



Joyful Eating and Movement in Kidney Disease

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I would like to respectfully acknowledge the territory on which we gather, as the ancestral home-lands of the Squamish, Salish, and Tsleil-Waututh Nations

Goals of Our Conversation

- Nutrition in managing kidney disease (Dani)
- Movement and exercise in managing kidney disease (Judy)
- Building a mindful practice (Tamara)
- Time for questions and discussion (Group)

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

Food Can Be Joyful, And More Than Foods You Eat

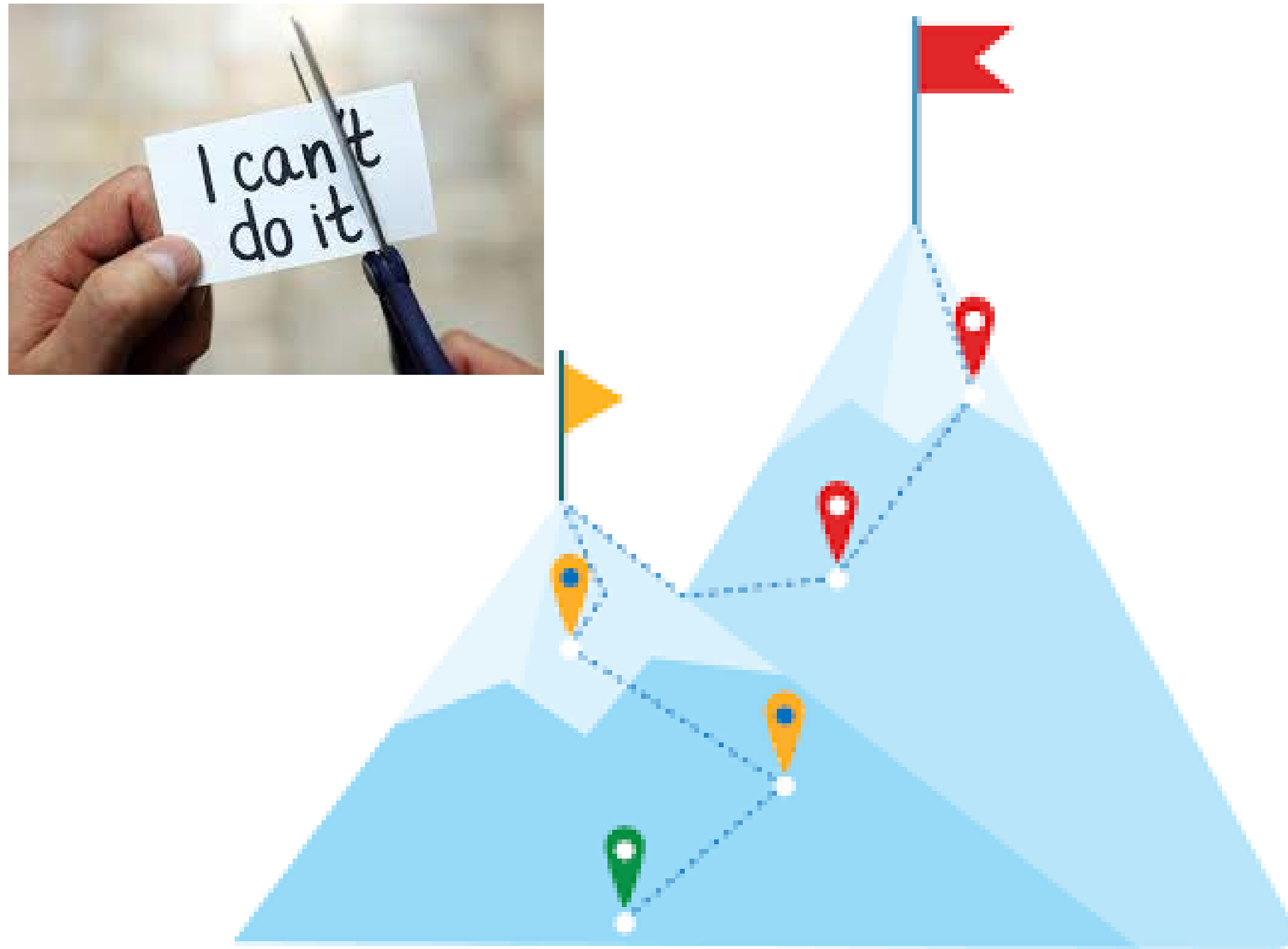


Nutrition and Chronic Disease

Comments from patients:

- “It comes with restrictions on what I can eat”
- “It is something I will work on more or less every day”
- “It is a lifestyle, not a diet”
- “It requires the support of my health care team members, peers, family and friends”
- It involves measures and outcomes (more than just weight):
 - Labs, quality of life, energy, sleep

Self-Management = Taking Charge = Confidence



Self-Management relates to the tasks that an individual must undertake to live well with one or more chronic conditions. These tasks include gaining confidence to deal with medical management, role management, and emotional management.

Self-management Support is defined as the systematic provision of education and supportive interventions by healthcare staff to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting, and problem-solving support.

Proteinuria



Kidney Care Clinic: Nutrition-Related Test Results Information Sheet for Adult Patients

Date: _____ Patient: _____
 Dietitian: _____ Email: _____ Phone #: _____

Take all your medications as directed. Make sure you discuss with your kidney care team any time you start, stop or change any medications (prescription or over-the-counter). If you have questions about abnormal lab work results, please contact your kidney care team.

