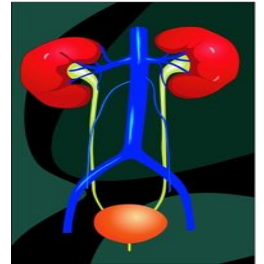


Guide to Eating Well with Kidney Disease

What do the kidneys do?

- Keep the right balance of nutrients and minerals in the body
- Remove waste and extra fluid from the body
- Control blood pressure
- Make hormone (EPO) to produce red blood cells
- Keep bones strong and healthy



What happens in kidney failure?

- Nutrients and minerals build up in the body as they are not properly removed by the kidneys – sodium (salt), potassium and phosphate
- Extra waste and fluid can build up in the body causing swelling, confusion, loss of appetite, nausea, vomiting and taste changes
- Increased blood pressure that can increase the risk of a heart attack and stroke
- A lower production of red blood cells that can cause anaemia, fatigue and breathlessness
- Weaker bones and pain leading to a higher risk of fractures



Why is what we eat important?

- To keep the kidneys from failing too quickly
- To reduce the amount of minerals and waste building up in the blood
- To improve energy to do your daily tasks
- To enjoy a better quality of life



What can we do to feel as well as possible?

1. Enjoy your food

- Important to balance the need of staying well, making good food choices and enjoying what you eat

2. Have regular meals during the day

3. Eat more fresh food instead of processed food

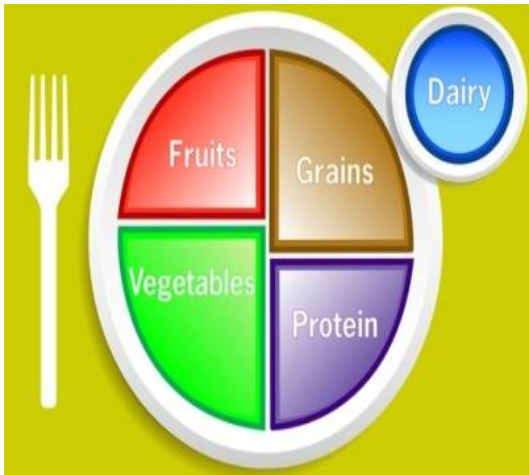
- Fresh food will be lower in salt and phosphate which will help to put less pressure on the kidneys
- Will help to reduce blood pressure, swelling in ankles, itchiness and general tiredness

4. Boil vegetables instead of steaming, grilling, frying, roasting or baking

- This will reduce the amount of potassium in the vegetables

5. Eating foods from a variety of food groups

- Try to eat a variety of food from all the food groups rather than too much of one food/food group.



Dietitian: _____
Phone: _____



