

Nourishing Your Kidneys



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Goals of Our Conversation

- Introduction
- Don will share his story
- Nourishing your Kidneys, Part 1: New Diagnosis (Dani)
- Tamara will share her story
- Nourishing your Kidneys, Part 2: Achieving Stability (Dani)
- Panel discussion and questions (wrap up)

New Diagnosis

- Medical jargon
- “Abnormal labs” – everything looks out of range or is flagged in “red”
- You are meeting many new health providers and everyone has a different opinion (mixed messages)



When You First Hear of Your Diagnosis



Knowledge, Time, and Learning Is The Path



What is my goal? How do I wish to be cared for? What matters most to me?

First Impressions of A Dietitian

I Am a Dietitian
NOT a Food Police



Josée Sovinsky
NUTRITION



Role of Your Dietitian

- To be a supportive listener
- To help you explore nutrition and lifestyle goals
- To provide trusted nutrition information and resources
- To be respectful of your individual health journey and your priorities
- To answer your questions in a timely manner



New Diagnosis – Where to start?

Do you have access to trusted health (nutrition) information?

Do you know how to interpret your labs, medications, health conditions?

What would help you to manage your new diagnosis?

Self-Management = Taking Charge = Confidence

Self-Management – Patient: “I am taking steps toward better health, and getting more confident with understanding my health better every day.”

“I understand why I need to eat less salt.”

Self-management Support – Dietitian: “I help you to understand your specific health needs, and answer your questions, as well as give you support.”

“I can provide you with low salt recipes and label reading information.”

“

”

People do not decide their futures, they decide their habits and their habits decide their futures.

-Frederick M. Alexander

Don's Story

When You First Are Diagnosed - The Medical Terms

Prognosis of CKD by GFR and Albuminuria Categories				Albuminuria categories		
				Description and range		
				A1	A2	A3
				Normal to mildly increased	Moderately increased	Severely increased
				<30 mg/g <3 mg/mmol	30-299 mg/g 3-29 mg/mmol	≥300 mg/g ≥30 mg/mmol
GFR categories (ml/min/1.73 m ²) Description and range	G1	Normal or high	≥90			
	G2	Mildly decreased	60-90			
	G3a	Mildly to moderately decreased	45-59			
	G3b	Moderately to severely decreased	30-44			
	G4	Severely decreased	15-29			
	G5	Kidney failure	<15			
Green: low risk (if no other markers of kidney disease, no CKD); Yellow: moderately increased risk; Orange: high risk; Red, very high risk. KDIGO 2012						

Autoimmune disease

Polycystic Kidney Disease

Diabetes

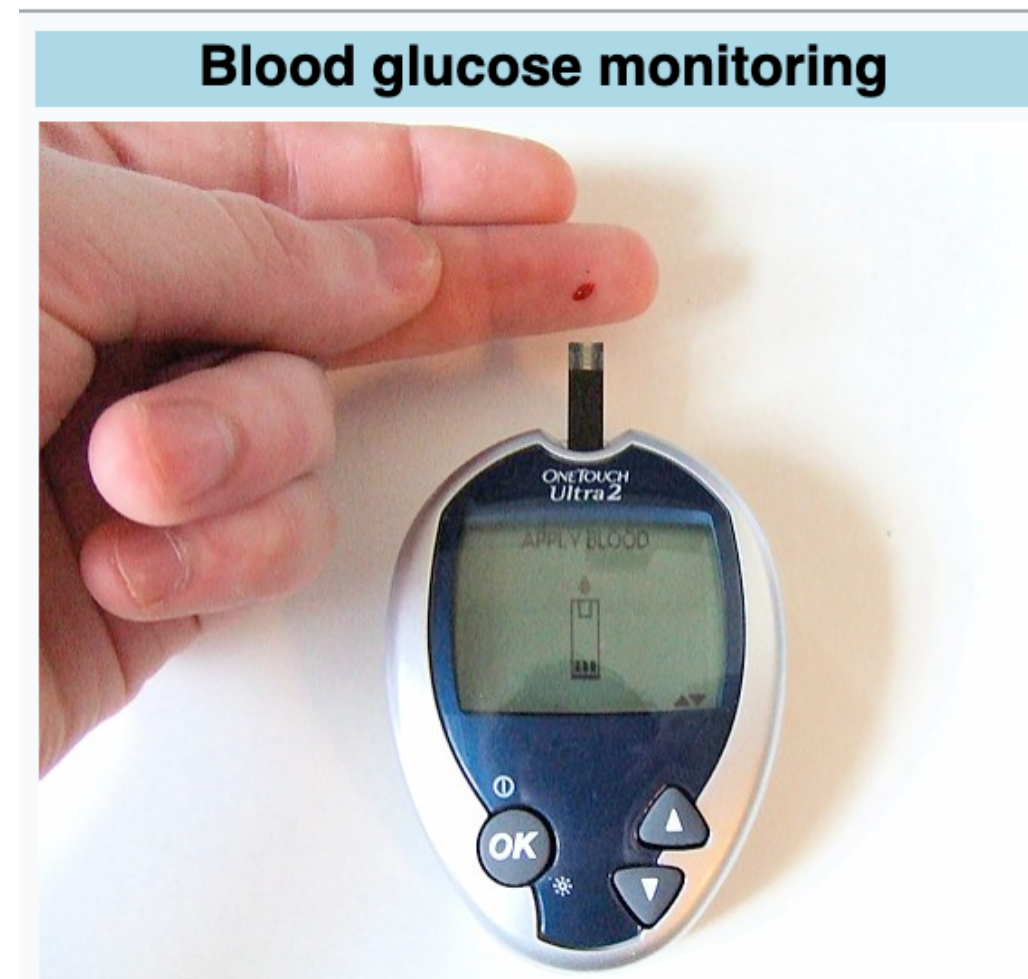
Hypertension

Proteinuria = how much protein is in your urine
GFR = glomerular filtration rate = how fast your kidneys can filter waste products

Nourishing your Kidneys - A Philosophy



What does managing nutrition look like?



