

## Module 13 – Healthy Eating for Home Hemodialysis

Your diet will depend on the amount of dialysis that you do. As you dialyze more, you may be able to eat some foods that you have been limiting in your diet. Your dietitian can help you plan a diet specific to your health needs and your frequency of dialysis.



**Warning to all kidney patients:  
AVOID STAR FRUIT (CARAMBOLA) AND STAR FRUIT JUICE.**

They can be poisonous to kidney patients.



**DO NOT EAT OR DRINK!**

Please discuss details with your dietitian.

### Tips for success

#### Maintain good nutrition

- You may notice an improvement in your appetite with more dialysis.
- Enjoy a variety of foods at each meal.
- Eat at least three balanced meals daily. A well-balanced meal includes protein, starch, fruit and vegetables.
- Include healthy snacks if needed.

## **Eat enough protein to meet your needs**

- Increased dialysis causes more protein to be removed from your blood.
- Protein foods include dairy products, beef, chicken, turkey, fish, seafood, eggs, tofu and soy products.
- You will be given guidelines on how much protein to eat each day.

## **Understand how your blood tests relate to your diet and dialysis**

- Know your potassium and phosphorus levels. It is important to keep your blood levels within a safe range.
- Your dietitian can provide you with potassium and phosphorus food lists.

## **Phosphorus**

- Depending on your blood phosphorus level you may need to continue to limit phosphorus in your diet.
- Take your phosphate binders as prescribed. If you are doing more dialysis your binders may be decreased or even discontinued.
- If your phosphorus levels are low you will be encouraged to eat some higher phosphorus foods including dairy products, nuts, seeds, bran, dried peas and beans.
- If your phosphorus levels remain low you may be asked to add a phosphate supplement to your dialysate bath.

## **Potassium**

- Depending on your blood potassium levels you may still need to limit your intake of higher potassium foods.
- If your blood potassium levels are low you will be able to eat a wider variety of fruits, vegetables and other high potassium foods.



### **Important to remember:**

If you cannot dialyze for more than two days in a row, you must limit high **potassium** foods until you return to your regular dialysis schedule. Remember that many high phosphorus foods are also high in potassium.

### **Eat more fresh foods and less canned or processed foods**

- Processed foods contain more salt. Limit your intake of salty foods such as canned soups, ham, bacon, fast foods, soy sauce, pickles and salty snacks such as potato chips and pretzels.
- Avoid using the saltshaker at the table and use less salt in cooking.
- Use unsalted spices, herbs and seasoning blends. Use vinegar and lemon juice instead of salt.

### **Monitor your fluid intake to control fluid build-up between your dialysis treatments**

- The amount of fluid you can drink is based on your weight, urine output, blood pressure and fluid removal during dialysis.
- With more dialysis you may be able to increase your fluid intake.

### **Choose healthy fats and limit your intake of saturated and trans fats**

- Eat fish 2–3 times a week.
- Choose non-hydrogenated margarine (soft tub) in place of butter.
- Use healthier fats such as canola or olive oils.
- Eat less packaged foods such as crackers and cookies.
- Bake, barbeque, broil, poach or steam your foods instead of frying.

- Ask your dietitian for more information on “heart healthy” eating.

### **Take your vitamins as prescribed**

- There is an increased loss of vitamins as you dialyze more. Take your prescribed renal supplement after dialysis.
- You may be advised to increase your dose of vitamins.
- Tell your dietitian or doctor of any other vitamin, mineral or herbal supplement you are using.

### **Maintain a healthy weight**

- Monitor your weight and try to keep it within a healthy range.
- If you are concerned about weight gain or loss, talk to your dietitian.

### **Choose a physical activity you enjoy and keep moving**

- Maintaining an active lifestyle can help improve your energy level.
- Start slowly and work towards 20–30 minutes of physical activity such as walking, swimming, or bike riding, 5–7 times a week.

### **If you have diabetes, aim for good blood sugar control**

- Do glucometer testing on a regular schedule as recommended by your doctor and record your blood sugar readings.
- Discuss your HbA1c target with your home hemodialysis team.
- Eat meals and snacks at regular times.

# Tips for People with Nausea



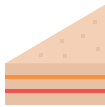
- Eat in a quiet place away from strong smells. Open a window.



