

Department of
NUTRITION & DIETETICS

Pre-dialysis Diet



UNDERSTANDING DIET AND KIDNEY DISEASE

Our kidneys help to:

- Remove waste products
- Keep levels of electrolytes stable
- Remove excess fluids
- Regulate blood pressure

When your kidneys are not working properly, waste products can build up in your body. This can cause loss of appetite, nausea/vomiting, fatigue and weakness. Waste products are formed when **protein** is broken down and used. Excessive protein intake causes your kidneys to work harder.

When your kidneys are not working properly, **potassium** and **phosphate** may build up in your blood, and lead to negative effects on your body:

- High blood potassium levels can cause irregular heart rhythm, which can cause your heart to stop beating.
- High blood phosphate levels can draw calcium out of your bones, making **make your bones** them weak and brittle. This can also result in calcium deposits in your blood vessels, lungs, eyes and heart.

As your kidney disease progresses, extra **sodium** and **fluids** may build up. This can cause swelling, difficulty breathing and increased blood pressure.



GOALS OF DIETARY MANAGEMENT 2

✓ To ~~preserve~~ **maintain** existing kidney function and delay the

BASIC DIETARY GUIDELINES

PROTEIN

- It is important to have enough protein to build and repair tissues in the body.
- Everyone has different protein needs. Check with your dietitian how much protein you need to consume in a day.
- Animal foods including meat, fish, eggs and dairy products are good sources of protein. Other sources of protein include beans, nuts, seeds and tofu.



POTASSIUM

- ~~Limit~~ **Reduce** potassium intake only if your blood potassium levels are high.
- Potassium is found in many foods, including fruits and vegetables. Choose low potassium options. Note: If low potassium fruits and vegetables are eaten in large amounts, potassium intake will also

Fruits		Vegetables	
Low potassium	High potassium	Low potassium	High potassium
<ul style="list-style-type: none"> • Apple • Blueberries • Guava • Pear • Watermelon 	<ul style="list-style-type: none"> • Banana • Honeydew • Kiwi • Mango • Rockmelon 	<ul style="list-style-type: none"> • Bean sprouts (Taugeh) • Cabbage • Cucumber • Brinjal / Eggplant 	<ul style="list-style-type: none"> • Napa cabbage / Wombok • Fresh/ dried mushroom • Most leafy and root vegetables



PHOSPHATE

- ~~Limit~~ **Reduce** phosphate intake only if your blood phosphate levels are high.
- ~~Limit~~ **Reduce** intake of high phosphate foods and choose lower phosphate alternatives.
- High phosphate foods include fish with edible bones (sardines), anchovies (ikan billis), dried shrimps, organ meats, meat/fish bones, processed foods, malt-based drinks, cola-based soft drinks, chocolate and fish/prawn crackers (keropok).

SODIUM AND FLUIDS

- ~~Limit~~ Reduce sodium intake regardless of the stage of your kidney disease. Check with your doctor or dietitian regarding your daily fluid allowance.
- Sodium is found naturally in foods, but most of the sodium in our diet come from seasonings, e.g. salt and soy sauce, and processed foods, e.g. canned food, snacks (fish/prawn crackers, chips), ham, bacon, sausages and instant noodles.
- Foods that are liquid at room temperature, e.g. yoghurt, ice cream, puddings and jellies also contribute to your fluid intake.

THINGS TO REMEMBER

- ~~Excessive~~ Too much protein intake causes your kidneys to work harder. Check with your dietitian how much protein you need to consume in a day.
- ~~Limit~~ Reduce and/or phosphate intake only if your blood potassium and/or phosphate levels are high.
- ~~Limit sodium intake regardless of the stage of your kidney disease.~~ Reduce sodium, no matter what stage your kidney disease is at. Check with your doctor or dietitian if fluid restriction is necessary.

WHERE CAN I GET MORE INFORMATION?

To find a dietitian, please call 6357 8322 for appointment. You will need to obtain a referral from your doctor for a dietitian consultation.

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



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