

Dietary Instruction for Renal Impairment




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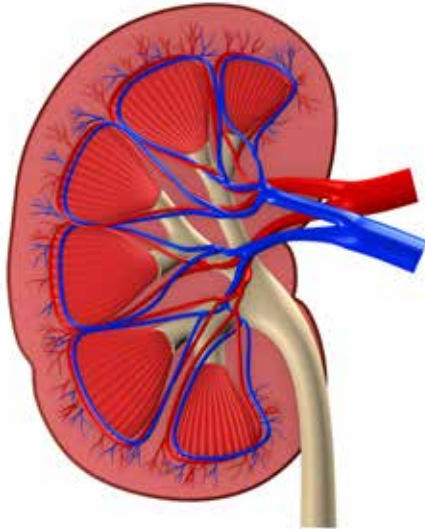
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Published by:

Patient and Family Education Committee

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There are two kidneys in the human body. The kidney's main function is to filter waste from the blood; this waste passes out through urine.



Renal impairment occurs when the kidney's filtration capacity is decreased and the waste (urea) which normally passes out through urine remains in the blood.

This waste product mainly comes from the food you eat and drink. The main goal of dietary management is to maintain better nutritional status which can help in retarding the progression of disease by:

- Minimizing the amount of waste
- Controlling blood pressure
- Maintaining optimal blood chemistries and fluid status
- Ensuring adequate intake of calories (energy), proteins, and other nutrients

Your dietitian can help in planning your diet according to your condition and blood result. You should have an idea about the quantity of food you can eat everyday and at each meal.

Dietary management during renal impairment

Proteins:



Restriction of proteins is a major part of the diet during renal impairment. The main function of protein is building and repairing body tissues. Waste products, called urea, are derived from the proteins you eat.

Too much intake of protein can lead to increased blood urea and too little intake can cause muscle wastage. The best sources of protein (high biological value) are eggs, fish, meat, chicken, milk and milk products; include these foods in your daily diet but in restricted amounts.

Legumes and cereals also contain proteins (low biological value) so use sparingly. Measure carefully and eat only the allowed amount as per your meal pattern.

Energy:

You need adequate intake of energy to prevent muscle wastage and maintain an optimal weight. Include non-protein products like sugar, jam, honey, sweets, sweetened drinks, jelly, corn flour, sago, tapioca, oil, etc. in your diet to increase the calorie intake but not in excess.

Note: If you are diabetic, follow the diabetic instruction.

Sodium:

- It is a mineral that occurs naturally in foods.
- High intake of salt may increase blood pressure and also lead to water retention.



- Table salt is the main source of sodium, use very little in cooking.
- Avoid adding salt on the table, salty foods, commercially processed and canned foods.
- Use fresh or frozen food stuff.

Phosphorus:

Phosphorus is a mineral that occurs naturally in a variety of foods and is high in milk products, animal products, nuts and legumes. High intake may cause more deterioration of the kidney and bone weakness.

Potassium:

- It is a mineral found in most foods.
- Excess of potassium can cause muscle weakness, mainly to the heart muscle.



- Foods high in potassium are fruits and vegetables like orange, banana, kiwi, dates, dried fruits, fruit juices, leafy vegetable, etc.
- Try to restrict the intake
- To reduce the potassium content in vegetables, you can soak and boil in a large amount of water and drain before cooking

Fluids:

In case of decreased urine output and edema, fluid restriction may be needed. A fluid is anything liquid at room temperature like: water, milk, coffee, tea, ghawa, ice cube, jelly, ice cream, soft drinks, etc.

Note: Restriction of potassium, phosphorus and fluids are only required depending on your condition and blood results.

Meal Pattern: Calories: 1800 kcal Protein: 60gm

Breakfast:

- 2 slices of bread or ½ Arabic bread
- 2 egg white (boiled) or 30 gm cheese or one whole egg or 2 tbsp labneh
- ¼ cup low fat milk + sugar (tea or coffee)
- 2 tbsp honey or jam
- 2 tsp vegetable oil

Snack: 10 am

- One pc fruit

Lunch:

- 3 slices of bread or ¾ kubus or 1 ½ cup cooked rice or macaroni
- 30 gm fish or lean meat or chicken
- ½ cup boiled vegetable
- ½ cup vegetable salad
- 4 tsp vegetable oil (with cooking)

Snack: 4 pm

- ¼ cup low fat milk + sugar (tea + coffee)
- One pc fruit

Dinner:

- 3 slices of bread or ¾ kubus or 1 ½ cup cooked rice or macaroni
- 30 gm fish or lean meat or chicken or labneh or cheese
- ½ cup boiled vegetable
- ½ cup vegetable salad
- 2 tsp vegetable oil (with cooking)

Bedtime:

- ½ cup low fat milk + sugar

Note: Restrictions of fruits and vegetable from the high potassium group