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Meals on Wheels Recommended Nutrition Plan No Concentrated Sweets Diet with a choice of drinks one of the following: skimmed milk, skimmed milk, or calcium/vitamin D Orange Juice Diet Effects What is the purpose of a kidney dialysis diet? Promote better dialysis outcomes through a balanced nutrient diet. Over eating certain nutrients can lead to complications during dialysis such as high blood pressure, anemia, weak bones, and nerve damage. What is the diet made of? The kidney dialysis diet requires people to control their intake of sodium, potassium, phosphorus and fluids. Avoid eating meats high in protein, fruit and vegetables. What are the dietary guidelines for dialysis? It is not easy to have chronic kidney disease and diet changes, but it is important to keep your body healthy. It is recommended to avoid foods high in sodium, high in potassium and high in phosphorus. One serving of sodium should be medium or less than 300 milligrams. Try consuming fruits, fruit juices and vegetables with less than 150 mg of potassium. To be successful with a dialysis diet, doctors are concerned that patients know more about protein sources. Drinking too much protein can stress the kidneys, while eating not enough protein can make the patient weak, tired, and more likely to get the infection. Limiting protein products to 5 to 7 ounces per day is important for all patients. A 3-ounce serving of protein is about the size of a deck of cards. Limiting the fluid to the right amount that your doctor has recommended is essential for your health and kidney stability. Be sure to count the products that have water in them, so you don't exceed the recommended amount. How can I make my dialysis diet work with a meals on wheels Regular Diet Plan? Meals on Wheels provides breakfast and midday meals that supply the body with one-third of the recommended amount of nutrients, as guided by recommended dietary aids. The sodium content in dishes on average does not exceed 1000 mg, which complements the dialysis diet. Salt is not added during cooking, and salt-free foods, such as frozen vegetables rather than canned ones, are used as much as possible. Breakfast products will provide, on average, 966 mg of potassium. Consequently, patients on the dialysis diet should be careful not to consume foods like tomato juice, honey, cantaloupe, and orange juice in the morning. Meals on wheels will provide adequate nutrients in every meal, but patients should know that it is important to consume potassium, phosphorus, liquids and sodium in moderation from sources outside of the food provided by Meals on Wheels. Aside from my meals on wheels of food, what heart healthy food I can consume for snacks and my third meal a day? Sodium recommendations: Avoid salt canteens, TV dinners, canned or dried soups and delicacies Without adding salt: Beef fillet and flank, fresh ham, poultry, and fresh or frozen fish avoid salty snacks such as pretzels, chips and popcorn Watching on hidden sodium in restaurants and processed foods. Potassium recommendations: Avoid foods high in potassium such as oranges, orange juice, plum juice, banana, tomatoes, tomato juice, baked potatoes and nuts. Enjoy fruits such as cranberries, blueberries, apple sauce, grape juice, cranberry juice cocktail. Enjoy vegetables such as green beans, cabbage, cucumbers, lettuce, green bell peppers. Recommendations for phosphorus: Avoid foods high in phosphorus, such as cheese, yogurt, ice cream, pudding, dried peas. Follow your nutrition plan to know how much milk or dairy products to consume. Limit nuts, peanut butter, seeds, lentils, sardines and hot dogs. Fluid recommendations: Avoid caffeinated beverages such as soda, tea, coffee and alcoholic beverages as they have a dehydrating effect. Enjoy low-calorie drinks such as skim and skimmed milk in moderation. Keep in mind that fruits and vegetables contain a lot of water and will count into your fluid intake. Remember that soups and foods such as jelly and ice cream are liquid at room temperature and count on fluid intake. 