- Avoid spicy and fatty foods, as well as foods with a strong smell.



- Choose plain foods like toast, bagels, crackers and rice.



- Choose cool or room temperature foods (such as boiled eggs, cheese, or meat sandwiches); do not leave food out of the fridge for more than 2 hours.



- Try candied ginger, ginger cookies, ginger tea or ginger ale.



- When you do not have nausea – eat!



- Allow someone else to do the cooking.



- Do not lie down right after your meal.



- Take good care of your mouth and teeth.



- Talk to your kidney doctor about medication to decrease nausea.

# Tips for People with Poor Appetite



- Eat small high calorie meals and snacks, every 2-3 hours.



- Set an alarm to remind you to have a meal and/or snack.



- Eat larger portions when your appetite is better.



- Eat with family or friends.



- Do not drink liquids with meals; they can fill you up quickly.



- Ask your dietitian about using a nutrition supplement.



- Talk to your doctor, nurse or dietitian if you often have constipation

# Taste Changes



- Brush your teeth and tongue more than usual.



- Use plastic utensils to help reduce metallic taste.



- Rinse your mouth often: before and after meals, with fluids such as tap water, club soda, or mineral water.



- Serve food cold or at room temperature; do not leave food out of the fridge for more than 2 hours.



- Try applesauce, mint jelly, red pepper jelly or cranberry sauce with meat or poultry.



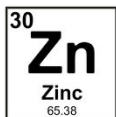
- If food tastes too salty, try adding sugar or honey.



- Use salt-free seasonings to add flavor to food. Talk to your dietitian for ideas.



- Contact your dentist or doctor if you have a “moldy” or “rotten” mouth taste.



- Ask your kidney doctor about trying a zinc supplement.

# Tips to Increase Calories



- Add soft margarine, healthy oil or butter to hot cereal, toast, cooked vegetables, rice, and pasta.



- Use larger amounts of full-fat salad dressing and mayonnaise on salads and in sandwiches.



- Add full-fat sour cream to salad dressings, pasta and vegetables and use it as a dip for fruit and vegetables.



- Try whipping cream as a topping on cake, fruit and gelatin desserts.



- Use cream instead of milk on cereal and in recipes.



- Add full fat, pasteurized cheeses like Havarti, cheddar or cream cheese to pasta, rice, cooked vegetables and bread products.



- Add honey, sugar or syrup to hot drinks, cereal, pancakes and waffles.



- Spread jam, jelly, marmalade or honey on toast, bagels, muffins, rolls and crackers.



- If you have diabetes, speak to your dietitian about adding sugars.



- Ask your dietitian about using a nutrition supplement.



# High Calorie Kidney-Friendly Meal and Snack Ideas



**Bagels**  
**Bread**  
**Croissants**  
**English muffins**



served with:

- butter
- soft margarine
- cream cheese
- jam
- jelly or
- honey

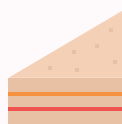


**Quick plain oats or cream of wheat prepared with:**

- cream or unenriched rice milk and
- added dried cranberries or frozen blueberries



**Scrambled eggs**  
**Omelettes**  
**French toast**  
**Pancakes**  
**Rice Krispies™ Squares**



**Sandwiches**

- grilled cheese
- tuna
- egg salad
- chicken salad



**Pasta or rice casseroles made using:**

- left-over cooked chicken
- low-sodium canned tuna or salmon



**Hot or cold cooked pasta with:**

- meat or chicken
- drizzled with olive oil and
- seasoned with fresh or dried herbs

**Homemade snack mix made from:**

- Kellogg's Crispix™
- Quaker Corn Bran™
- Post Original Spoon Size Shredded Wheat™
- dried cranberries and pineapple



**Loaves**

- lemon
- zucchini
- sour cream
- pineapple
- cherry



**Muffins**

- berry
- apple
- oatmeal
- lemon
- cherry
- cranberry
- pineapple



**Cookies**

- arrowroot
- digestives
- oatmeal
- social teas



**Yeast donuts**

- glazed
- crullers
- apple fritters



**Cake**

- pound
- angel
- lemon
- spice
- jelly roll



**Pie**

- apple
- cherry
- blueberry
- cranberry
- lemon meringue



Consider using a meal delivery program. Ask your dietitian for ideas.

