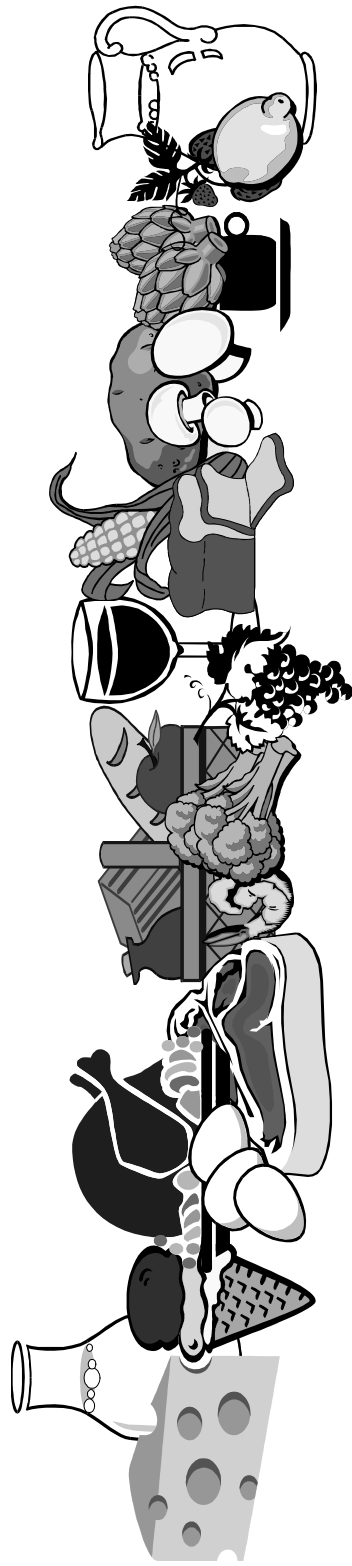


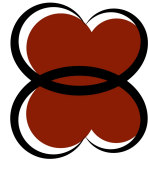
THE RENAL EXCHANGE WORKBOOK



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Northeast
Kidney
Foundation®

NAME _____

DATE _____

YOUR MEAL PLAN

_____ GM PROTEIN _____ MG SODIUM

_____ MG POTASSIUM _____ FLUID OUNCES

_____ CUPS

DR. _____

_____ CALORIES _____ MG PHOSPHORUS

_____ ML

DAILY FOOD CHOICES	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK
DAIRY						
MEAT						
STARCH						
VEGETABLES						
FRUIT						
FATS						
SWEETS						
MISC.						

SAMPLE MENU

BREAKFAST

____ Milk
____ Egg, Scrambled
____ Oatmeal ____ Toast
____ Cranberry Juice
____ Margarine
____ Sugar or Substitute
____ Jelly or Diet
____ Coffee / Tea

MORNING SNACK:

LUNCH

____ Milk
____ Sliced Turkey
____ Bread
____ Coleslaw
____ Applesauce
____ Mayonnaise
____ Sugar or Substitute
____ Lemonade

AFTERNOON SNACK:

DINNER

____ Milk
____ Meatloaf
____ Mashed Potato
____ Roll
____ Dessert
____ Carrots
____ Pears
____ Margarine
____ Sugar or Substitute
____ Coffee / Tea

EVENING SNACK:

WHY A DIET?

Healthy kidneys are able to control fluids and chemicals in the body. They remove waste products and excess fluid that would be harmful if allowed to build up. Kidneys also produce certain substances in your body which control blood pressure, help produce red blood cells and keep your bones strong.

When kidneys fail, this healthy balance is impaired. Waste products, excess chemicals, and fluids begin to accumulate in the blood stream resulting in a variety of symptoms including fatigue, decreased appetite, weight loss, or just feeling poorly.

