

## How to make better food choices to stay well with kidney disease?

**High Potassium** – can cause an abnormal heart beat and possible heart attack

Eat foods lower in potassium	Eat less foods high in potassium
<p><i>Fruit:</i> apple, pear, mandarin, orange, plums, blueberries, strawberries, watermelon</p> <p><i>Vegetables:</i> green beans, carrots, boiled potato, zucchini, eggplant, mushrooms, cucumbers, capsicum</p>	<p>Banana, mango, avocado, fruit and vegetable juices, dried fruit</p> <p>Tomato paste, canned beans, nuts/seeds</p> <p>Chocolate, liquorice, potato, potato chips, bran based cereals, cereals with nuts and dried fruit</p>



**High Phosphate** – can cause itchiness and bone pain

Eat foods lower in phosphate	Eat less foods high in phosphate
<p>Fresh meats: lamb, beef, pork, chicken and poultry, fish</p> <p>Spreads: Jam, honey, marmalade, butter/margarine</p> <p>Homemade stock/soup</p>	<p>Processed meats: ham, bacon, sausages, cured meats</p> <p>Offal meats: kidney, liver, brain</p> <p>Spreads: vegemite, peanut butter</p> <p>Coca cola, peps, diet coke, coke zero, peps max,</p> <p>Stock cubes/powders, packet soups</p> <p>All bran</p>



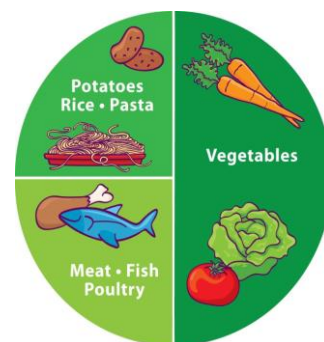
**High Sodium/Salt** – can cause water retention, swelling in the body and higher blood pressure

Eat foods lower in salt	Eat less foods high in salt
<p>Fresh foods: meat/chicken/fish, fruit and vegetables, dairy foods</p> <p>No added salt canned foods</p> <p>Herbs and spices</p>	<p>Avoid adding salt to food</p> <p>Take-away foods (limit to once a fortnight/month)</p> <p>Sauces (soy, fish, oyster)</p> <p>Processed meat, canned foods</p>



**Protein** – Important to have enough protein to keep well but not too much as the waste products from protein digestion can affect the kidneys

- Found in eggs, dairy foods, meat, chicken/poultry, meat, fish and seafood
- Generally aim for ¼ of your plate to be protein based at your main meal



Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

