

Delicious NUTRITION FOR KIDNEY HEALTH



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Outline

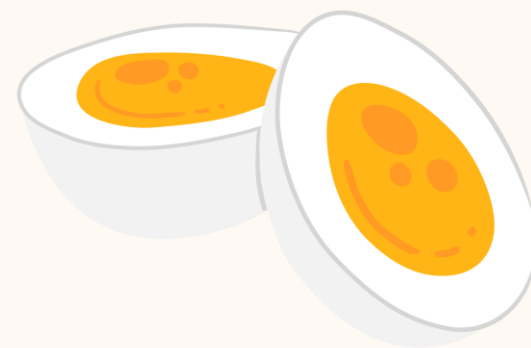
TRUSTED INFORMATION

JOYFUL EATING

NOURISHING YOUR KIDNEYS




Delicious Nutrition

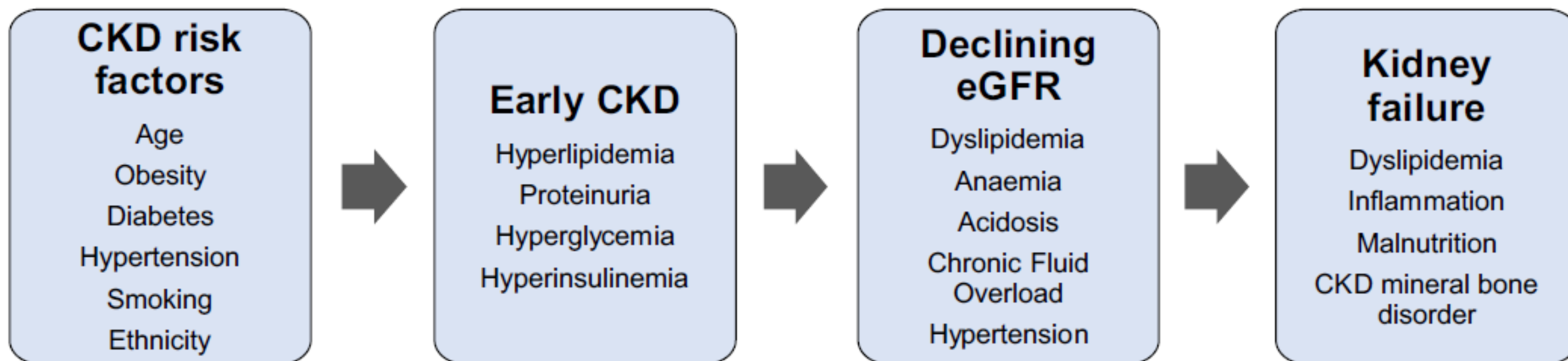




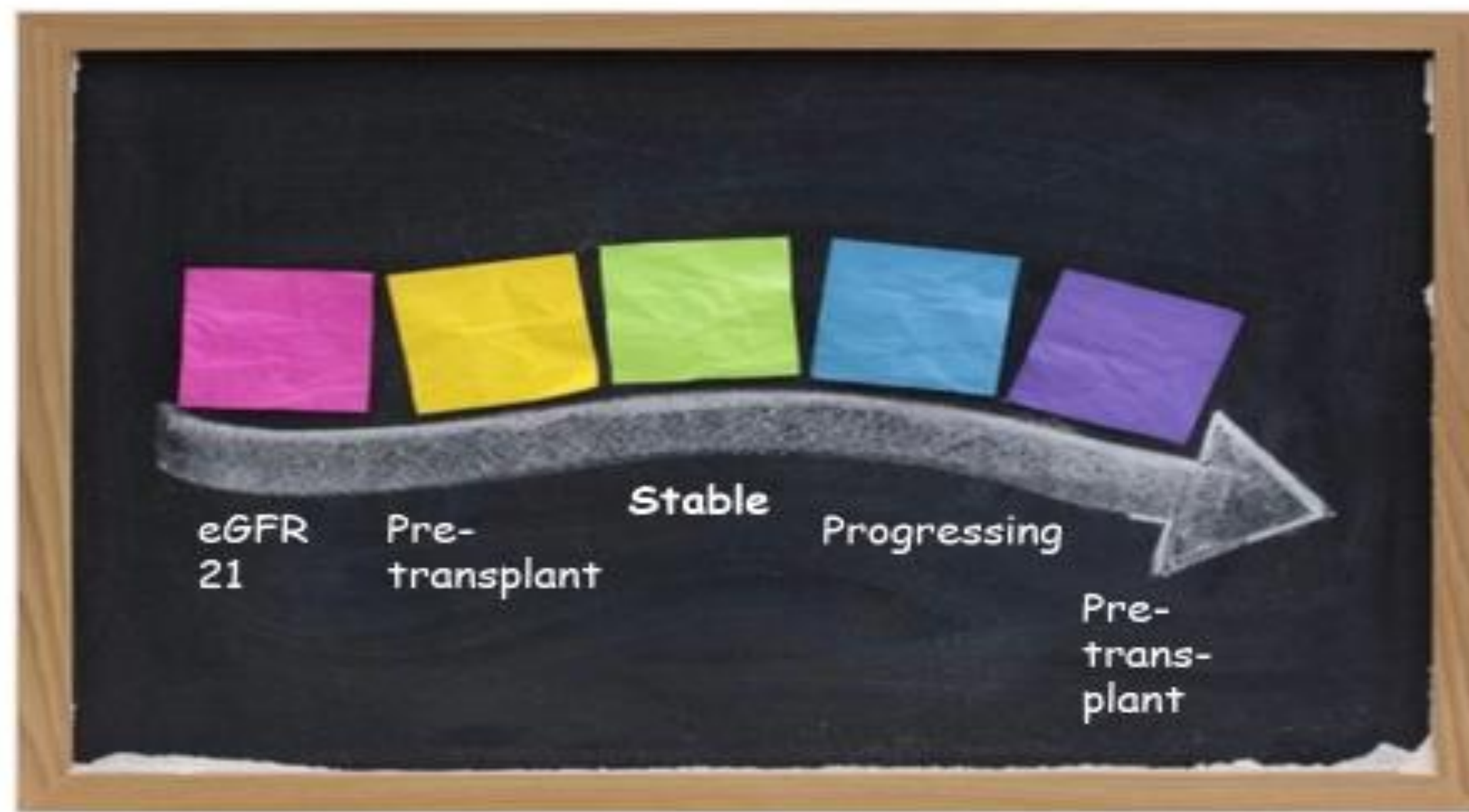
Why NUTRITION IS IMPORTANT



- 1) PREVENT MALNUTRITION AND DEFICIENCIES
 - 2) MANAGE OTHER HEALTH CONDITIONS AT THE
SAME TIME
 - 3) IMPROVE QUALITY OF LIFE
 - 4) REDUCE INFLAMMATION
 - 5) PREVENT METABOLIC COMPLICATIONS
- 



Tamara's CKD Timeline – 2015 to present



Tamara: Managing My Diet Can Feel Like This

A fine balancing act for a foodie like me!



