



If it's Dialysis, it's AKC

# SPECIAL DIETARY GUIDELINES FOR DIALYSIS PATIENTS



## Q: Why is it important to follow a special diet during dialysis?

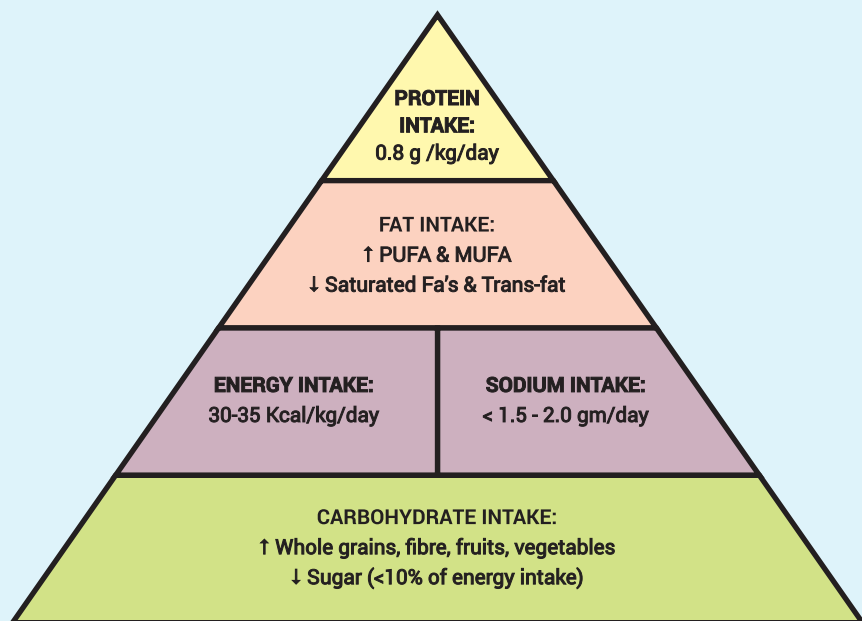
Your diet plays a crucial role in your dialysis treatment because your kidneys cannot effectively remove waste products and excess fluids from your body. To maintain good health and well-being while on

dialysis, it's essential to adhere to a specialized diet plan. Our traditional diets can be rich in nutrients like potassium, phosphorus, and sodium, which need to be carefully managed to support your kidney function.

## Q: What are the main components of a dialysis diet?

During hemodialysis, your diet should be high in protein while limiting sodium, potassium,

phosphorus, and fluids. Adequate calorie intake is also vital to prevent malnutrition.



**DIALYSIS FOOD PYRAMID**

## Q: How should I manage my salt (sodium) intake?

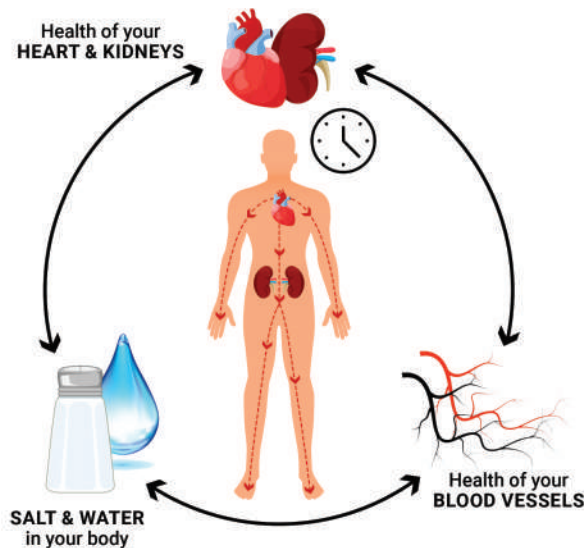
Limit your daily iodized salt intake to less than 3 grams (about  $\frac{3}{4}$  teaspoon).

Reduced salt consumption helps manage blood pressure and prevents fluid retention. Avoid high-sodium foods common in our cuisine, such as pickles, papad, and certain

bakery items.

Tips for managing sodium intake include:

- Refraining from adding salt to chapattis, parathas, rice, salads, etc.
- Avoiding salt alternatives and low sodium salts like lona, sendha namak, etc.



## Q: What should I know about fluid management?

Fluid intake largely depends on each individual's urinary output. To avoid complications like fluid overload & high blood pressure,

aim to consume a total of 1,000 -1,500 ml\* of fluids daily, including water, tea, & homemade soups.