Test	Normal Values	My Value		What it is?	Why is it important?	What can I do?
estimated Glomerular Filtration Rate (eGFR)	Normal kidney function is over 60.	Date	Value	Measures how well your kidneys are working.	To know how well your kidneys are working so you can track your treatment and progress.	<ul style="list-style-type: none"> Maintain a healthy weight and blood pressure. Drink enough water. Talk to your kidney care team about how much to drink if you have been told to restrict fluids. Ask your dietitian about fruits and vegetables. If you smoke, try to stop. Control/maintain blood sugar levels. Be as physically active as your body allows. myhealth.alberta.ca/Alberta/Pages/Exercise-and-chronic-kidney-disease.aspx Even if your eGFR declines, keeping a healthy lifestyle is helping your overall health.
	Stages of Kidney Function Stage 1 >90 Stage 2 60 – 89 Stage 3 30 – 59 Stage 4 15 – 29 Stage 5 <15			The lower your eGFR, the less your kidneys are working.	For some people, the goal is to maintain their current eGFR. For others, it is to slow down the rate of the decline.	
Urine Albumin to Creatinine Ratio (ACR)	Less than 3 High levels on a consistent basis can be a sign of kidney damage.	Date	Value	Measures the amount of protein in your urine.	Tracking your ACR may help with measuring disease activity and guiding treatment.	<ul style="list-style-type: none"> Maintain a healthy weight and blood pressure. Lower your sodium intake. Control/maintain blood sugar levels. Avoid high protein diets. Talk with your dietitian about how much protein you need. Refer to Proteinuria handout: www.bcrenalagency.ca/resource-gallery/Documents/Proteinuria-Patient_Handout.pdf

To help interpret your nutrition labs, please see the BC Renal Website for this information:

[http://www.bcrenal.ca/resource-gallery/Documents/KCC-Nutrition Related Test Results Info Sheet for Adult Patient.pdf](http://www.bcrenal.ca/resource-gallery/Documents/KCC-Nutrition_Related_Test_Results_Info_Sheet_for_Adult_Patient.pdf)

<http://www.bcrenal.ca/resource-gallery/Documents/Get%20to%20Know%20Your%20Kidney%20Lab%20Work%20Info%20Sheet%20Information%20for%20Adult%20Patients.pdf>

What does managing nutrition look like?



Label Reading - What To Look For

A

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

DAILY VAULE IS BASED ON 2,000 calories and not reflective of kidney care guidelines, rather set for general population requirements

Serving Size

Saturated (less than 10%) and Trans Fat (None)

Sodium (less than 15% per serving)

Dietary Fibre (greater than 5%)

Total Sugar (less than 5g)

Potassium (less than 4%)

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



Blood Sugar Control

Improved blood sugar control can:

1. Keep potassium levels in a healthy range
2. Reduce proteinuria levels
3. May require combination of nutrition, activity, stress management, and medications
4. Be optimized by checking blood sugar levels at home

