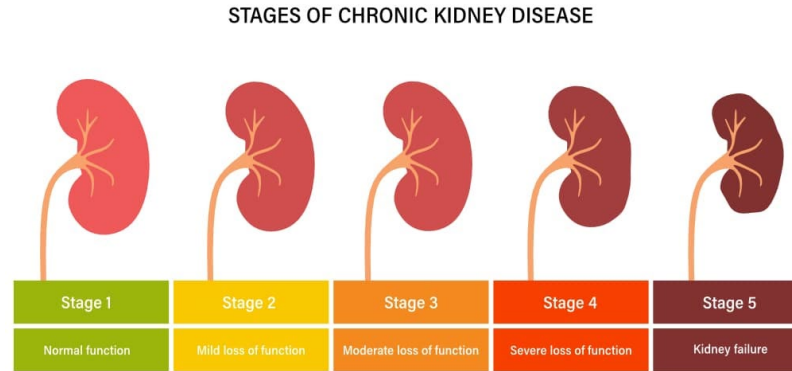
- ▶ *Fanny Sung Whelan is a Registered Dietitian licensed in Tennessee. She has been working with renal patients for 11 years, specializing in home therapies, and for the past 9 years, with transplant and all stages of CKD patients as well. She also has experience working with the elderly and end of life nutritional care.*



You've been told you have kidney disease. Now what?



# CKD Stages 1-4

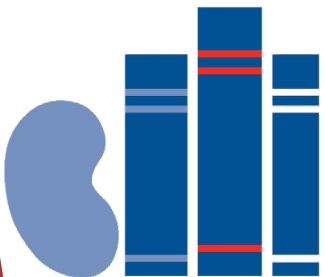


Goal- slow the progression

Slight increase in calorie needs

Decreased protein intake unless diabetic

Sodium and salt reduction



# Tips for Reducing Sodium Intake

No added salt

Salt-free seasonings

Look for No Added Salt or Lower Salt on labels

No cured or processed meats

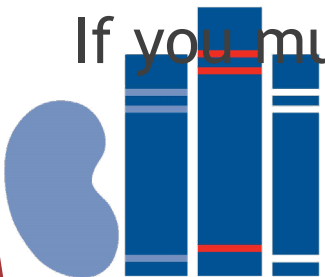
No canned soups

Read Labels

Avoid pre-seasoned or “in a solution” fresh meats

Order freshly prepared when dining out

If you must, use salt after preparing foods



# Potassium

Aids in muscle movement and control

Build up can change heart irregularities

Some foods to limit or avoid:

Potatoes

Bananas

Citrus and its juice

Tomatoes

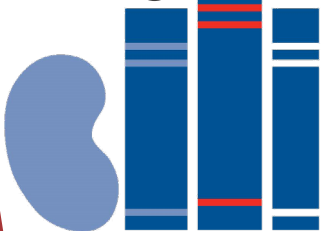
vegetables

Melons

Dried beans

Pumpkin and winter melons

Leafy green



# Phosphorus

Involved in bone development

Long-term build up can lead to bone and heart diseases

Some foods to limit or avoid:

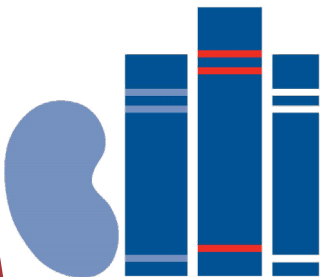
- Dairy products

- Bran or wheat cereals, oats and granola

- Wheat and whole grains

- Cola drinks, beer, some flavored waters and juices

- Fast foods and processed foods



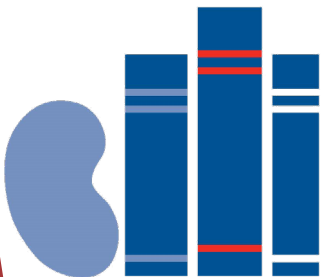
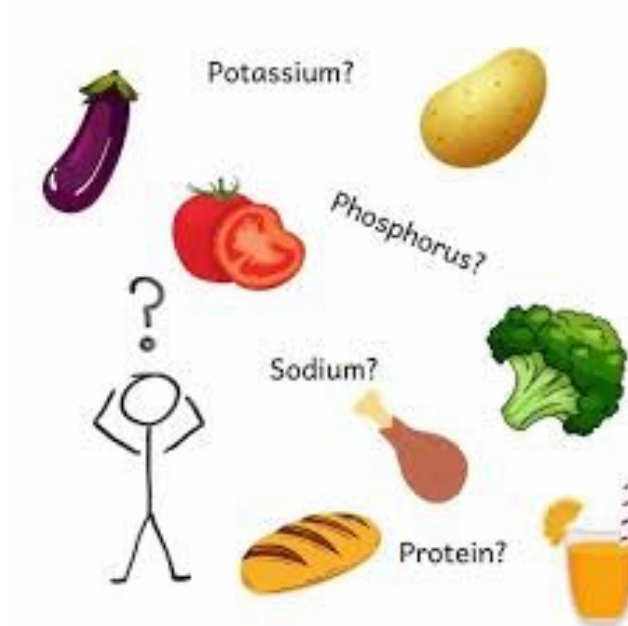