When kidney function falls below a certain level, the only way to remove these products is through dialysis. Healthy kidneys remove waste products 168 hours per week, whereas hemodialysis removes waste products for only 10-20 hours per week. When you are not being dialyzed, harmful substances and fluids are accumulating in your blood. When you regulate your intake of certain foods, this accumulation of poisons can be controlled.

It is important to remember that, while you need to restrict or limit certain foods in your diet, you do need to consume adequate calories, proteins, vitamins, and other nutrients to meet your needs. Your dietitian will help you do this. You may also be asked to take supplements of vitamins and minerals to ensure adequate intake.

This booklet will help to answer many questions you may have regarding your diet. Following the diet and taking your prescribed medications will help you feel better. The dietitian will work closely with you to help you accomplish this, but responsibility for your nutritional well being belongs to YOU.

This booklet was originally created in 1984 by members of the Capital District Council on Renal Nutrition: Patti Demi, R.D., Marie Farrell, R.D., Kathy Goodwin, R.D., and Alice Slingerland, M.S.R.D. The 1994 revision by members of the Hudson Valley Council on Renal Nutrition: Alice Slingerland, M.S.R.D., Judy Hutson, R.D., Susan Kovy, M.S.R.D., Kathy Hanley, M.S.R.D., Mary Noonan, M.S.R.D., and Marie Walla Farrell, R.D., was a continued effort to meet the need for coordinated diet information between area hospitals and the development of educational tools for those on dialysis.

This booklet has undergone several revisions to ensure that dialysis patients continue to receive the most current information regarding their nutritional care. The National Kidney Foundation of Northeast New York continues to support this project with the assistance of regional dietitians: Lori Benevento, RD, Reddy Chappidi, MS, RD; Marie Walla Farrell, RD, CSR; Kathy Hanley, MS, RD; Judy Hutson, RD, CSR; Susan Kovy, MS, RD; Stephanie Leap, RD; Marge Magness, RD, CSR; Linda Shearer, RD; and Alice Slingerland, MS, RD, Anne Reppen, RD; Amy Fensterer, RD; Pegg Ghanime, RD.

MEAT CHOICE LIST

CHOICES PER DAY

	PROTEIN	SODIUM	POTASSIUM	PHOSPHORUS	CALORIES
ONE CHOICE PROVIDES:	7 gm	35 mg	100 mg	85 mg	75

LOW SODIUM CHOICES

Beef, Lamb, Pork (fresh), Veal, Wild Game
Chicken, Turkey
Fresh Fish
*Salmon, Tuna
Scallops, Shrimp, Crab, Lobster (all fresh)
Cheese: Swiss, Mozzarella, or low sodium
Egg or Egg Substitute
Soybean Product – Tofu, Tempeh
Peanut Butter, no salt added

AMOUNT

1 ounce
1 ounce
1 ounce
1 ounce or 1/4 cup
1 ounce
1 ounce
1 ounce or 1/4 cup
1/4 cup
1/4 cup

Avoid all regular canned, smoked, processed or salted meat or fish such as sausage, bologna, ham, corned beef and hot dogs

Avoid all meat or fish in brine

Avoid Soybeans, Miso & Natto

**Both water-packed and oil-packed tuna or salmon should be rinsed under cold water for one minute to remove 75% of the sodium content*

MEAT CHOICES – LOW SODIUM

MEAT CHOICE LIST

	PROTEIN	SODIUM	POTASSIUM	PHOSPHORUS	CALORIES
ONE CHOICE PROVIDES:	7 gm	200 mg	100 mg	100 mg	100

HIGH SODIUM CHOICES

	AMOUNT	
Cheese (Cheddar, Muenster)	1 ounce	<i>Limit High Sodium Choices to</i>
Cottage Cheese	1/4 cup	
Parmesan Cheese	3 Tablespoons	<i>as determined by your dietitian</i>
Clams, Oysters	3 Medium	
Sardines	2	<i>Avoid processed cheese foods and American Cheese. Avoid processed low sodium meats and cheeses containing potassium additives</i>
Peanut Butter	2 Tablespoons	
Veggie Burgers	1 burger	
Sodium Reduced Luncheon Meats	1 ounce	