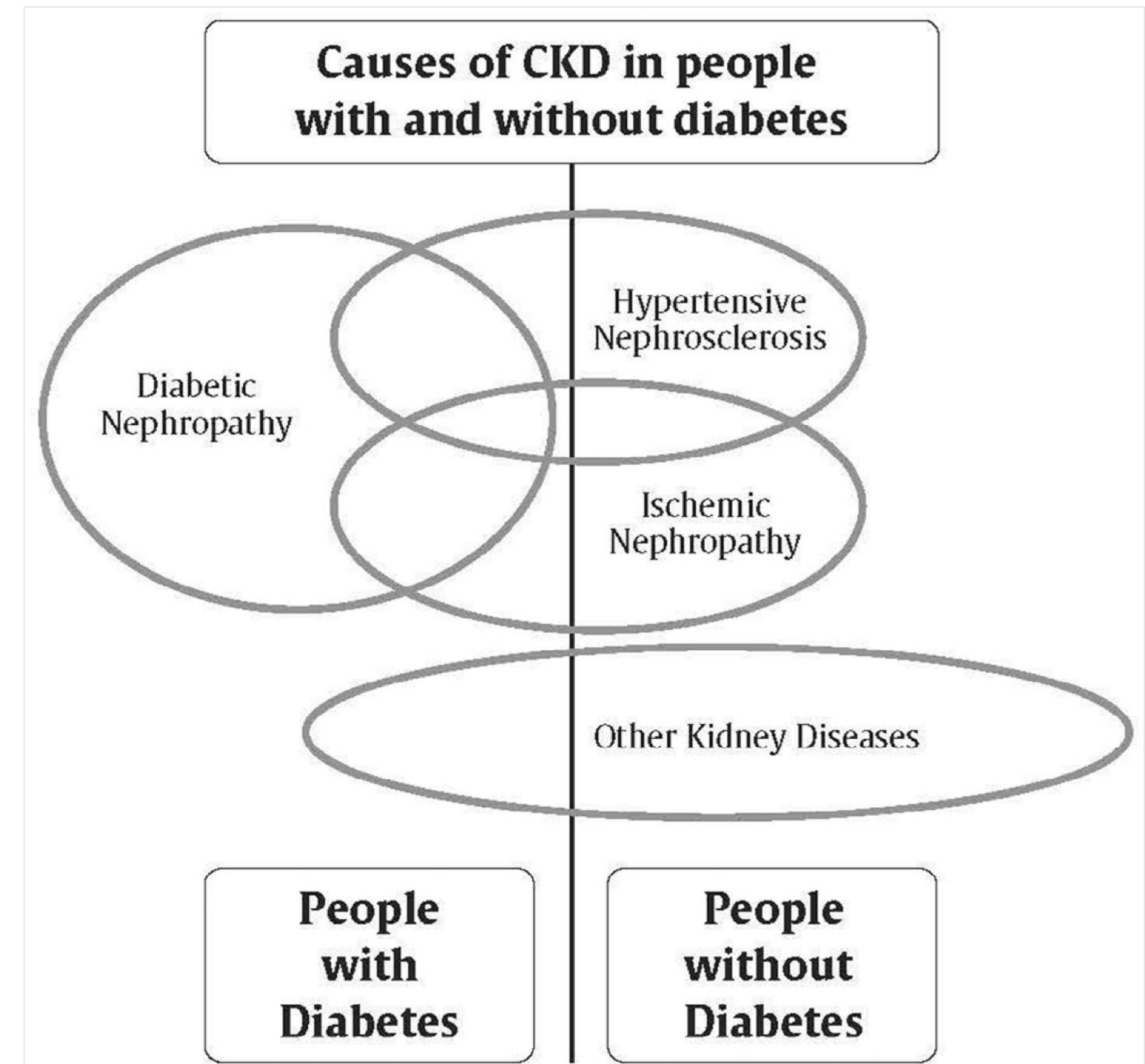
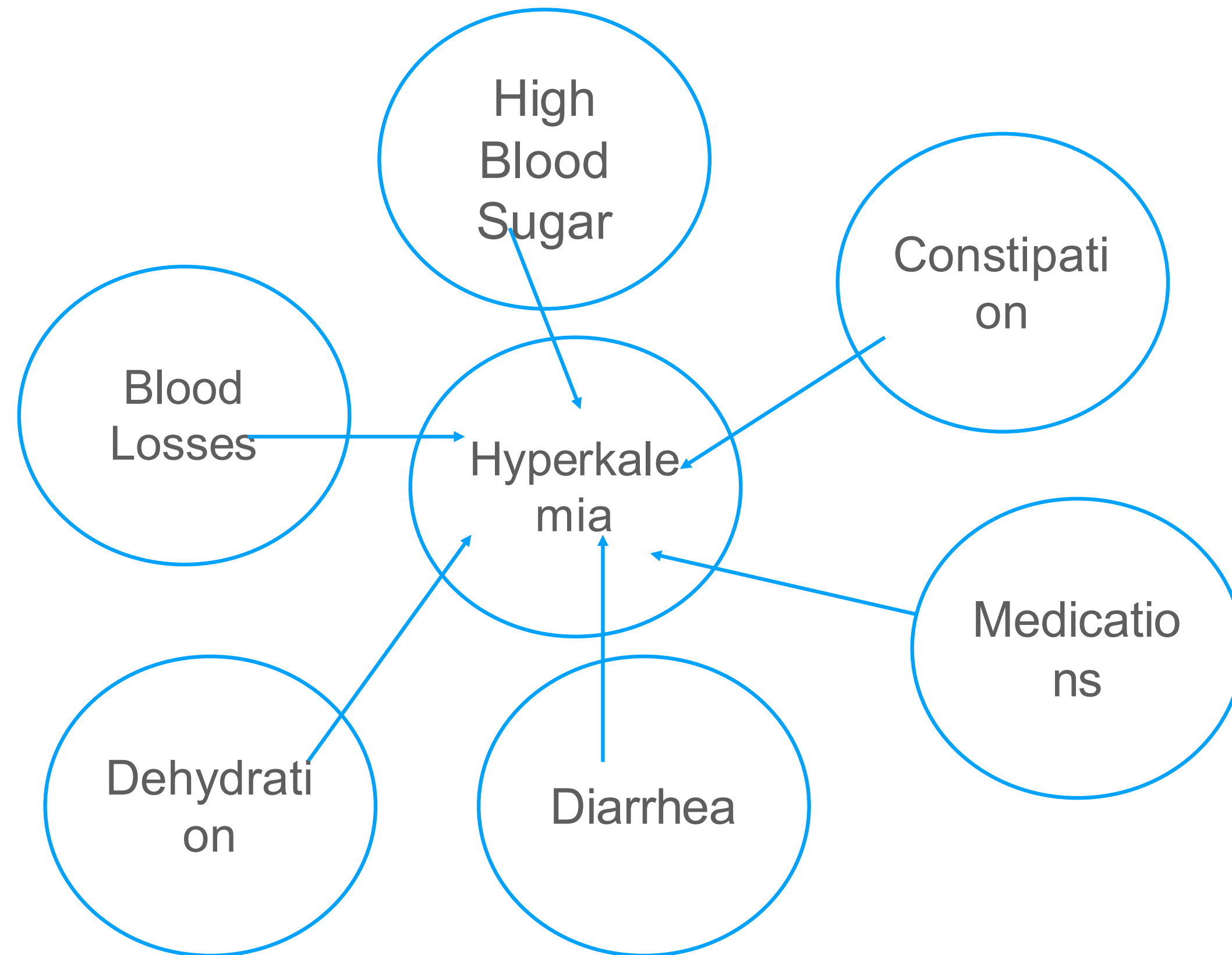