# Dialysis Diet 101

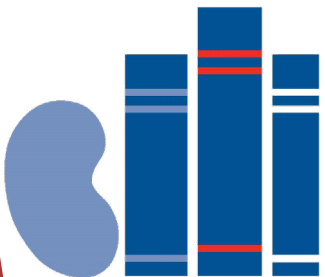
Calorie needs

Increased protein

Potassium, phosphorus, sodium and fluid

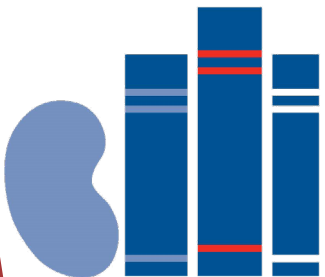


# Is a plant-based diet right for you?



# Not all dialysis diets are equal: Peritoneal vs Home Hemodialysis

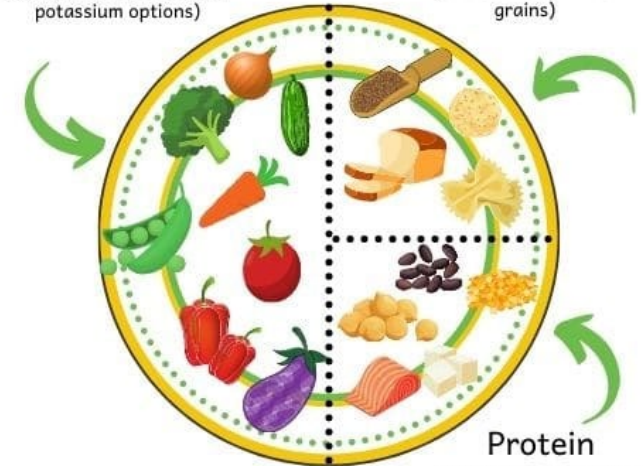
PD- removes more potassium and protein  
Less calories needed to meet needs  
HHD- more dialysis  
usually more liberalized diet



## Anatomy of a Kidney Friendly Meal

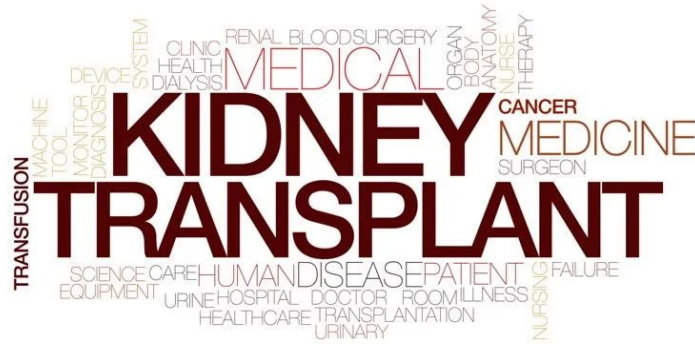
**Fruits & Veggies!**  
(may need to choose lower potassium options)

**Carbohydrate**  
(choose mostly whole grains)



**Protein**  
(plant proteins tend to be better for kidneys)

# Transplanted! What Next?



## Immediate needs-

- Increase calories and protein to promote healing

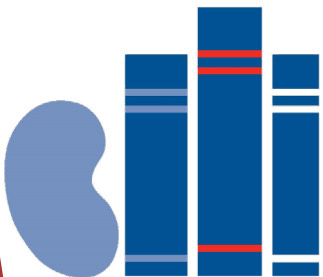
- Sudden electrolyte changes- supplements may be needed

## Long-term needs-

- More stable, focus on minimizing diabetes, obesity and heart disease

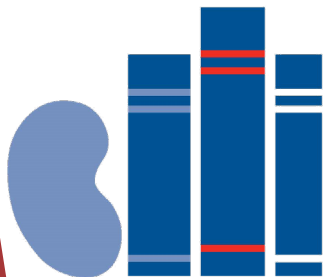
- Avoid certain foods that may interact with meds

Benefits of Mediterranean Diet



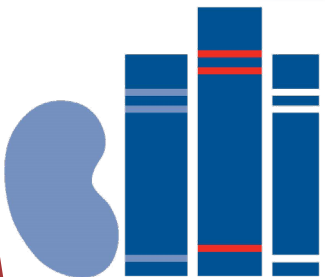


...and this dish is totally potassium-free!



# Questions?

**Please use the Chat Box**



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