



## **Renal Diet**

### **Kidney Disease Diet**

#### **Objectives:**

- 1. Understand why someone may require a renal diet and why it's important to follow.**
- 2. Identify foods that may be modified on a renal diet.**

#### **Introduction:**

What is a renal diet? A renal diet is a diet modified for someone with kidney failure. When the kidneys don't work well, the person gets a build-up of wastes in his blood. This can cause a number of symptoms- poor appetite, nausea, vomiting, diarrhea, weakness, taste changes, and confusion. However, depending on the treatment the person has chosen, and changes made to the diet, these symptoms can often be lessened.

#### **Low Sodium (Na<sup>+</sup>):**

- No Added Salt/ 3 Gram Sodium (3000 mg daily)
- Helps prevent too much fluid build-up in the body which causes
  - Breathing problems
  - Swelling
  - High Blood Pressure
  - Heart Failure
- Herbs, spices and salt-free flavorings such as Mrs. Dash may be used to season foods
- No salt packets should be given
- No salt substitutes containing Potassium Chloride (KCl) such as Lite Salt should be given

#### **Low Potassium (K<sup>+</sup>):**

- Reduced Potassium/ 3 Gram Potassium (3000 mg daily)
- Helps balance potassium level in the blood (high or low) which affects muscle function
  - Arm movements (weakness)
  - Leg movements (weakness)
  - Heart contractions (sudden death)
- Potassium is found in many foods, but is especially high in certain fruits and vegetables
  - Bananas
  - Orange juice
  - Potatoes
  - Tomatoes (and its products like chili, salsa, spaghetti sauce)
- To make this diet simple- just these foods may be limited- "No bananas, orange juice, potatoes, tomatoes". Realize that eating 1 serving of something high in K<sup>+</sup> may not be catastrophic to the person. It's the accumulation of potassium from foods eaten throughout the day.



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### **Other Things that can be Modified on a Renal Diet:**

- Protein
  - Depending on the stage of kidney disease, protein may be encouraged or it may be limited. It is strongly encouraged that only the physician or dietitian make changes in protein requirements.
  - Eggs, meats, and protein supplements made for renal patients are best protein sources when protein is encouraged.
- Low Phosphorus (PO<sub>4</sub>)
  - Helps keep the bones from becoming brittle due to its Calcium-loving trait
  - Phosphorus is found in many foods, even protein foods. Often the person takes “Binders”, a medication that helps bind the phosphorus in the food while they are digesting it.
  - Often milk, a high phosphorus food, may be limited to a ½ cup at breakfast only.
- Fluid Restriction
  - Often the physician will order a fluid restriction if the person cannot keep his weight gain between treatments down.
  - Too much fluid on the body can cause painful muscle cramping, low blood pressure, and lengthen the treatment time the person receives.

If there are questions for items allowed on a renal diet, refer to the Indiana Diet Manual (should be available at your facility) or work with the dietitian for clarification.

### Reference

Indiana Diet Manual- Kidney Disease Diet, Sodium-controlled Diets, Potassium-Rich Foods



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Name: \_\_\_\_\_

Position: \_\_\_\_\_

Date: \_\_\_\_\_

## Correct Use of a Renal Diet

### Pre-Test

1. True or False: Potato chips are allowed on a renal diet.
  2. Which of the following is not modified in the renal diet:
    - a. Sodium
    - b. Cholesterol
    - c. Potassium
    - d. Fluids
  3. True or False: Resident on a renal diet can have grape juice.
  4. True or False: Lite Salt is fine to give on a renal diet.
  5. Which of the following foods are not high in potassium:
    - a. Baked potato
    - b. Steak
    - c. Chili
    - d. Banana
  6. True or False: 6 to 8 glasses of water every day is encouraged for most renal patients.
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### Post-Test

1. True or False: Potato chips are allowed on a renal diet.
2. Which of the following is not modified in the renal diet:
  - e. Sodium
  - f. Cholesterol
  - g. Potassium
  - h. Fluids
3. True or False: Resident on a renal diet can have grape juice.
4. True or False: Lite Salt is fine to give on a renal diet.
5. Which of the following foods are not high in potassium:
  - e. Baked potato
  - f. Steak
  - g. Chili
  - h. Banana
6. True or False: 6 to 8 glasses of water every day is encouraged for most renal patients.



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## **Answer Key:**

1. False
2. Cholesterol
3. True
4. False
5. Steak
6. False