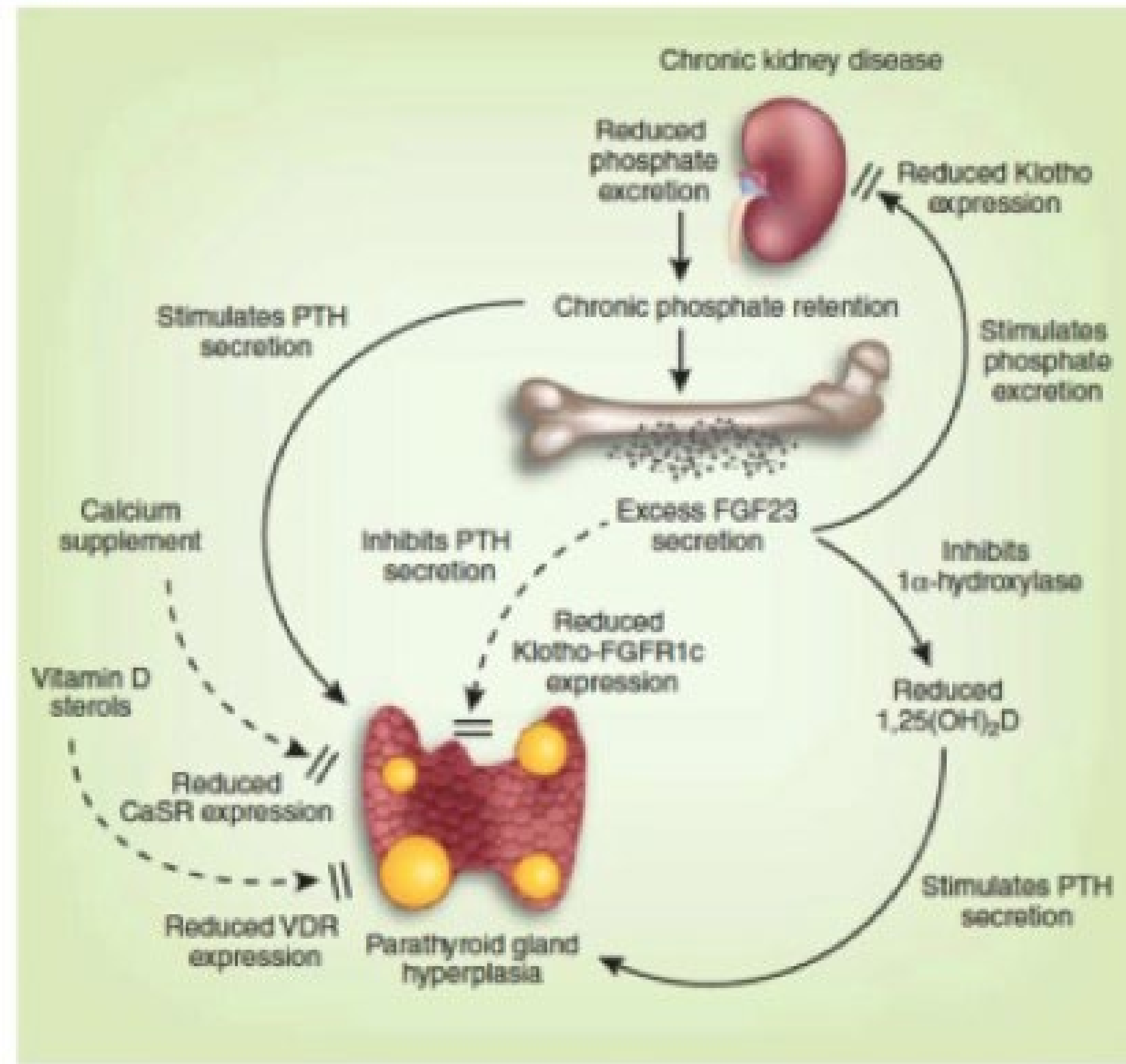
Figure 1. Causes of CKD in people with and without diabetes. *CKD*, chronic kidney disease.

Why does Potassium Rise?

Although potassium rises due to other factors, one of the treatments for lowering potassium includes choosing lower potassium foods



Why does Phosphate rise?



Potassium and Phosphate

Synthetic and Natural Forms Make A Difference

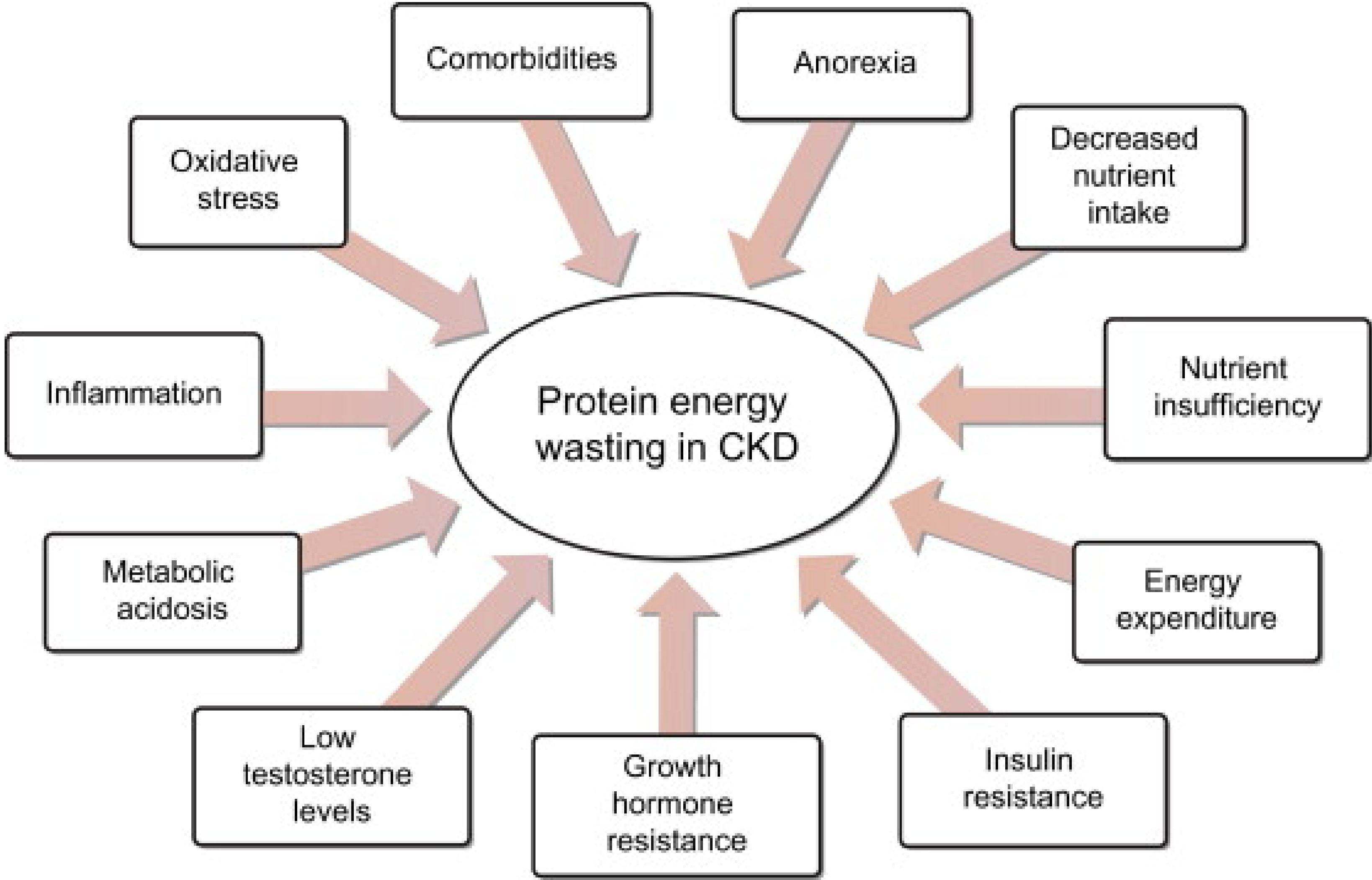
- Synthetic forms of potassium and phosphate found in additives are used in many packaged foods
- Potassium is used as a salt substitute
- Natural sources of potassium and phosphate are part of a healthy eating pattern:
- Nuts and seeds
- Plant-based proteins (legumes, lentils, beans)
- Dairy products (2% milk and yogurt, cheese)
- Fruits and vegetables