2 Pumpkin pancakes topped with 1/4 cup walnuts, 2 tablespoons honey, and 1 banana chopped 8 ounces Skim (skimmed) Milk Lunch Pasta Salad (Elimination of cauliflower, used wholegrain paste, and use 1/2 olive oil.) topped with 4 ounces of tuna packed into water (plum) Fresh peach dinner Spicy chicken salad Wrap (3/4 cup spicy chicken salad, 3 sheets of chicken salad, 3 sheets of chicken salad Use 1/4 cup chicken salad per leaf) Citrus fruit salad (orange, kiwi, 1/4 cup chopped pineapple) 10 whole grain crackers (Analysis used Triscuits) Water Snack Blueberry Yogurt Parfait 8 ounces light vanilla yogurt, 1/2 cup blueberries, 2 tablespoons chopped almonds, 1/1 tsp chopped almonds 4 cups of granola (analysis based on skimmed Kellogg's granola) Water DAY 1 TARGETS Calories 2070 2000 Protein (% of total kcal) 16 18% kcal fat (%% of total kcal) 24 27% kcal carbohydrates (% of total kcal carbohydrates) 60 55% kcal fiber (gram) 24 27% kcal carbohydrates (% of total kcal carbohydrates) 60 55% kcal fiber (gram) 24 27% kcal carbohydrates (% of total kcal carbohydrates) 60 55% kcal fiber (gram) 34.6 ≥ 30 g magnesium (mg) 490 500 mg phosphorus (mg) 1750 (≥ 700 mg) Potassium (mg) 3949 4700 mg sodium (mg) 1236 ≤ 2300 mg saturated fat (% of total kcal) 3.5 6% kcal cholesterol (mg) 93 150 mg Day 2 Breakfast 2 Breakfast Sandwiches (Build each breakfast sandwich with 1 whole-grain English muffin toasted and split, 1 egg, 1 slice of reduced fat (2%) cheese, 1 slice of tomato) 8 ounces skimmed milk Tropical fruit salad (1 orange and 1 kiwi - peeled and Lunch 1 cup Snow Peas and Orzo Salad (Omit Chicken Recipe.) 3 ounces Roasted Pork Loin Wilted Garden Salad (1 cup baby spinach, 1/4 cup sun-dried tomatoes and 1 teaspoon lemon juice. Wilt salad lightly roasting.) Water Dinner Pasta Bolognese (1/2 cup whole wheat pasta, 3 ounces 97% lean fat beef (drain) and 1/3 cup Bolognese recipe without meat or rice noodles) Steamed garlic green beans (1/2 cup steamed 1/8 teaspoon garlic powder) Baked potatoes with butter and cheese (1 small baked potato, 1 tablespoon crushed skimmed cheddar cheese, 1 teaspoon unsoughted butter, 1 teaspoon unsalted butter, 1/8 teaspoon black pepper) Whole Grain Roll Water Snack Fresh Fruit Cup (1 banana and 1/2 cup strawberry chopped) Water DAY 2 Calories TARGETS 2044 2000 Protein (% of total kcal)21 1 8% kcal fat (% of total kcal) 24 27% kcal carbohydrates (% of total kcal) 55 55% kcal fiber (gram) 40.9 ≥ 30 g magnesium 513 500 mg of phosphorus (mg) 2027 (≥ 700 mg) Potassium (mg) 5073.1 4700 mg sodium (mg) 1534 ≤ 2300 mg saturated fat (% of total kcal) 7.1 6% kcal cholesterol (mg) 187 150 mg Day 3 Breakfast Breakfast Tacos (2 Breakfast tacos; each has 1 whole wheat tortilla, 2 egg whites, 1 slice of tomato, 1/8 avocado, and 1 tablespoon skimmed shredded cheddar cheese) 8 ounces skimmed milk 6 ounces freshly squeezed orange juice Fruit salad (1 peach and 1/2 cup strawberry sliced) Lunch fried garlic pizza with chicken, Mushrooms and olive oil (portion size 1/2 pizza; 1/6th of pizza recipe makes 1. Top of each pizza with 1 tablespoon olive oil, 1/2 cup chopped mushrooms, 1 cup cooked, diced chicken, 1/2 cup skimmed portion of skimmed mozzarella cheese. cut pizza into six slices and enjoy half of the pizza. Mediterranean Salad (1 cup spinach, 1/4 cup sliced cucumbers, 2 slices of tomato diced, 1 tablespoon low-fat balsamic vinaigrette [Analysis based on Newman's Own Balsamic Vinaigrette]) Water Dinner Ginger Roasted Chicken (1/2 cup) Served over Brown Rice (1/2 cup rice cooked with 1 pinch garlic powder and finished with 2 teaspoons olive oil) Roasted Asparagus (1/2 cup roasted with 1 pinch garlic powder and 1 teaspoon olive oil) Glazed Carrots (1/2 cup) Water Snack Yogurt parfait (8 ounces light vanilla yogurt, 1 sliced banana, 2 tablespoons sliced almonds, 1/4 cup granola (Analysis based on Kellogg's low-fat granola) Water DAY 3 TARGETS Calories 2171 2,000 Protein (% of total kcal) 19 18% of kcal Fat (% of total kcal) 30 27% of kcal Carbohydrates (% of total kcal) 51 55% of kcal Fiber (grams) 28 ≥ 30 g Magnesium (mg) 455 500 mg Phosphorus (mg) 1916 (≥ 700 mg) Potassium (mg) 4373.3 4,700 mg Sodium (mg) 2175 ≤ 2,300 mg Saturated Fat (% of total Kcal) 8.1 6% kcal cholesterol (mg) 182 150 mg Author Denon Stacy, MS, RD, CSP, LD What you eat and drink affects your health. Staying on a healthy weight and eating a balanced diet that is low in salt and fat can help you control your blood pressure. If you have diabetes, you can help control your level in the blood, carefully choosing what you eat and drink. Controlling high blood pressure and diabetes may help prevent kidney disease it's getting worse. A kidney-friendly diet can also help protect your kidneys from further damage. The kidney diet limits certain foods to prevent the minerals in these