Self-Management: Taking Charge of Your Health



Blood Pressure Control in Chronic Kidney Disease (CKD)

It All Starts With Sodium

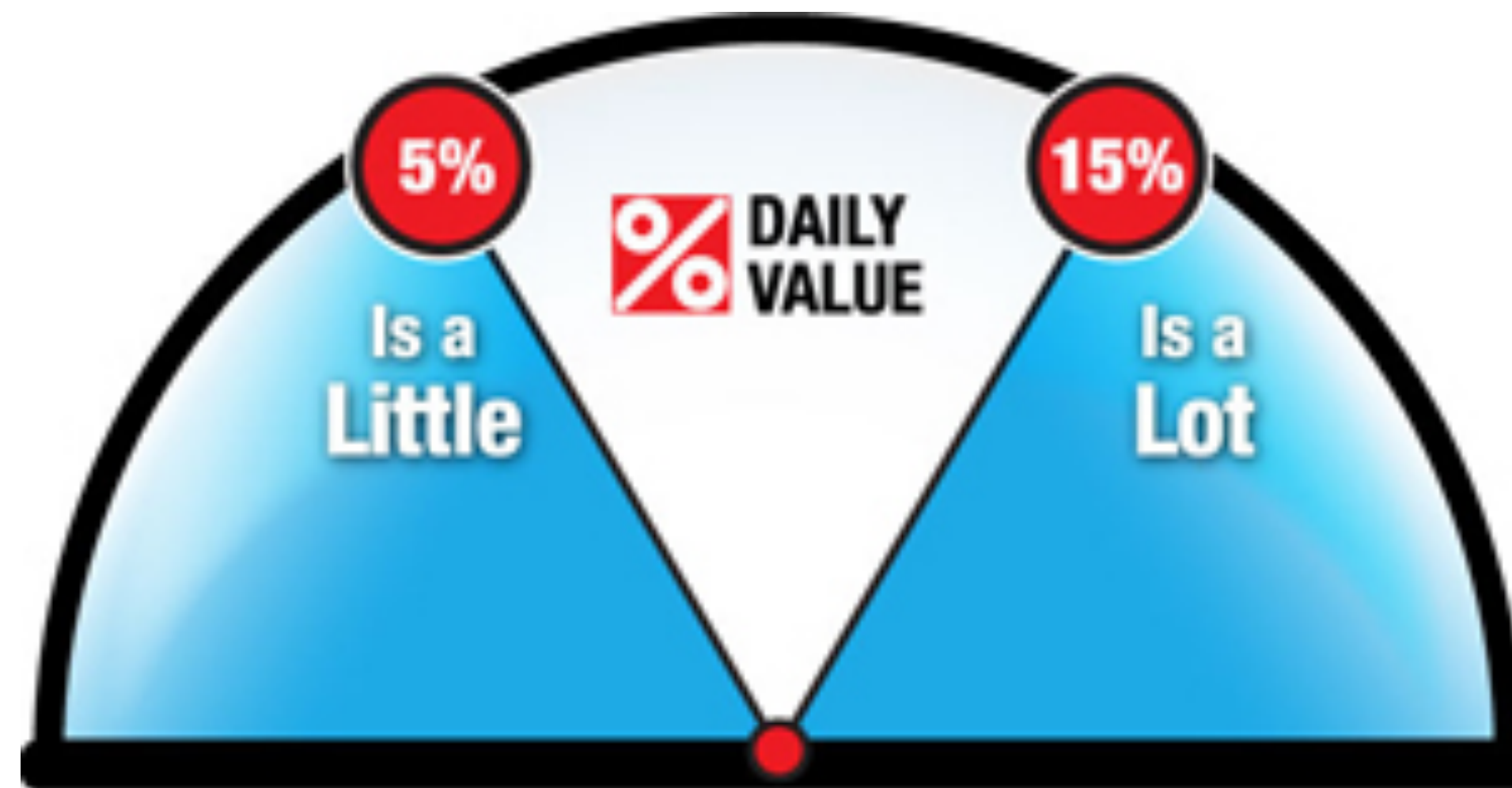
- CKD present in 10% of our population (nationally and globally)
- Hypertension and proteinuria both drive progression of CKD
- Salt restriction can help slow down progression and prevent CKD complications
- 2,300 mg per day



HOW TO READ A FOOD LABEL

Look at the % Daily Value.

Aim for less than 10% per serving.