Natural Sources of Potassium and Phosphate

Essential for Balanced Nutrition

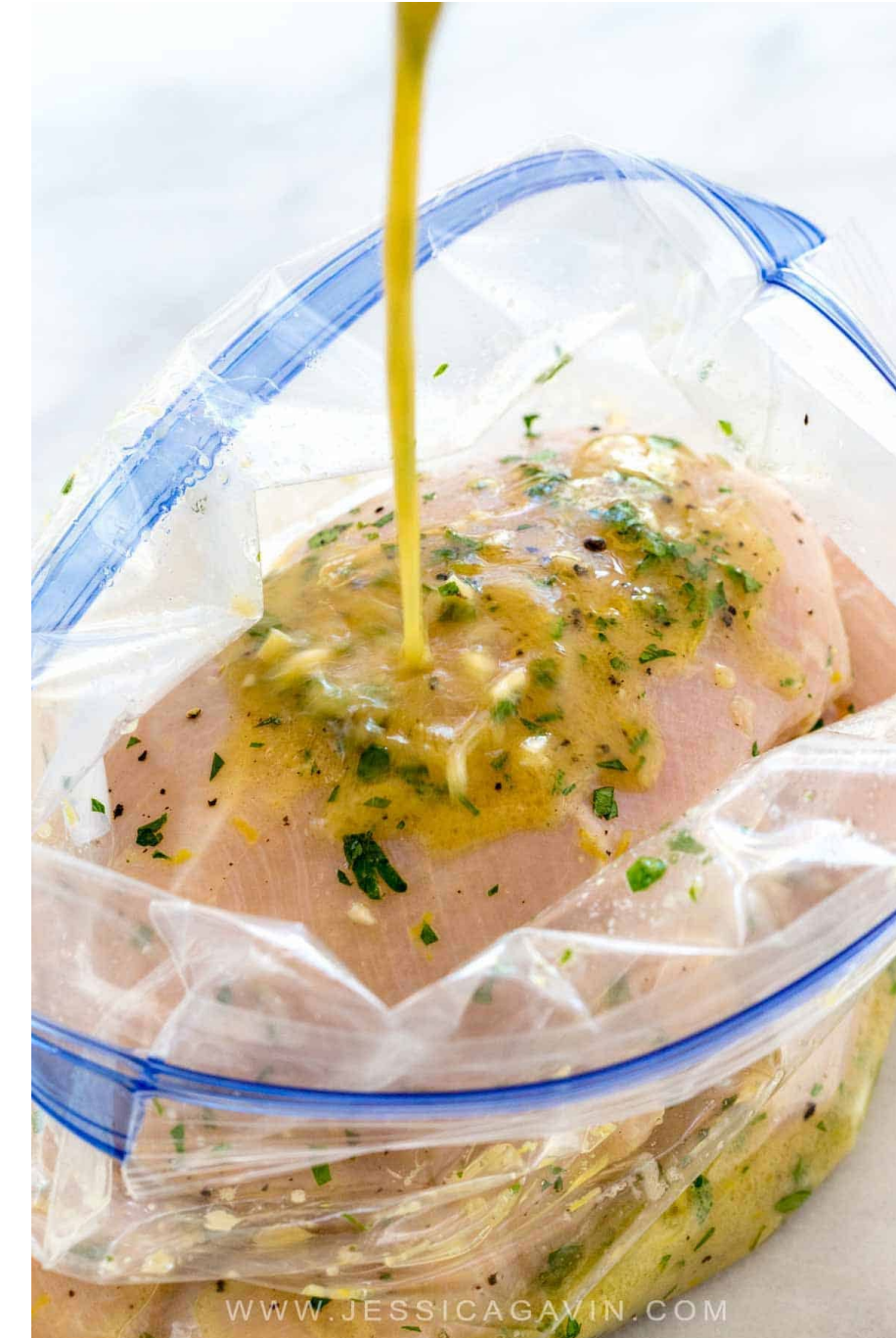


Muscle Mass and Protein Status



Protein Requirements

- Distribution across meals
- Choosing some plant-based options
- Limiting meat protein to about the size of a deck of cards at a meal
- Choosing leaner cuts of game meats, meat, chicken, fish and seafood
- Choosing cooking methods that impart flavour without sodium or added fats
- You may need nutritional supplements that are specialized for kidney health

