



**GOD'S LOVE
WE DELIVER®**

Nutrition & Dialysis

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**GOD'S LOVE
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The mission of God's Love We Deliver is to improve the health and well-being of men, women and children living with HIV/AIDS, cancer and other serious illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who, because of their illness, are unable to provide or prepare meals for themselves. We also provide illness-specific nutrition education and counseling to our clients, families, care providers and other service organizations. All of our services are provided free to clients and full of love.

Introduction

Nutrition is a very important part of healthcare for people with chronic kidney disease, including people who are on dialysis. For those on dialysis, it is important to get the right balance of needed nutrients to feel your best. The Registered Dietitian Nutritionist (RDN) at your dialysis center will work with you to develop a personal plan. This booklet was developed by Registered Dietitian Nutritionists at God's Love We Deliver, and it contains more general guidelines for people on hemodialysis.

NEW NUTRITIONAL GUIDELINES

In 2020, the National Kidney Foundation updated the nutritional guidelines for people with chronic kidney disease. These changes are based on new research and evidence collected from people with kidney disease and may seem new to you. Recommendations are now based more on your individual nutritional needs, your RDN's opinion, the use of binders, and also considers the way food and nutrients are absorbed by the body. Eating more plant-based foods like whole grains and beans is now encouraged. Controlling your intake of sodium, fluid and phosphate additives remains very important, as does getting enough protein and calories each day. Your dialysis dietitian monitors your labs weekly and can tell you how you are doing. Use this handout to help guide your choices.

GENERAL RECOMMENDATIONS

Calories	25-35 calories per kilogram of body weight
Protein	1-1.2 grams per kilogram of body weight
Sodium	less than 2300 mg/day*
Potassium	Intake should be adjusted to maintain normal blood levels*
Phosphorus	Intake should be adjusted to maintain normal blood levels*

**When you are on dialysis, your kidneys are not able to remove these from the body, so you need to monitor your intake.*

Energy (Calories)

Food contains calories, or units of energy, which your body uses to function. Getting the right amount of energy helps your body to operate well, and for you to feel your best. For people on dialysis, the target range of calories is 25-35 per kilogram of body weight. How much you need can depend on your body weight, age, activity level, and individual situation. Your dialysis RDN will help you figure out how much is right for you.

Sodium

Aim for less than 2300 mg/day.
Read your food labels for sodium content and choose options that are less than 10% of the daily value for sodium.



Nutrition Facts		
8 servings per container		
Serving size 2/3 cup (55g)		
Amount per serving		
Calories	230	
% Daily Value*		
Total Fat 8g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		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 235mg		6%

* 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.



TABLE SALT ALTERNATIVE

Instead of using table salt, make your salt free, all-purpose seasoning blend. Here is one you can try:

- 2 Tablespoons garlic powder
- 2 Tablespoons onion powder
- 1 Tablespoon chili powder
- 1 Tablespoon paprika
- 1 Tablespoon parsley
- 1 ½ teaspoons black pepper

SALTY THINGS TO AVOID:



✗ Salty snacks (Popcorn, Potato chips, Pretzels)



✗ Luncheon meats, hot dogs



✗ Table salt, Canned soup



✗ Ham, bacon, sausage

Protein

Getting enough protein is essential for overall health. Protein helps the body build and maintain muscle, repair tissues and fight infection. It can be found in both animal and plant foods, and a well-balanced diet can include both types. Because you are on dialysis, your protein needs are higher than before dialysis. Sometimes it can be difficult to get enough. Include foods that are high in lean protein, such as, poultry, fish, lean cuts of beef, pork, and lamb, legumes, and eggs. Select fresh or minimally processed meat, poultry and fish whenever possible to minimize added sodium and/or phosphate additives. Read the ingredient labels to help you make the best choice.

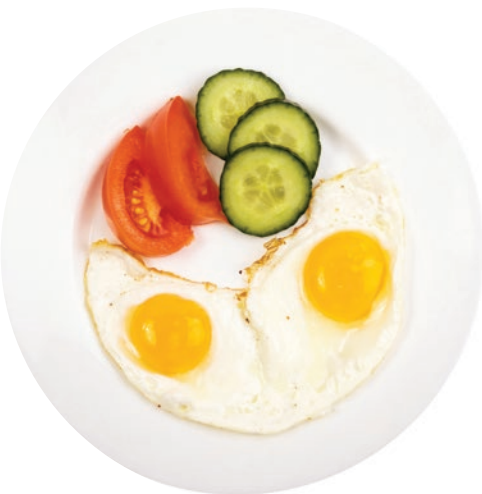
EAT MORE PROTEIN!



✓ *Chicken, turkey*



✓ *Beef, pork, lamb*



✓ *Eggs*



✓ *Fish*

Dialysis Fluid Facts

Most people on dialysis are no longer able to remove enough fluid from the body through urine, so all excess fluid must be removed during dialysis. Staying within fluid guidelines and reducing fluid weight gain between dialysis sessions can help you feel better, avoid hospitalizations and extra dialysis sessions. Your Registered Dietitian Nutritionist will discuss your goals with you.

Here are some tips to managing your fluid intake:

- Measure how much fluid your cups and glasses hold.
- Use smaller cups and glasses for beverages.
- Check food labels for fluid.
- To better satisfy thirst, try cold beverages or a cup of ice chips.
- Use sour candies and chewing gum to moisten your mouth.