Nourish for INDEPENDENCE



Delicious Nutrition

<https://eatforum.org/eat-lancet-commission/the-planetary-health-diet-and-you/>

Tamara: What I Thought Label Reading Was



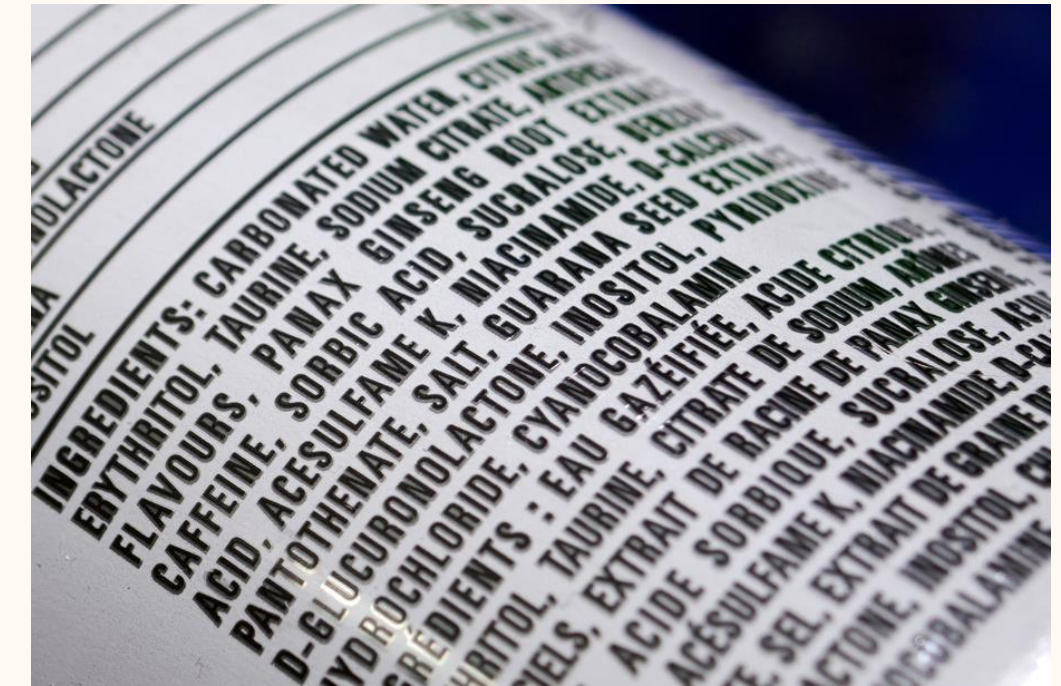
Buzz words on food labels are nice, but they don't mean the item is good for my kidneys.

Whole Foods Don't Come With Labels



Nourish for INDEPENDENCE

- LABEL READING IS IMPORTANT FOR MAKING POINT OF PURCHASE DECISIONS
- IN A KOREAN STUDY, FOOD LABEL UNAWARENESS WAS ASSOCIATED WITH A LOSS OF KIDNEY FUNCTION IN MEN, BUT NOT WOMEN
- IN A MALASIAN STUDY, MANY PRODUCTS HAD INADEQUATE NUTRITION LABELING INFORMATION



Nutrition Facts

Serving Size oz.

Serving Per Container

Amount Per Serving:

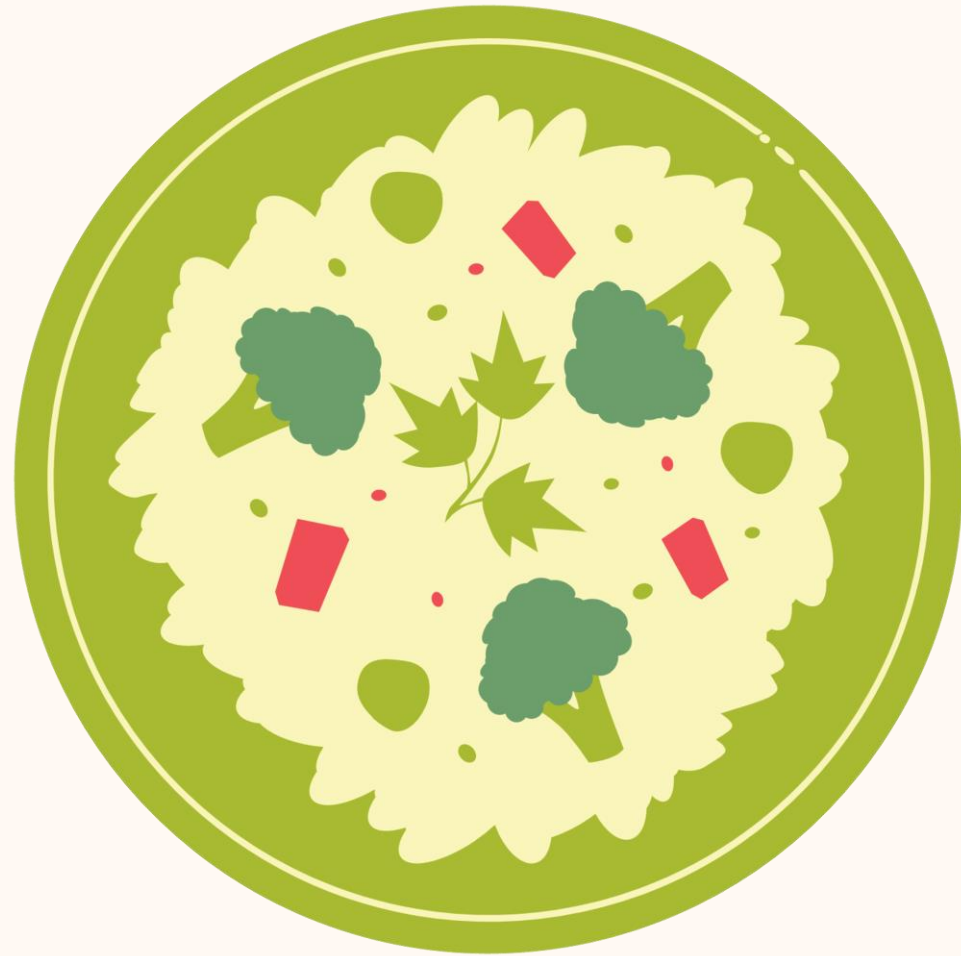
Calories	Calories From Fat	% Daily value*
Total Fat		%
Saturated Fat		%
Trans Fat		
Cholesterol		%
Sodium		%
Total Carbohydrate		%
Dietary Fiber		%
Sugars		
Protein		