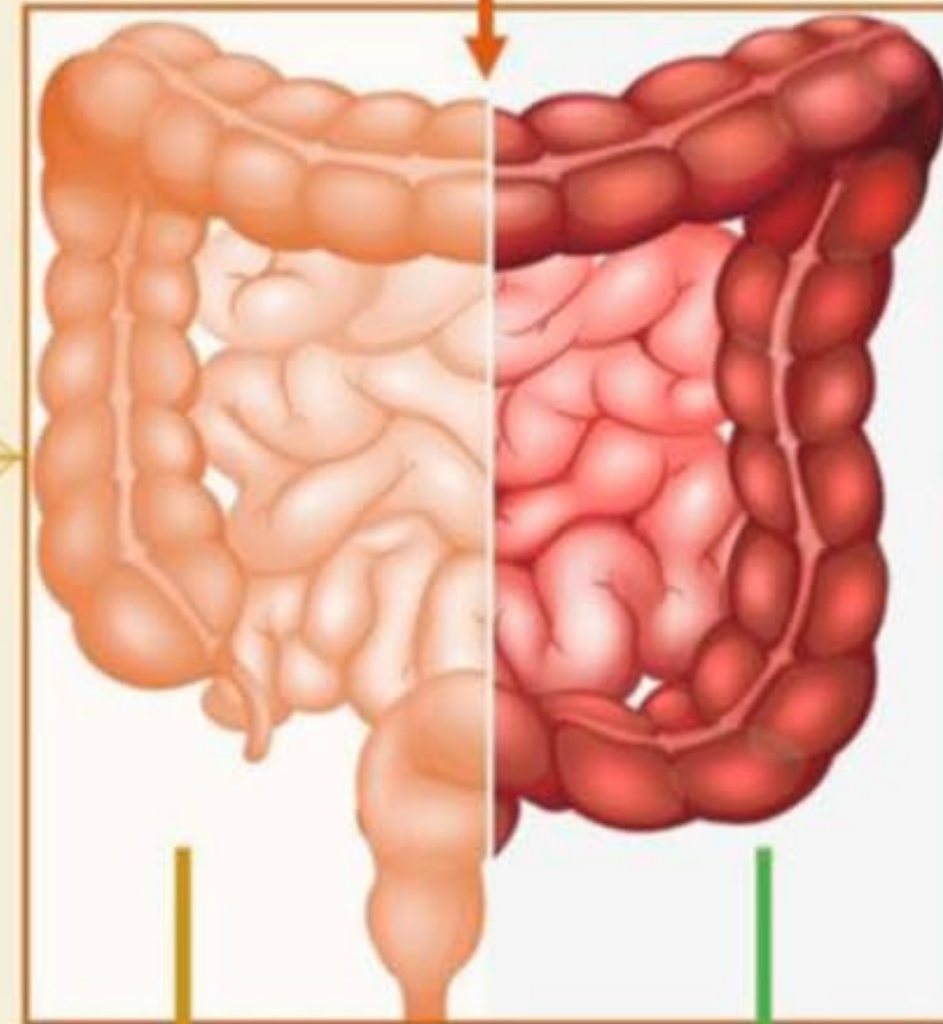
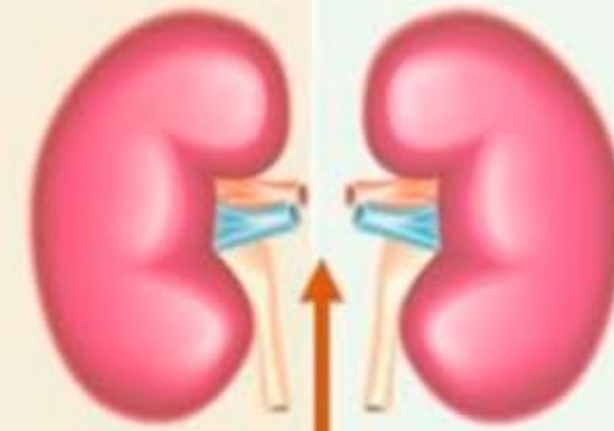


Gut Health

- Chronic inflammation due to chronic disease state leads to disruption fo the microbiome (bacteria in the gut)
- There is evidence that following dietary pattern with a more fibre will help to restore health to the gut
- DASH Diet
- Mediterranean Diet

