

HEALTHY EATING FOR DIALYSIS



**NATIONAL KIDNEY
FOUNDATION OF MALAYSIA**

WHEN YOUR KIDNEYS FAIL, THEY CANNOT :

- Remove waste products from the body.
- Balance the body's fluids and electrolytes.
- Regulate blood pressure, red blood cell count, and the amount of minerals in the body.
- Produce active form of Vitamin D for healthy bones.

DIET FOR DIALYSIS IS ABOUT :

- Getting the right amount of calories and protein.
- Achieving healthy body weight.
- Reducing complications from waste products

DAILY NUTRIENT RECOMMENDATIONS

Calories	<ul style="list-style-type: none">• 35kcal/kg body weight if < 60 years old• 30-35kcal/kg body weight if > 60 years old
Carbohydrate	<ul style="list-style-type: none">• 6-8 servings
Protein	<ul style="list-style-type: none">• 1.2-1.3g/kg body weight (at least half from animal protein)
Phosphate	<ul style="list-style-type: none">• 800-1000mg
Potassium	<ul style="list-style-type: none">• 2-3g
Sodium	<ul style="list-style-type: none">• 2-3g
Fluid	<ul style="list-style-type: none">• 750-1000ml depends on urine output & physical activity



CALORIES

- Important for nutritional status.
- They :
 - Give your body energy.
 - Help your body use protein for building muscles and tissues.

CARBOHYDRATE

- Turned into sugar and supply energy to your body when you digest it.
- Found in grains, fruits, vegetables and milk.
- We need 6-8 servings of carbohydrates daily.
- 1 serving of carbohydrate
 - = 2 slices of bread
 - = 1 cup of cooked rice
 - = 1 cup of 'mee hoon'

PROTEIN

- Helps the body to build muscles and repair itself.
- Protein-rich foods include :
 - Fresh meat
 - Poultry / chicken
 - Fish
 - Egg or egg white
- Vegetarian patients need to refer to a dietitian for alternative protein - rich food sources.



PHOSPHATE

- A high blood phosphate level weakens bones; causes skin irritation and joint pain.
- Calcium Carbonate tablets to be taken with meals to bind with phosphate in the food to reduce absorption of phosphate.
- Foods high in phosphate are mostly protein foods :
 - Chicken, meat, fish
 - Soft bone
 - Dairy product
 - Nut, dhal & legume



POTASSIUM

- Potassium levels that are too high are harmful for the heart and other muscle functions.
- Avoid vegetables high in potassium :
 - Dried bean, lentil
 - Tomato
 - Potato
 - Pumpkin
 - Spinach



- **Avoid fruits high in potassium :**

- Banana
- Honey dew, melon
- Mango
- Papaya
- Orange

SODIUM

- **Too much salt increases**
 - Thirst
 - Interdialytic weight gain
 - Blood pressure
- **Daily nutrient recommendation**
 - 2-3g of salt (1tsp~2.0g)
- **No added salt diet**
- **Avoid all foods with sodium content, example :**
 - Canned food
 - Fast food
 - Processed food
- **Avoid salt substitute (soy sauce, oyster sauce), use other flavoring agent :**
 - Garlic powder
 - Herb
 - Onion
- **Tips for cutting down on sodium :**
 - Do not add excess salt to your cooking.
 - Leave the soy sauce off the dining table.



FLUID

- **Excess fluids raise blood pressure, cause swelling of the body, cause strain on the heart and also difficulty in breathing.**
- **Cramp occurs during dialysis when excess fluids are being removed.**
- **Fluids include :**
 - Water, coffee, tea, soup, porridge and other beverages.



This is a public service provided by the National Kidney Foundation of Malaysia. All information is intended for educational purpose only. Please consult your doctor or dietician for further information.

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