

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 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

✓ To preserve existing kidney function and delay the progression of kidney disease, which will ultimately require dialysis or transplant.

# 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 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 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>• Brinjal / Eggplant</li> </ul>	<ul style="list-style-type: none"> <li>• Napa cabbage / Wombok</li> <li>• Fresh/ dried mushroom</li> <li>• Most leafy and root vegetables</li> </ul>



## PHOSPHATE

- Limit phosphate intake only if your blood phosphate levels are high.
- Limit 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 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

- 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 potassium and/or phosphate intake only if your blood potassium and/or phosphate levels are high.
- Limit 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.