

# Renal Diets: What Changes?

## What do the Kidneys do?

- Maintain balance of fluids and electrolytes
- Filters blood

## Why is a Renal Diet needed?

- Manage symptoms
  - Swelling
  - Infrequent urination
  - Itching
  - Bone and joint pain

## How Do I Change?

Decrease intake of:

- Sodium
- Potassium
- Phosphorus

Monitor Fluid Intake



### Fluids

- Excess fluid can cause swelling and uncontrollable HTN
- Balance fluid intake with output

### Sodium

- High sodium causes fluid retention
- Check labels for:
  - Low sodium
  - Sodium-free
  - No salt added
  - Reduced sodium

### Potassium

- High potassium levels can cause irregular heart beats

#### High Potassium

- Oranges
- Bananas
- Potatoes
- Apricots

#### Low Potassium

- Apples
- Beans
- Onions
- Cereal

### Phosphorus

- The balance between phosphorus and calcium is important
  - Excess phosphorus causes calcium to be taken from bones
  - Phosphate binders can help decrease the amount of phosphate absorbed



#### High Phosphorus Foods

- Cola drinks
- Nuts
- Cheese

#### Low Phosphorus Foods

- Broccoli
- Zucchini
- Non-cola soda