foods from building up in your body. Back to the top With all meal plans, including kidney-friendly diets, you should keep track of how many certain nutrients you take, for example: Calories of Protein Fat Carbohydrates to make sure you are getting the right amount of these nutrients you need to eat and drink the right portion sizes. All the information you need to track your consumption on the Nutrition Facts label. Use the nutrition facts section on food labels to learn more about what's in the foods you eat. The nutritional facts under will tell you how much protein, carbohydrates, fats and sodium in each serving of food. This can help you choose foods high in the nutrients you need and are low in nutrients that you should limit. When you look at nutrition facts, there are several key areas that will give you the information you need: Calories your body gets energy from the calories you eat and drink. Calories come from protein, carbohydrates and fats in your diet. How many calories you need depends on your age, gender, body size and activity level. You may also have to adjust how many calories you eat based on your weight goals. Some people will need to limit the calories they eat. Others may need more calories. Your doctor or nutritionist can help you figure out how many calories you should have each day. Work with a nutritionist to make a nutrition plan that will help you get the right number of calories, and keep in touch for support. Protein protein is one of the building blocks of your body. Your body needs protein to grow, heal and stay healthy. Having too little protein can cause your skin, hair and nails to be weak. But too much protein can also be a problem. To stay healthy and help you feel better, you may need to adjust how much protein you eat. The amount of protein you should have depends on your body size, activity level and health problems. Some doctors recommend that people with kidney disease limit the protein or change their protein source. This is because a diet with a very high protein content can make the kidneys work harder and can cause more damage. Ask your doctor or nutritionist how much protein you should have and what are the best sources of protein for you. Use the table below to find out which foods are low or high in protein. Keep in mind that just because the food is low in protein, it is not healthy to eat an unlimited amount. Low Protein: Bread Fruits Vegetables Pasta and Rice High-Protein Foods: Red Meat Bird Fish Eggs Carbohydrates (Carbohydrates) are the easiest kind of energy for your body to use. Healthy sources of carbohydrates include fruits and vegetables. Unhealthy sources of carbohydrates include sugar, honey, honey, cane, soft drinks and other sugary drinks. Some carbohydrates are high in potassium and phosphorus that you may need to limit depending on the stage of kidney disease. We'll talk about this in more detail later. You may also have to keep a close eye on carbohydrates if you have diabetes. Your nutritionist can help you learn more about carbohydrates in your diet plan and how they affect your blood sugar levels. Fat you need some fat in your meal plan to stay healthy. Fat gives you energy and helps you use some vitamins in your food. But too much fat can lead to weight gain and heart disease. Try to limit the fat in your meal plan, and choose healthy fats when you can. Healthy fat or good fat is called unsaturated fat. Examples of unsaturated fats include: Olive Oil Peanut Butter Corn Oil Unsaturated Fats Can Help Lower Cholesterol. If you need to gain weight, try to eat more unsaturated fats. If you need to lose weight, limit the unsaturated fats in your diet plan. As always, moderation is the key. Too much good fat can also cause problems. Saturated fat, also known as bad fat, can raise cholesterol and increase the risk of cardiovascular disease. Examples of saturated fats include: Butter Lard Reducing Meats Limit Them in Your Meal Plan. Choose healthier, unsaturated fats instead. Trimming fat from meat and removing skin from chicken or turkey can also help limit saturated fat. You should also avoid trans fats. This type of fat makes your bad (LDL) cholesterol higher and your good (HDL) cholesterol lower. When this happens, you will most likely get heart disease that can cause kidney damage. Sodium sodium (salt) is a mineral found in almost all foods. Too much sodium can make you thirsty, which can lead to swelling and raise blood