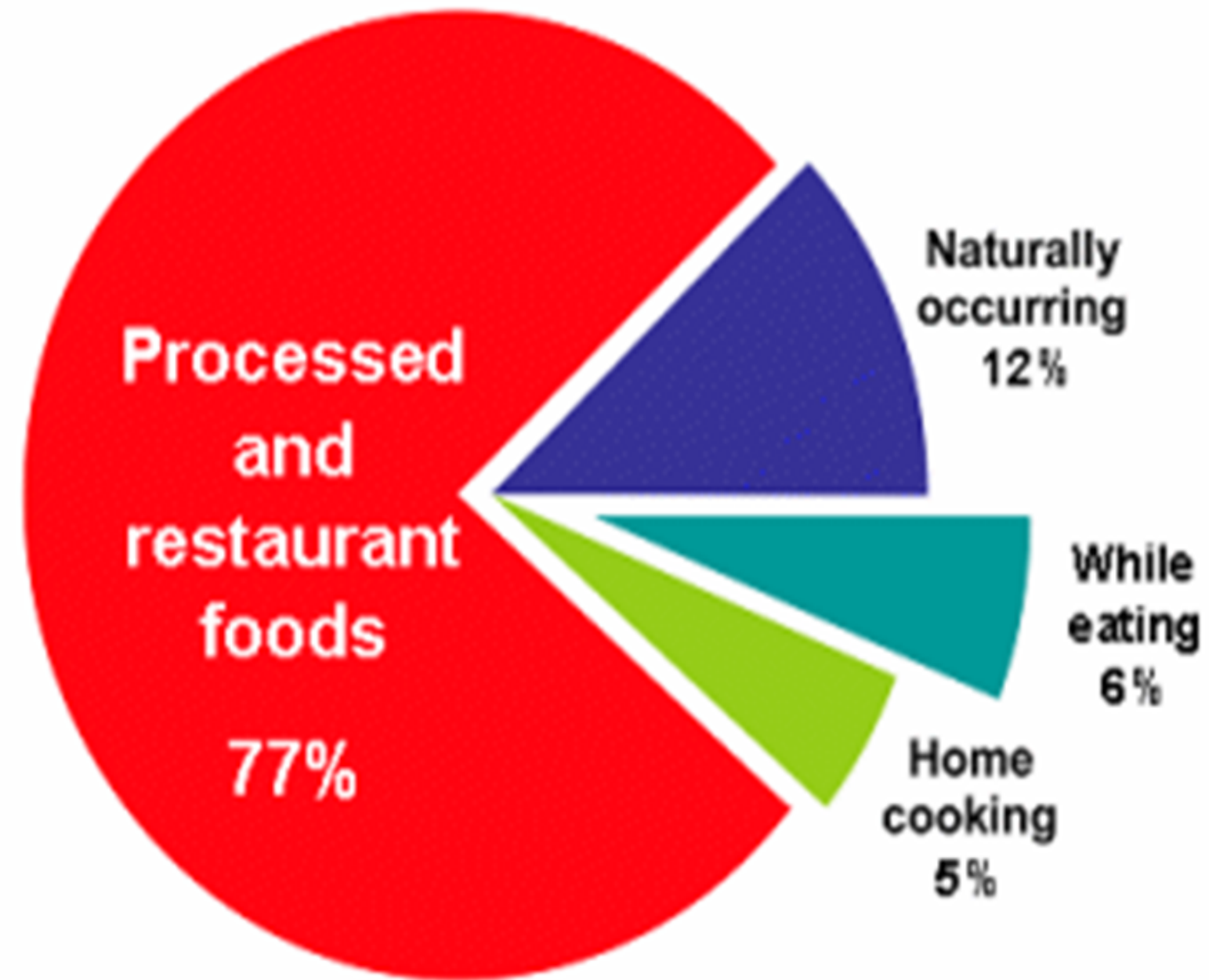
Salt Is Often Hiding



Deli Meats



Himalayan Salts



Commercial Soups



Prepared Sauces, Dressings and Condiments

Breakfast Makeover

HIGHER SODIUM

Store-bought bran muffin	800mg
Butter	75mg
Flavoured coffee	300mg

TOTAL = 1175mg

LOWER SODIUM

Wholegrain bread –x 2	300mg
Peanut butter – 1 Tbsp	75mg
Fruit	1mg
Coffee with milk	32mg

TOTAL = 408mg

Tamara's Story

Blood Sugar Control

Improved blood sugar control can:

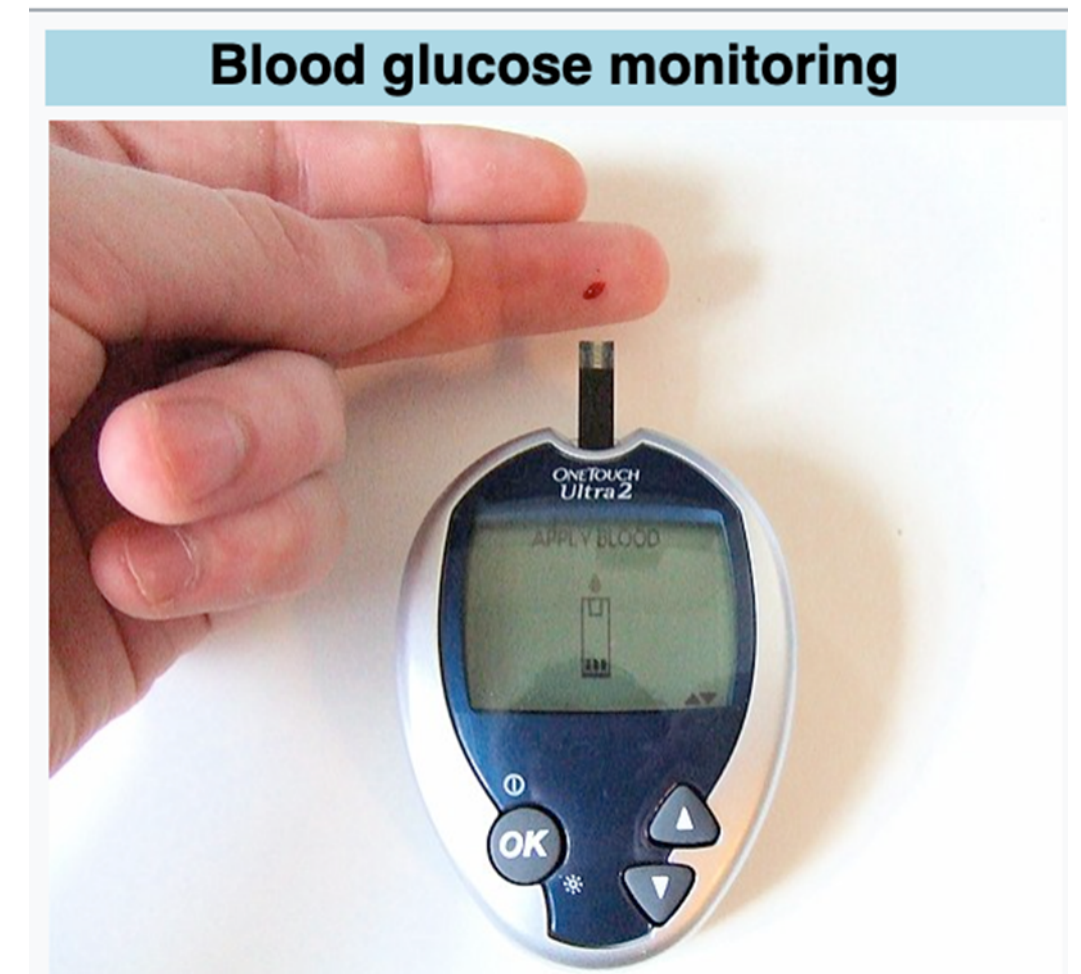
- 1. Keep potassium levels in a healthy range
- 1. Reduce the level of protein in your urine
- 1. Help the kidneys stay healthier longer



Staying Active



Planning Meals



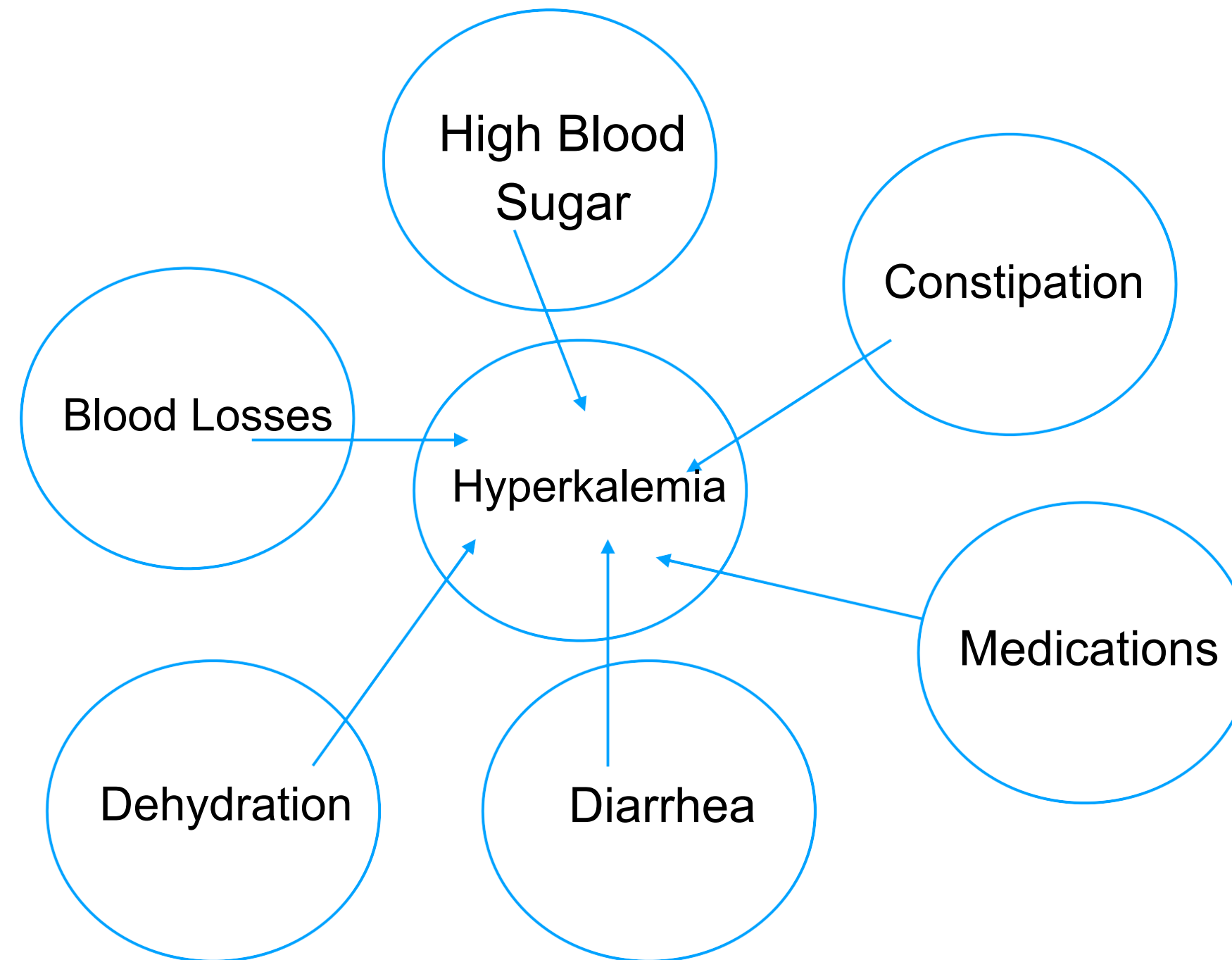
Checking Your Blood Sugar



Taking Your Medicines

Why is my potassium high?