## Benefits of Fluid Restrictions for Kidney Disease:



More Energy



Lower BP



Better Heart Health



Better Sleep



Easier Dialysis Treatment

## Tips for managing fluid intake:



Monitor fluid intake closely.



Drink fluids slowly throughout the day.



Use a bottle with measurements to adhere to fluid restrictions.



Drink water sip by sip, not gulping down large volumes at once.



Use peppermints, lozenges, WetPro, & sugar-free chewing gums to avoid feeling thirsty.



Opt for ice cubes or cucumber slices to quench thirst.

*\*Fluid intake recommendations vary in each individual.  
Consult with your doctor or dietitian for personalized guidance.*

## Q: How can I control my potassium intake?

Controlling potassium intake is essential to avoid irregular heartbeats, muscle cramps, and other serious health issues. Potassium is a mineral that is crucial for normal cell function,

but when your kidneys are not working properly, they cannot remove excess potassium. High levels of potassium in the blood (hyperkalaemia) can be dangerous.

Here are some fruits and vegetables categorized by their potassium content per 100g of the edible portion:

### High-Potassium Foods (>200mg/100g):

- Bananas
- Oranges
- Spinach
- Tomatoes
- Potatoes
- Avocados
- Dried fruits like apricots, raisins, and prunes
- Melons like cantaloupe and honeydew

### Moderate - Potassium Foods (150-200mg/100g):

- Broccoli
- Beets
- Carrots
- Asparagus
- Zucchini

### Low-Potassium Alternatives (<150mg/100g):

- Apples
- Pears
- Berries (strawberries, blueberries, raspberries)
- Grapes
- Pineapple
- Cabbage
- Cauliflower
- Cucumbers
- Eggplant
- Ridge gourd (Turai)

## Tips for managing potassium intake:

- Avoid high-potassium foods or consume them in very limited quantities.
- Use double boiling techniques for vegetables to reduce potassium content. Boil the vegetables, drain the water, and then boil them again in fresh water.
- Choose fruits and vegetables with lower potassium content.
- Read labels on packaged foods to check for potassium additives.

## Q. How do I manage phosphorus intake?

Managing phosphorus intake is crucial because high levels of phosphorus in the blood can lead to bone & cardiovascular problems.

Phosphorus is a mineral found

in many foods and is necessary for building strong bones & teeth.

However, when your kidneys can't remove extra phosphorus, it can build up in your blood.

### High-Phosphorus Foods to Avoid:

- Dairy products like cheese, milk, and yogurt
- Nuts and seeds
- Whole grains
- Processed foods with phosphate additives
- Dark colas and beer
- Organ meats like liver
- Chocolate

### Low-Phosphorus Foods to Include:

- Fresh fruits and vegetables
- Rice instead of whole wheat
- Egg whites instead of whole eggs
- Fresh green vegetables like cabbage, capsicum, and bottle gourd
- Non-dairy milk alternatives (check labels for low-phosphorus options)

## Tips for managing phosphorus intake:

- Limit or avoid high-phosphorus foods.
- Use phosphate binders as prescribed by your healthcare provider. These medications help to prevent your body from absorbing phosphorus from the foods you eat.
- Opt for fresh, unprocessed foods whenever possible.
- Check food labels for phosphorus content and additives. Look for terms like "phosphate" or "phosphoric acid" which indicate phosphorus additives.
- Cook meals at home to control ingredients and avoid processed foods.

## Q. Why is a high-protein diet important, & what sources can I include?

A high-protein diet helps preserve muscle mass, support wound healing, boost the immune system, and provide

essential energy.

Include these high-biological-value protein sources in your diet:

### Vegetarian Sources:

- Lentils (dal)
- Chickpeas (chana)
- Paneer
- Milk and yogurt
- Soy products like tofu

### Non Vegetarian Sources:

- Lean chicken
- Fish (like rohu, hilsa, or pomfret)
- Eggs

## What are the benefits of exercise for dialysis patients?

A high-protein diet helps preserve muscle mass, support wound healing, boost the immune system, and provide

essential energy. Include these high-biological-value protein sources in your diet:

## What is the overall takeaway for dialysis patients regarding diet and lifestyle?

Always tailor your diet and lifestyle choices according to your individual needs and consult with your doctor or dietitian for personalized guidance. By adhering to these

dietary recommendations and maintaining an active lifestyle, you can enhance your overall well-being while undergoing dialysis treatment.

*The guidelines in this brochure are intended as a general reference. For optimal results, each individual's diet should be customized based on their weight, lab results, and specific needs.*



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