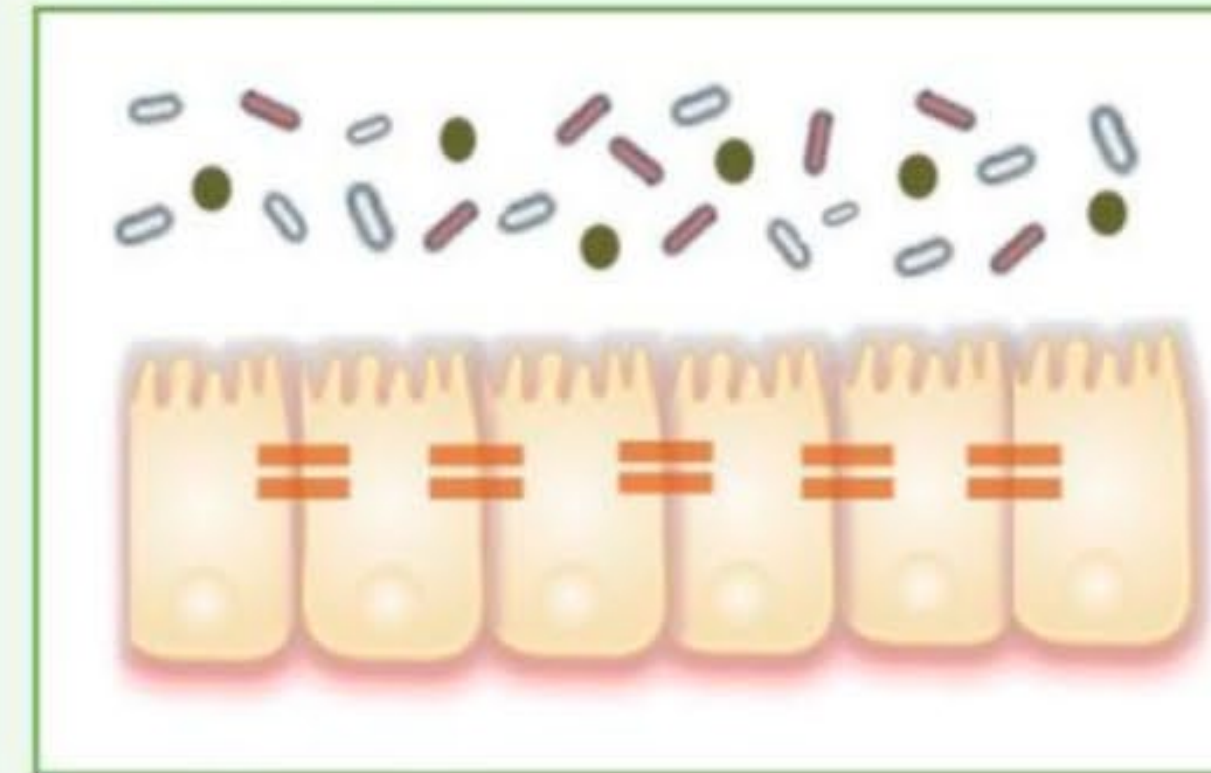
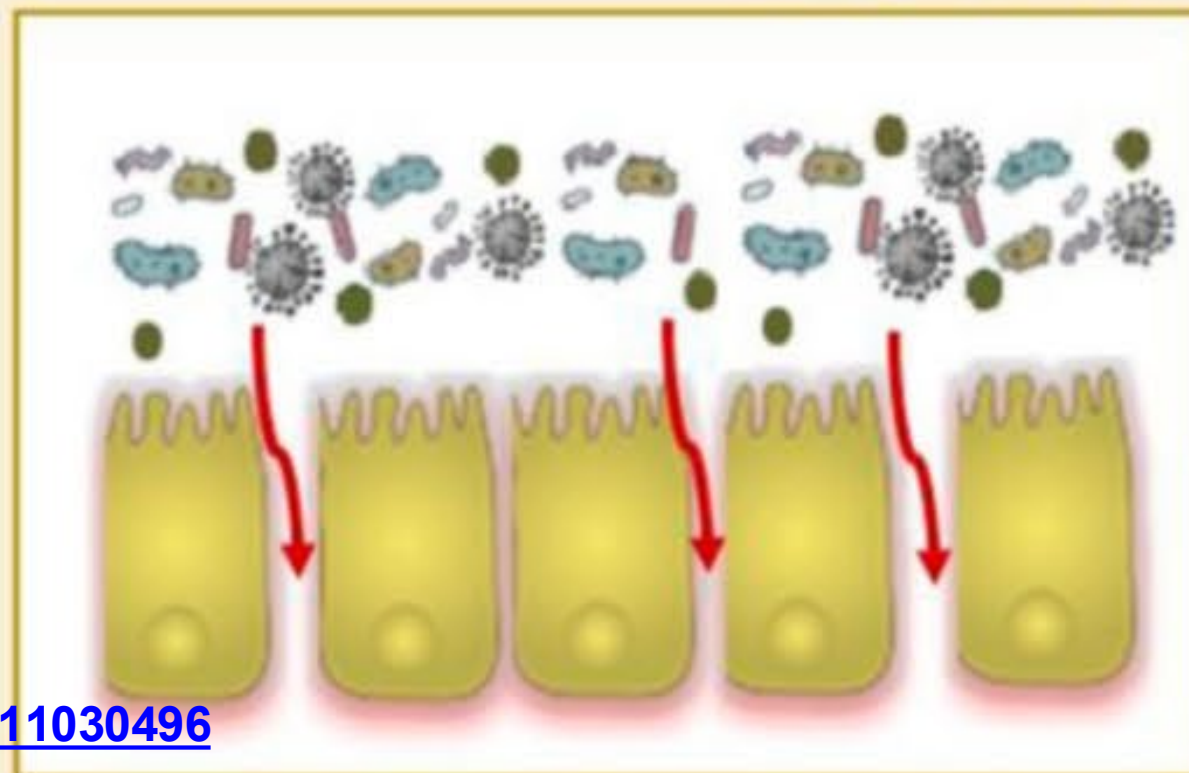


CKD



Dysbiosis

Symbiosis



Micronutrients supplementation (?)



