

- 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 sodium intake regardless of HD or PD. 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 meat and instant noodles.
- Fluids include all beverages and foods that are liquid at room temperature, e.g. yoghurt, ice cream, puddings and jellies.

## THINGS TO REMEMBER

- You will lose protein during dialysis. Therefore, you will need a higher protein intake to compensate this loss.
- Limit potassium intake if you are on HD.
- Limit phosphate intake regardless of HD or PD.
- Limit sodium intake regardless of HD or PD.
- Check with your doctor or dietitian regarding your daily fluid allowance.

## 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.

## Department of NUTRITION & DIETETICS

## DIALYSIS DIET



## UNDERSTANDING DIET AND KIDNEY DISEASE

When your kidneys fail, dialysis helps to:

- Remove waste products
- Keep levels of electrolytes stable
- Remove excess fluids

There are 2 forms of dialysis:

- Haemodialysis (HD) – done 2-3 times per week
- Peritoneal dialysis (PD) – done daily

During dialysis, **protein** is lost. Therefore, a higher protein intake is required as compared to when you have not started on dialysis.

### WHAT HAPPENS WHEN YOUR KIDNEYS FAIL

- **Potassium** may build up in your blood
  - High blood potassium levels can cause irregular heart rhythm, which can cause your heart to stop beating. Dialysis only removes a fixed amount of potassium.
  - If you are on HD, limit potassium intake because potassium builds up between dialysis treatments.
  - If you are on PD, you do not need to limit potassium intake. Because PD is done daily, your body does not have as much potassium build up.
- **Phosphate** may build up in your blood
  - High blood phosphate levels can draw calcium out of your bones, making them weak and brittle.
  - This can result in calcium deposits in your blood vessels, lungs, eyes and heart.
  - If you are on dialysis, limit phosphate intake as dialysis can only remove a small amount of phosphate.
- Extra **sodium** and **fluids** may also build up.
  - This causes swelling, difficulty breathing and increased blood pressure.

## GOALS OF DIETARY MANAGEMENT

- ✓ To maintain a healthy weight and preserve muscle mass.
- ✓ To maintain blood pressure and keep levels of electrolytes stable.

### 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 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 potassium intake if you are on HD.
- 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 increase.

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



#### PHOSPHATE

- Limit phosphate intake regardless of HD or PD.
- Limit intake of high phosphate foods and choose lower phosphate alternatives.