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

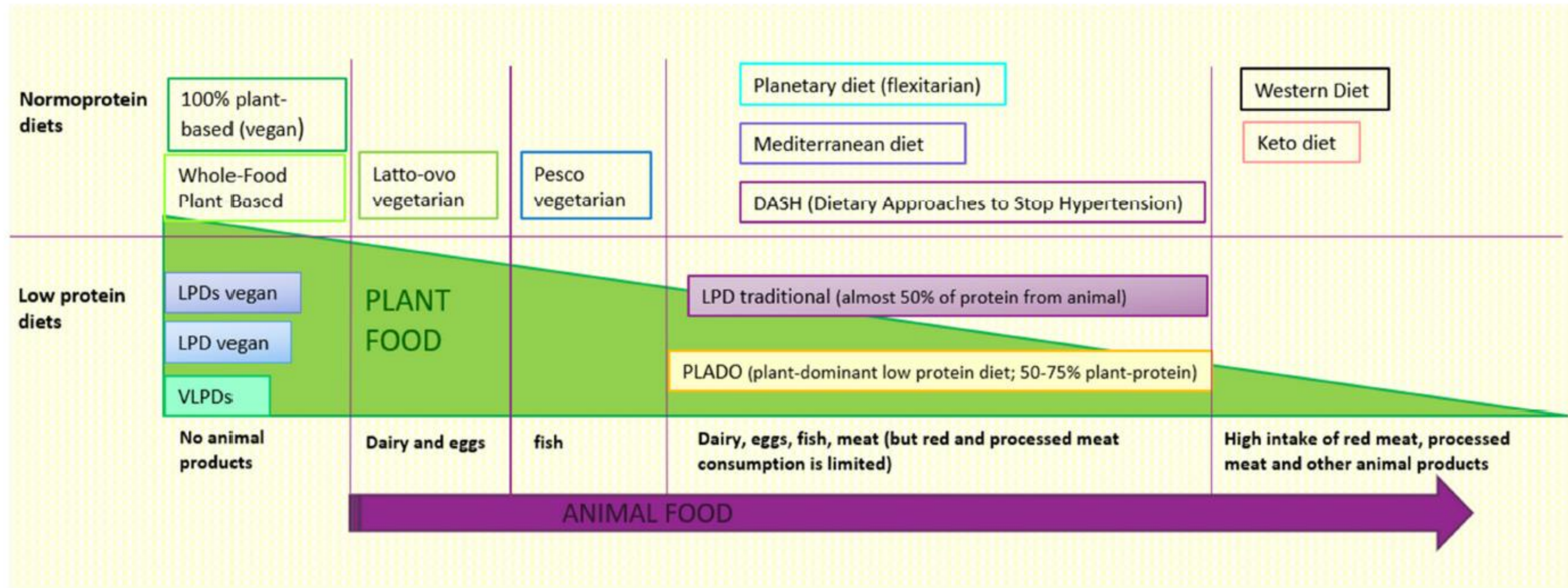


Eat MORE PLANTS

- 1) IMPROVE BLOOD SUGAR, BLOOD PRESSURE, WEIGHT
- 2) REDUCE RISK OF METABOLIC ACIDOSIS
- 3) REDUCE PRODUCTION OF UREMIC TOXINS



Nourish for A BETTER PLANET



Tamara: How I Find My Favourite Foods

- Grocery
- Farmers Markets
- Farm Stands
- Garden
- Friends with gardens
- Online specialties
- CSA Boxes
- Local Delivery Services
- Restaurants



ACCESSIBLE AFFORDABLE DESIRABLE

Plant-Based Dining Out is DELICIOUS



“But Where Do You Get Your Protein?”

- Tofu
- Chickpeas
- Lentils
- Cannellini Beans
- Black Beans
- Nuts (Almonds, Cashews)
- Seeds (Hemp, Flax, Chia, Pumpkin)
- Quinoa
- Nutritional Yeast
- Some Vegetables (potatoes, sweet potatoes, leafy greens)



Tamara: Some Days I Just Don't Feel Good

NO ENERGY



ENERGY