pressure. This can damage your kidneys more and make your heart work harder. One of the best things you can do is to stay healthy to limit how much sodium you eat. To limit sodium in your nutrition plan: Don't add salt to your food when cooking or eating. Try cooking with fresh herbs, lemon juice or other salted spices. Choose fresh or frozen vegetables instead of canned vegetables. If you use canned vegetables, drain and rinse them to remove extra salt before cooking or eating them. Avoid processed meats like ham, bacon, sausage and lunch meat. Munch on fresh fruits and vegetables, not crackers or other salty snacks. Avoid canned soups and frozen dinners high in sodium. Avoid pickles such as olives and pickles. Limit seasonings high in sodium such as soy sauce, barbecue sauce and ketchup. Important! Be careful with salt substitutes and reduced sodium products. Many salt substitutes are high in potassium. Too much potassium can be dangerous if you have kidney disease. Work with a nutritionist to find foods that are low in sodium and Portions: Choosing healthy food is a great start, but eating too much nothing, even healthy food, can be a challenge. Another part of a healthy diet is part of the control, or watching how much you eat. To help control your portions: Check the food facts label on food to find out the portion size and how much each nutrient is in one serving. Many packages have more than one serving. For example, a 20-ounce bottle of soda is really a two and a half serving. Many fresh foods, such as fruits and vegetables, do not come with food facts labels. Ask your nutritionist for a list of nutrition facts for fresh foods and tips on how to measure the right portions. Eat slowly, and stop eating when you're not hungry anymore. It will take about 20 minutes for your stomach to tell your brain that you are full. If you eat too fast, you can eat more than you need. Avoid eating by doing something else, such as watching TV or driving a car. When you get distracted you can't understand how much you've eaten. Don't eat directly from the package the food is in. Instead, took out one serving of food and put the bag or box away. Good portion control is an important part of any meal plan. This is even more important in a renal friendly nutrition plan because you may need to limit how many certain things you eat and drink. Go back to the beginning When your kidneys don't work as well as they should, waste and fluid build up in your body. Over time, waste and additional fluid can cause heart, bone and other health problems. A kidney-friendly diet limits the amount of certain minerals and fluids you eat and drink. This can help keep waste and fluid from creating and causing problems. How strict your nutrition plan should be depends on the stage of kidney disease. In the early stages of kidney disease, you may have little or no restrictions on what you eat and drink. As your kidney disease worsens, your doctor may recommend you limit: Potassium potassium phosphorus phosphorus is a mineral found in almost all foods. Your body needs potassium to make your muscles work, but too much potassium can be dangerous. When your kidneys don't work well, your potassium levels may be too high or too low. Having too much or too little potassium can cause muscle cramps, problems with the way your heart beats and muscle weakness. If you have kidney disease, you may need to limit how much potassium you take in. Use the list below to find out which foods are low or high in potassium. Your nutritionist can help you learn how to safely eat a small number of your favorite foods that are high in potassium. Eat it... (low-potassium products) Apples, cranberries, grapes, pineapples and strawberries cauliflower, onion, pepper, radish, summer squash, Pita salad, tortillas and white bread Beef and chicken, white white Instead of ... (foods high in potassium) Avocados, melons, oranges, prunes and raisins, winter courgettes, bananas, spinach, potatoes and tomatoes Bran products and granola beans (baked, black, pinto, etc.), brown or wild rice Your doctor may also tell you to take a special medicine called potassium binder to help your body. Learn more about high potassium and its processing here phosphorus is a mineral found in almost all foods. It works with calcium and vitamin D to keep your bones healthy. Healthy kidneys keep the right amount of phosphorus in your body. When your kidneys don't work well, phosphorus