Alcohol



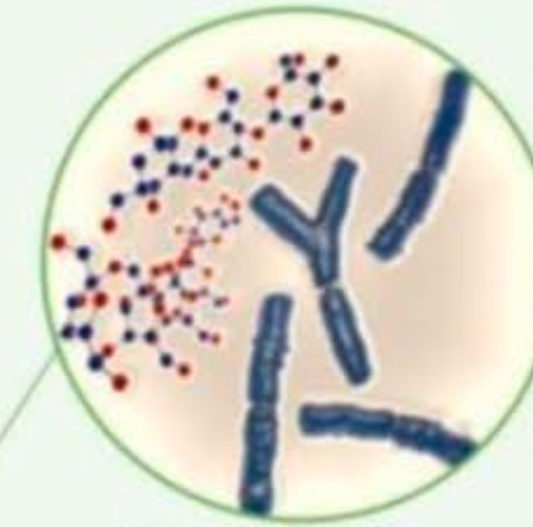
Processed Foods



Gluten (?)



Artificial Sweeteners



Synbiotics



Bioactive compounds



Prebiotics



Probiotics



Mediterranean diet

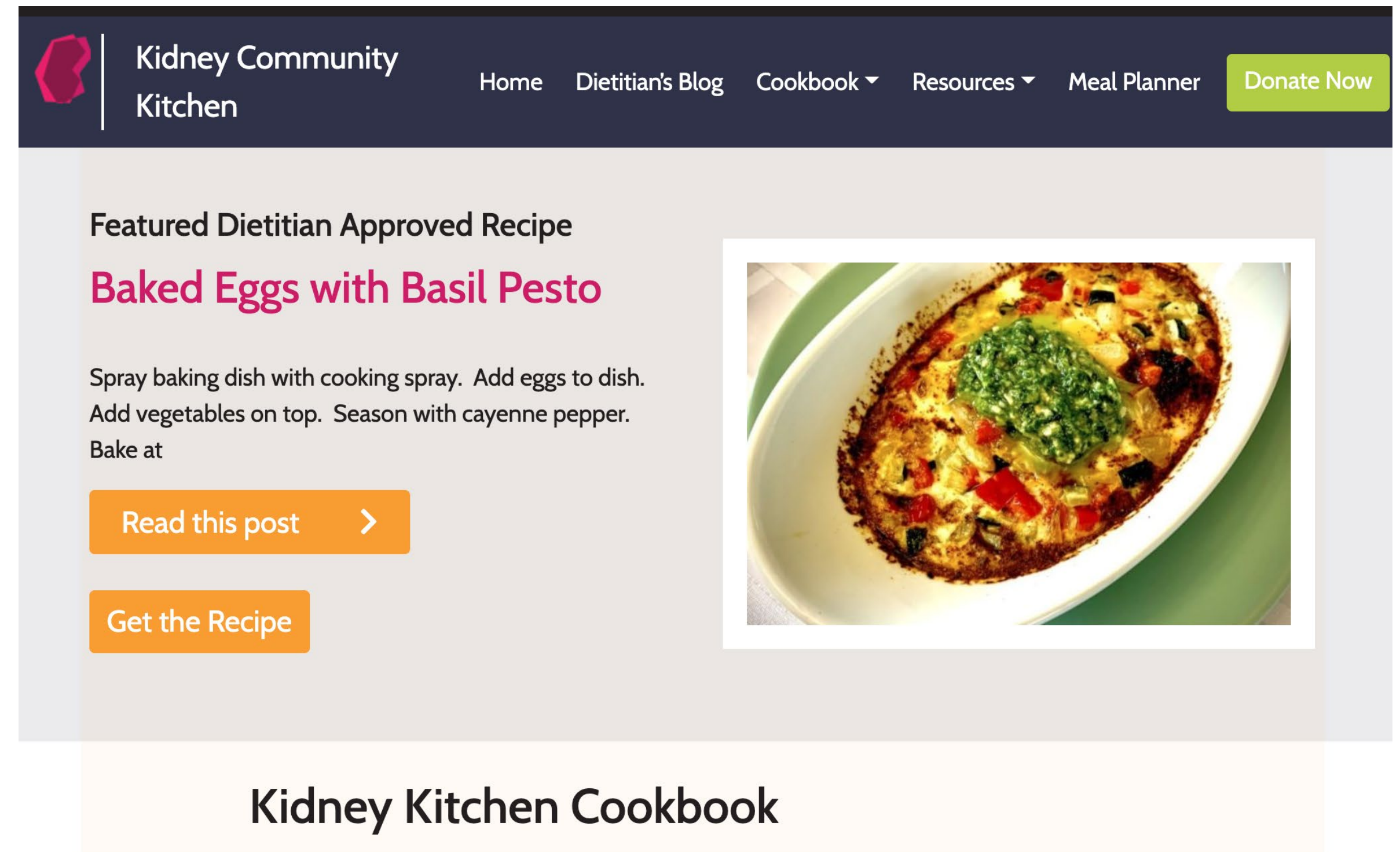


Fermented Foods

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



The screenshot shows the website header for "Kidney Community Kitchen" with navigation links: Home, Dietitian's Blog, Cookbook, Resources, Meal Planner, and a "Donate Now" button. The main content area features a "Featured Dietitian Approved Recipe" for "Baked Eggs with Basil Pesto". The recipe description includes instructions: "Spray baking dish with cooking spray. Add eggs to dish. Add vegetables on top. Season with cayenne pepper. Bake at". Below the text are two orange buttons: "Read this post" with a right-pointing arrow, and "Get the Recipe". To the right of the text is a photograph of the finished dish, which consists of a baked egg mixture in a white dish, topped with a green basil pesto and various vegetables like tomatoes and peppers. At the bottom of the page, the text "Kidney Kitchen Cookbook" is displayed.

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?

How a Dietitian can support you

- Dietitians can help support you by understanding what matters to you the most: cultural traditions, food cost, food preparation time, meal planning
- Dietitians can help review your laboratory results and support your care for nutrition and kidney health by providing you with information that is unique for your needs
- Dietitians are a member of your health care team throughout your kidney care journey