HEALTHY MEALS COME IN ALL SHAPES AND SIZES



Nourish for EMOTIONAL WELLBEING



- Study showed that as creatinine levels rise, emotional distress increases irrespective of other personality dimensions
- More than half of the participants have depression and anxiety with a percentage of 58.3% and 50.5%, respectively
- Kidney BEAM is a digitally delivered physical activity and emotional well-being self-management intervention (exercise and support)
 - Results are pending (trial in progress) but show improvements in quality of life and other parameters of wellbeing

Guerra F, Di Giacomo D, Ranieri J, Tunno M, Piscitani L, Ferri C. Journal of Personalized Medicine. 2021; 11(12):1367.

Alshelleh, S., Alhourri, A., Taifour, A. et al.

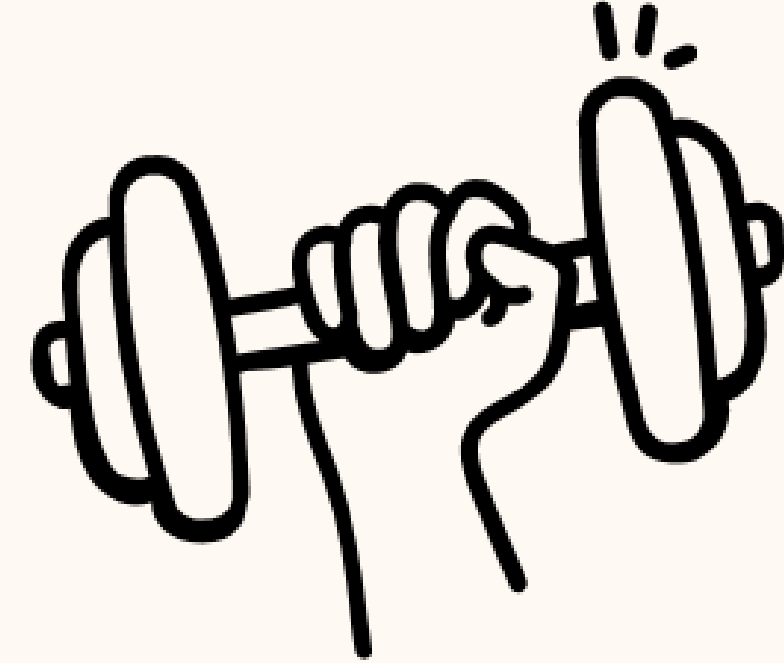
Sci Rep 12, 17627 (2022). <https://doi.org/10.1038/s41598-022-21873-2>