Potassium rises because of many non-dietary reasons and avoiding fruits and vegetables may not always be suitable



Consider asking yourself:



Did I take any restaurant food before my blood test?

Did I take more juice or beverage (not water)?

Did I eat soup, use more sauces, or dressings?

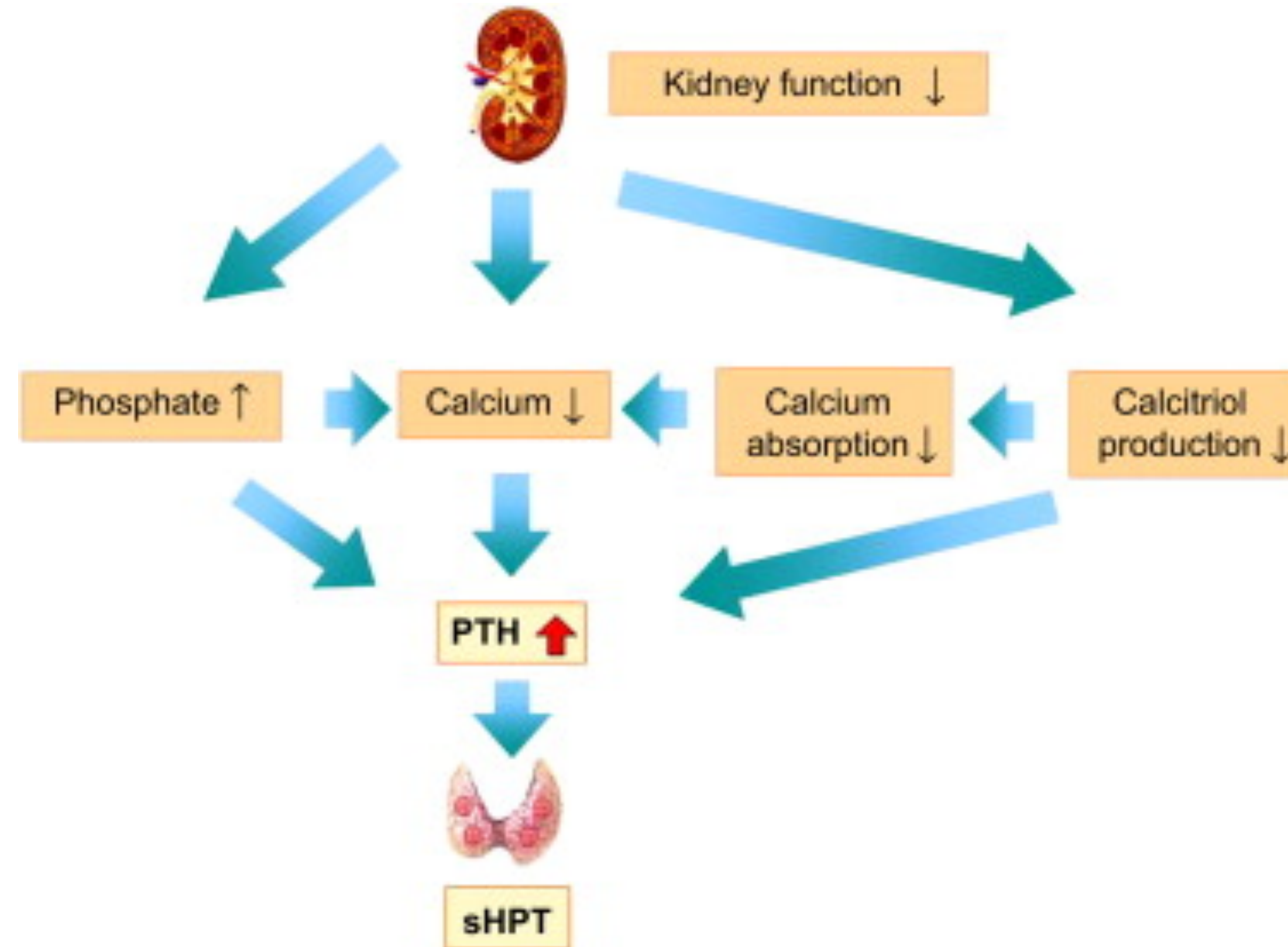


Did I take a larger portion of a high potassium food?



Did I have a larger portion of meat or processed meat?

Secondary Hyperparathyroidism



Potassium and Phosphate

- Synthetic forms of potassium and phosphate found in ADDITIVES are used in many packaged foods (check the INGREDIENTS)
- Potassium is used as a salt substitute (HALF SALT, NO SALT)
- YOU CAN INCLUDE NATURAL SOURCES IN YOUR MEALS:
- Nuts and seeds
- Plant-based proteins (legumes, lentils, beans)
- Dairy products (2% milk and yogurt, cheese)
- Fruits and vegetables

Did You Know?

Not all “Low Sodium” Products are good choices for a kidney-friendly diet.

Some packaged foods use **potassium or phosphate additives** instead of sodium to extend shelf life. Check the labels.