STAY WITHIN YOUR FLUID ALLOWANCE:

All juices, coffee, tea, soft drinks, milk, soup, jello, popsicles, and ice cream count as fluids.



CUPS & MUGS COME IN MANY SIZES:

Choose one small mug or cup, measure how much it holds, and use that for coffee or tea.



Glass of water



1 cup / 8 ounces



Apple juice



½ cup / 4 ounces



Carton of milk



1 cup / 8 ounces



1 cup ice



½ cup / 4 ounces



Soft drink can
(avoid cola beverages)



1½ cup / 12 ounces



Gelatin, ice cream, sherbet, sorbet, and fruit ice are fluids.



Ice cream cup



½ cup / 4 ounces



Order water, or ask the server for half of a small drink cup.



Small fast food drink



2 cups / 16 ounces



Small can of juice



¾ cup / 6 ounces

Phosphorus

The recommendations for daily phosphorus are individualized, and your RDN will discuss what amount is right for you to maintain normal blood levels. Keep in mind that there are two types of phosphorus sources: natural foods and phosphate additives. Each is absorbed by the body at different rates.

Natural sources of phosphorus such as dairy, meat, nuts, and beans are absorbed at a lesser rate, and therefore have a reduced effect on your blood phosphorus level. These are the things that you may enjoy more frequently. Speak with your dialysis RDN to see how they fit in your plan:



✓ Whole grains



✓ Nuts and seeds



✓ Beans and legumes



✓ Dairy products

PHOSPHORUS ADDITIVES

Phosphorus additives found in processed foods and beverages are more easily absorbed and affects the blood levels more. These should be used with caution. Limit phosphate additives – read labels and avoid “phos” ingredients.

Phosphorus additives found in common groceries include:

- Dicalcium phosphate
- Disodium phosphate
- Monosodium phosphate
- Phosphoric acid
- Sodium hexameta-phosphate
- Trisodium phosphate
- Sodium tripolyphosphate
- Tetrasodium pyrophosphate.



Foods that typically contain phosphorus additives:

- Prepared frozen foods
- Dry food mixes
- Packaged meat
- Bread and baked goods
- Processed cheese
- Cereals
- Colas



Potassium

Like phosphorus, the guidelines for potassium are individualized, and your RDN will discuss what amount is right for you to maintain normal blood levels. In general, low and moderate sources of potassium can be eaten more frequently. Focus on your favorites from the *lower* and *medium* lists below. If your potassium levels are high, select foods that are lower in potassium. Use the below guide to help you choose (serving size is ½ cup).

VEGETABLES

LOW POTASSIUM



Alfalfa & bean sprouts



Cabbage & coleslaw



Canned beets



Carrots



Cauliflower



Corn



Cucumbers



Eggplant



Green beans



*Dandelion, kale, mustard,
and turnip greens*



All kinds of lettuce



Raw spinach



Mushrooms



Radishes



Onions



Summer Squash

MEDIUM POTASSIUM



Asparagus



Broccoli



Celery



Collard Greens



Mixed Vegetables



Peas



Zucchini



All kinds of peppers

HIGH POTASSIUM



Artichoke



Avocado



Dried Beans



Brussel Sprouts



Some greens (Beet, Chard, Cooked Spinach)



Okra



Potatoes and foods made with potatoes



Tomatoes and foods made with tomatoes



Winter Squash

FRUITS

LOW POTASSIUM



Small Apple, Applesauce, Apple Juice



Blueberries, Cranberries, Sauce, and Juice



Fruit cocktail



Grapes



Lemon and lemon juice



Lime and lime juice



Canned paches



Canned pears



Plum



Pineapple



Raspberries



Strawberries



Tangerines/ Mandarin Oranges



Watermelon

MEDIUM POTASSIUM



Fresh cherries



Grapefruit



Grapefruit juice



Mango



Papaya



Fresh Peach



Fresh Pear

HIGH POTASSIUM



3 apricots



1 small banana



Cantaloupe



Honeydew



Kiwi



Nectarine



Orange



Orange Juice



5 Prunes



Prune juice



Raisins

Summary

Getting the right balance of needed nutrients can help you to feel your best while you are on dialysis. Regularly review your lab values with your dialysis RDN. These results will help you and your RDN monitor how you are doing and can identify any needed tweaks to reach your personal goals. It is also important to let your RDN know if you notice any changes in how you feel, your appetite or energy level. In addition to your individual targets, here are some general guidelines for you to remember:

- Focus on fresh foods whenever possible
- Include a protein source with each meal
- Limit phosphate additives – read labels
- Monitor how much sodium and fluid you consume each day

Acknowledgements

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Disclaimer

Registered Dietitian Nutritionists have carefully prepared this booklet. However, the booklet is prepared for informational purposes only and may not represent the very best information or practices for a particular individual. The booklet is not medical advice, diagnosis or treatment. Each person should share this booklet with his or her medical provider or Registered Dietitian Nutritionist in order to seek a professional opinion on individual nutritional needs. Never disregard the medical or nutritional advice of a medical provider or Registered Dietitian Nutritionist because of something you read in this booklet. The inclusion of any products or processes in this booklet does not represent an endorsement.



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