Walklin, C.G., Young, H.M., Asghari, E. et al. BMC Nephrol 24, 122 (2023). <https://doi.org/10.1186/s12882-023-03173-7>





Plan for JOYFUL MOVEMENT



- PRESCRIBED EXERCISES OF 60 MIN/ WEEK OF ENDURANCE TRAINING AND 90 MIN/WEEK OF EITHER STRENGTH OR BALANCE EXERCISES
 - AFTER 12 MONTHS - IMPROVEMENT IN ALBUMINURIA (STRENGTH GROUP)
- 8 WEEKS OF SUPERVISED AND 10 MONTHS HOME BASED TRAINING PROGRAM
 - IMPROVEMENT IN 6-MIN WALK TEST

ANY MOVEMENT IS BETTER THAN NO MOVEMENT



BRINGING IT ALL TOGETHER

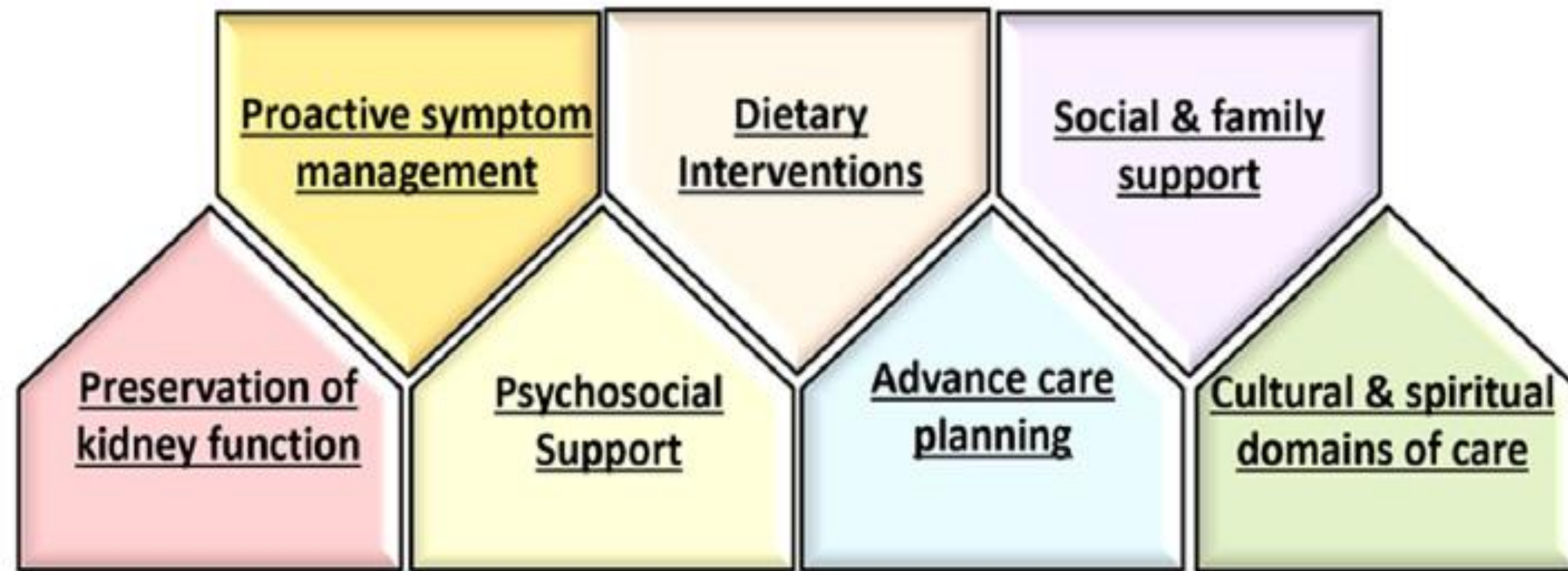


Figure 1. Multifaceted approach in the conservative and preservative management of kidney disease.

WHAT RESOURCES ARE AVAILABLE?

[BC RENAL DIET PAGE](#)

[KIDNEY COMMUNITY KITCHEN](#)

[PATIENT WEBINARS \(BC RENAL\)](#)