can build up in your blood. Too much phosphorus in the blood can lead to weak bones that break easily. Many people with kidney disease need to limit phosphorus. Ask your nutritionist if you need to limit phosphorus. Depending on the stage of kidney disease, your doctor may also prescribe a drug called phosphate binder. This helps to keep the phosphorus from being created in the blood. A phosphate binder may be beneficial, but you should still watch how much phosphorus you eat. Ask your doctor if the phosphate binder is right for you. Use the list below to get some ideas on how to make healthy choices if you need to limit phosphorus. Eat it... (foods low in phosphorus) Italian, French or sourdough corn bread or rice cereal and cream wheat Uneatable popcorn Some light fizzy drinks and lemonade instead ... (Foods high in phosphorus) Whole grain bread Bran cereals and oat nuts and sunflower seeds dark-colored cola liquid you need water to live, but when you have kidney disease, you may not need as much. This is because the damaged kidneys do not get rid of the extra fluid as well as they should. Too much fluid in the body can be dangerous. It can cause high blood pressure, swelling and heart failure. Extra fluid can also build up around the lungs and make it difficult to breathe. Depending on the stage of kidney disease and your treatment, your doctor may tell you to limit the fluid. If your doctor tells you this, you will need to cut down on how much you drink. You may also have to cut back on some foods that contain a lot of water. Soups or foods that melt, like ice, ice cream and gelatin, have plenty of water. Many fruits and vegetables are high in water, too. Ask your doctor or nutritionist if you need to limit fluids. If you need to limit fluids, measure your fluids and drink from small cups to help you keep track of how much you should have been drinking. Limit sodium to help Thirst. At times, you can still feel thirsty. To help quench your thirst, you can try: Chew gum rinse your mouth suck on a piece of ice, mint or hard candy (Remember to choose sugar-free candy if you have diabetes.) Back to the top of the Vitamins After Kidney Friendly Meal Plan can make it difficult for you to you Get all the vitamins and minerals you need. To help you get the right amount of vitamins and minerals, your nutritionist can offer a special supplement for people with kidney disease. Your doctor or nutritionist may also offer a special type of vitamin D, folic acid or iron pills to help prevent some common side effects of kidney disease such as bone disease and anemia. Regular multivitamins may not be healthy for you if you have kidney disease. They may have too many of some vitamins and lack others. Your doctor or nutritionist can help you find vitamins that are the same as for you. Important! Tell your doctor and nutritionist about any vitamins, supplements or unrevolutionary medications you are taking. Some may cause more damage to the kidneys or cause other health problems. After a kidney friendly diet plan with diabetes if you have diabetes, you should control your blood sugar levels to prevent more kidney damage. Your doctor and nutritionist can help you create a nutrition plan that will help you control your blood sugar levels as well as limiting sodium, phosphorus, potassium and fluids. A diabetes educator can also help you learn how to control your blood sugar. Ask your doctor to refer you to a diabetes educator in your area. The list of diabetes educators is available from the American Association of Diabetes Educators on www.diabeteseducator.org or 1.800.338.3633. Medicare and many private insurance policies can help pay for meetings with a diabetes educator. Back to the beginning in the kitchen buds, you can take a deep dive into what each nutrient means for people with kidney disease, and how many of these nutrients common foods contain. Find out what a healthy diet means for people at all stages of kidney disease, including on dialysis or those living with a kidney transplant. Find recipes in the kitchen buds. Back to the beginning Learn more about managing phosphorus in real-world situations such as shopping at the grocery store or eating at a restaurant. Watch these videos. Return to the top renal diet menu plan pdf. renal diet menu planner. sample renal diet menu plan. diabetic renal diet menu plan. renal diet plan menu australia

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