Natural Sources of Potassium and Phosphate

Essential for Balanced Nutrition



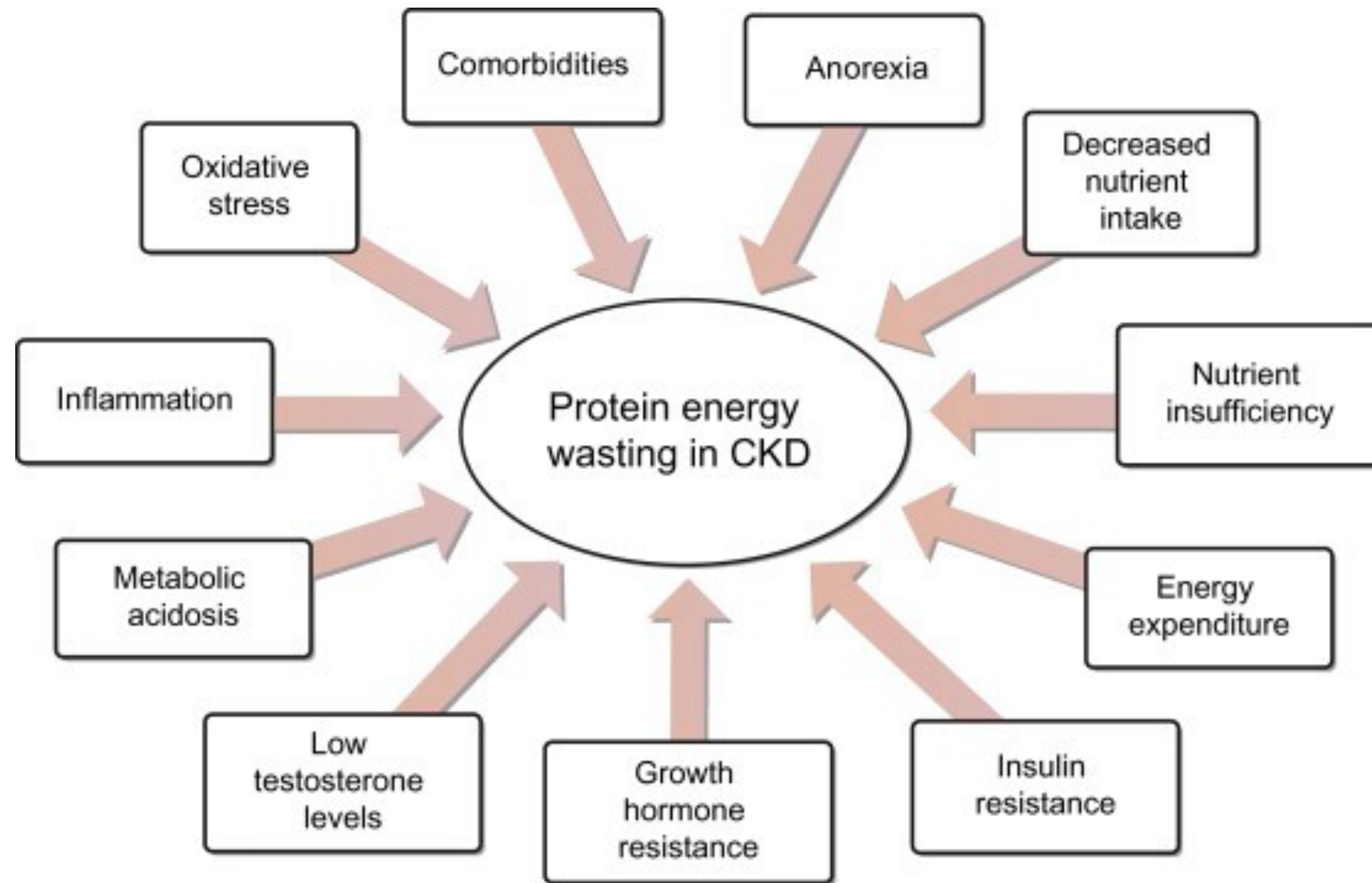
Achieving Stability over Time

Kidney disease is not reversible, and it is progressive.

Key indicators for stability include:

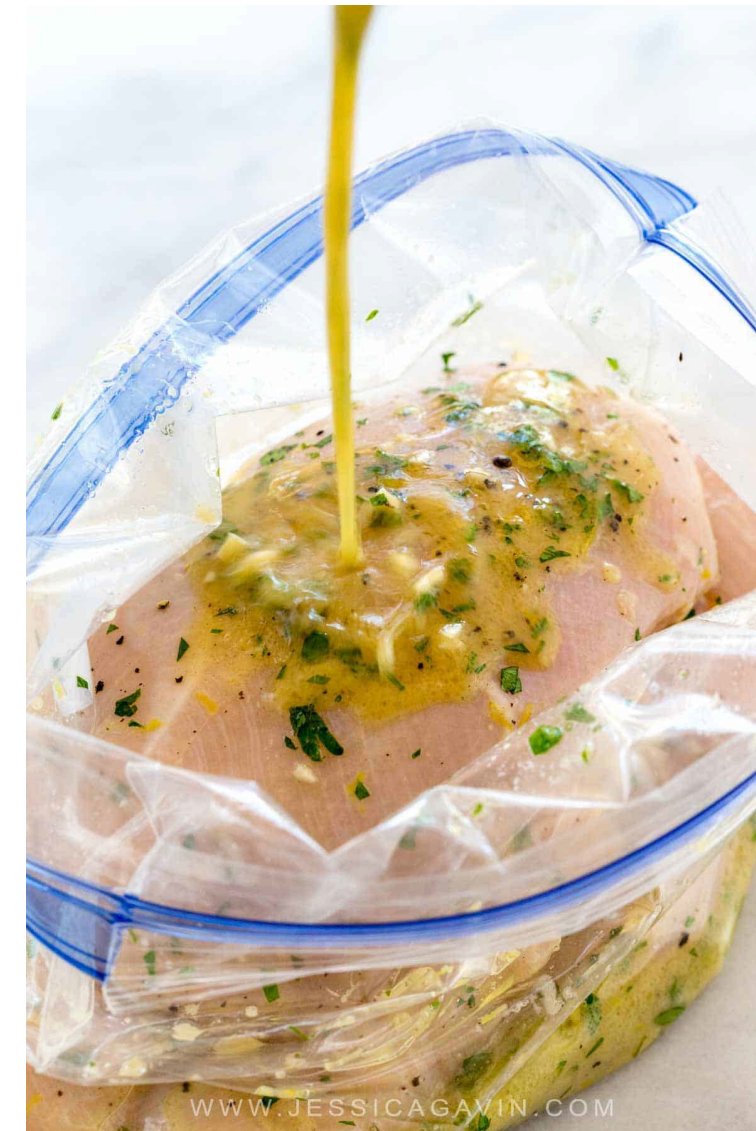
- lab results are similar over time (minor fluctuations)
- diabetes control is as good as possible
- appetite, weight, and muscle mass are stable
- activity level remains at a point that allows for independence

Muscle Mass and Protein In The Body



Protein Needs

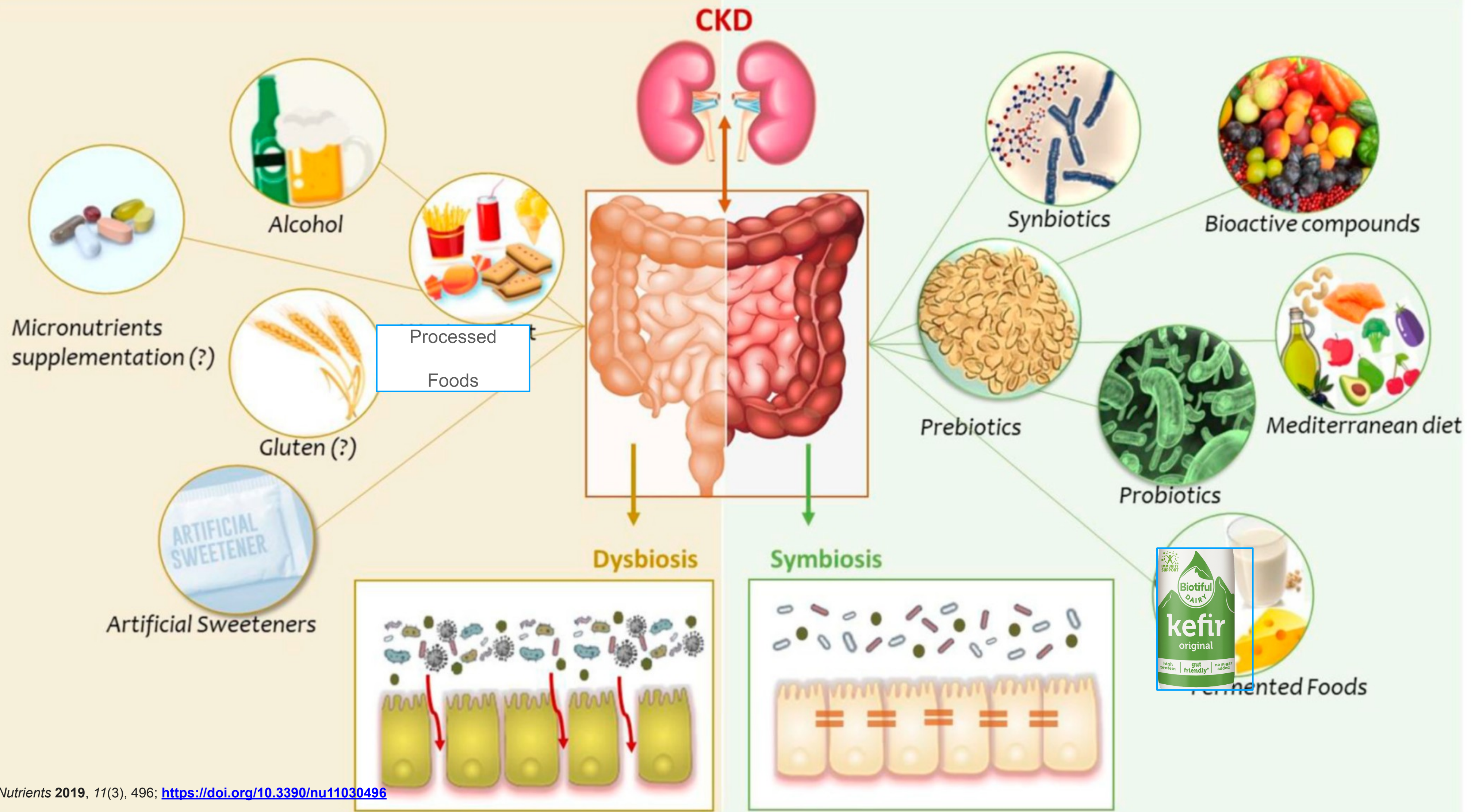
- Distribution across meals
- Choosing plant-based options more often
- 3 servings = Deck of Cards
- Choosing leaner cuts of animal meats
- Choosing fish, egg (whites) more often
- You may need nutritional supplements that are specialized for kidney health



