



HOW SHOULD I CHANGE MY DIET ON DIALYSIS?



WHY SHOULD I CHANGE MY DIET?

It is important to adjust your eating habits while on dialysis because dialysis only replaces about 10–15% of the function of a healthy kidney. Waste builds up between dialysis treatments which can lead to heart, bone, and other health issues. Therefore, it is important to do what you can to decrease waste build up

LIMIT SODIUM

With damaged kidneys, your body will not be removing as much sodium as it should. High levels of sodium in the body leads to fluid retention which makes the heart and kidneys work harder and can lead to high blood pressure.



INCREASE PROTEIN

Protein helps your veins and arteries transport nutrients to the rest of your body. While on dialysis, your body will require higher levels of protein because dialysis removes some of the protein in your blood.



LIMIT PHOSPHORUS

Phosphorus helps your body build bones and teeth, gives energy, and makes part of your DNA. Some foods with phosphorus are lunch meats, hotdogs, and fast food. Too much phosphorus can make your bones brittle, raise blood pressure, cause calcium deposits in veins and organs and cause painful sores on your skin.



LIMIT POTASSIUM

Damaged kidneys allow potassium to build up in your body. Potassium helps your muscles expand and contract. It also helps your heart beat, but having too much potassium can lead to a heart attack.



LIMIT FLUIDS

While on dialysis, you will urinate less or not at all. Therefore, fluids will build up between dialysis appointments. It is important to reduce fluid intake because fluid retention can lead to swelling, trouble breathing, high blood pressure, lung infections, decreased blood proteins, and heart failure.