Gut Health

- Having kidney disease can weaken the digestive tract (less good bacteria)
- Choosing higher fibre foods helps the good bacteria in your gut
- DASH Diet
- Mediterranean Diet






How To Bring It All Together

It's about a pattern of eating not individual foods - there is no good or bad food

- Consider setting goals that are easy for you to start implementing today:
- Adding fruit to snacks daily by picking up more fruit during your grocery trip
- Trying a new recipe with ingredients that are easy to find
- Reach out to a dietitian to ask questions or to a health professional for guidance

 Kidney Community Kitchen


Home Dietitian's Blog Cookbook ▾ Resources ▾ Meal Planner [Donate Now](#)

Featured Dietitian Approved Recipe

Baked Eggs with Basil Pesto

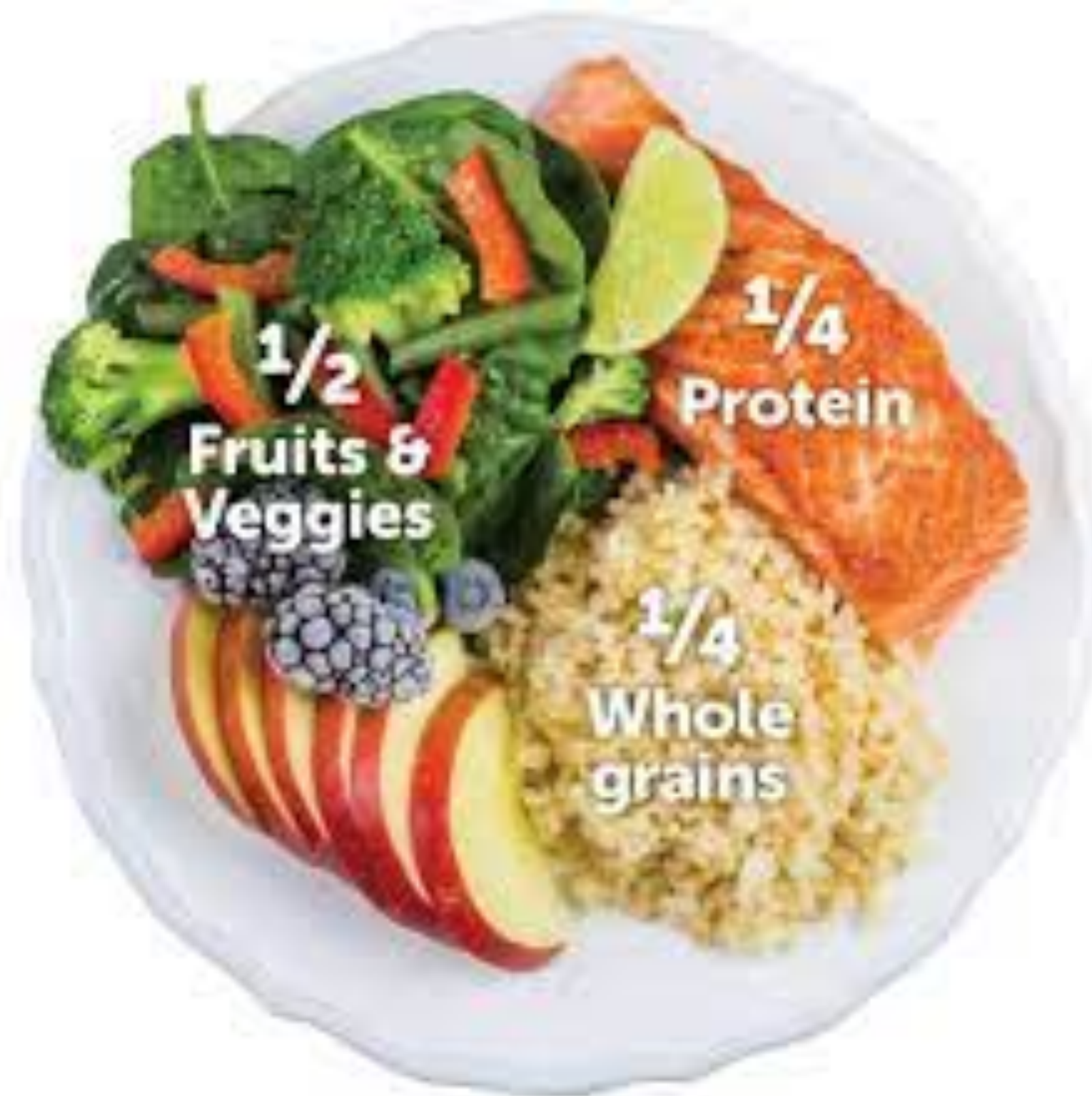
Spray baking dish with cooking spray. Add eggs to dish. Add vegetables on top. Season with cayenne pepper. Bake at

[Read this post >](#)
[Get the Recipe](#)



Kidney Kitchen Cookbook

The Healthy Plate



Joyful Eating

- Explore and acknowledge what matters most to you in the moment
- What food memories bring you joy?
- What special traditions around food can you start exploring and incorporating?
- What is a positive environment in which to enjoy your meal?
- Where can you go for trusted nutrition information?

Thank you very much for participating and for your questions.