MEAT CHOICES – HIGH SODIUM

STARCH CHOICE LIST

CHOICES PER DAY _____

ONE CHOICE PROVIDES:	PROTEIN 2 gm	SODIUM 150 mg	POTASSIUM 40 mg	PHOSPHORUS 40 mg	CALORIES 70 - 100
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BREAD - CRACKERS

	<u>AMOUNT</u>	
Bread, any variety	1 slice	
Crackers		
Unsalted tops	6 squares	<i>Avoid salted crackers and chips</i>
Graham	3 squares	
Wheat Thins, low salt	8 squares	
* Danish Pastry 1 (4 inch)	1	<i>Avoid products containing low sodium baking powder</i>
* Donut (cake type)	1/2	<i>*Diabetics should consider the</i>
English Muffin, Bagel	1/2	<i>carbohydrate count</i>
Hamburger Roll, Hard Roll	1 (3-inch diameter)	
Dinner Roll or Muffin	1 square	
Matzo	1	
Pancake, Waffle	1	
Rice Cakes	2	
Tortilla, corn or flour, Pita	1 (6-inch diameter)	

STARCH CHOICES – BREADS, CRACKERS

STARCH CHOICE LIST

CEREALS

Bran Flakes	1/2 cup	Avoid all-bran cereals, and cereals containing dried fruits and nuts
Cheerios	1 cup	
Corn Flakes / *Frosted Flakes	1 cup	
*Frosted Mini – Wheat	1 cup	
Puffed Wheat or Rice	1 cup	
Rice Krispies	1 cup	
Shredded Wheat	1 Biscuit	
*Sugar Smacks	1/2 cup	
Cream of Rice or Wheat	1/2 cup	
Farina	1/2 cup	
Grits	1/2 cup	
Oatmeal	1/2 cup	

***Diabetics should consider the carbohydrate count**

STARCH CHOICES – CEREALS

STARCH CHOICE LIST

GRAINS

Barley, Pearl, Cooked
Macaroni, Egg Noodles, Spaghetti
Rice, Risotto, Couscous, Cellophane Noodles

AMOUNT

¼ cup
½ cup
½ cup

Avoid instant or quick-cooking rice and macaroni products

OTHER

*Angel Food, Sponge Cake
*Cake (not chocolate)
*Cookies, Shortbread, Gingersnaps, Sugarwafers
Flour
*Fruit Pie, Lemon Meringue, Key Lime
Popcorn (unsalted)
Pretzels (unsalted)
Vanilla Wafers

2 inch
2 inch
6
2 Tablespoons
1/8 of 9" pie
2 cups
5 thin twists/10 thin sticks
6

**Diabetics should consider the carbohydrate count*

STARCH CHOICES – GRAINS OR SUBSTITUTE

VEGETABLE CHOICE LIST

CHOICES PER DAY

ONE CHOICE PROVIDES:	PROTEIN 1.5 gm	SODIUM 10 mg	POTASSIUM 50 – 200 mg	PHOSPHORUS 40 mg	CALORIES 25
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LOW POTASSIUM CHOICES

LOW POTASSIUM CHOICES

AMOUNT

	<u>AMOUNT</u>	<u>LOW POTASSIUM CHOICES</u>	<u>AMOUNT</u>
Asparagus	4 spears or 1/2 cup	Endive, Escarole	10 leaves
Beans, green or wax	1/2 cup	Greens (Mustard, Dandelion, Turnip)	1/2 cup
Bean Sprouts	1/2 cup	Jicama (Yam Bean), boiled	1/2 Cup
Broccoli	1/2 cup	Leeks	1/2 cup
Cabbage, red or green	1/2 cup	Lettuce, Arugula, Radicchio	1 cup
Carrots	1/2 cup	Mushrooms	5 small or 1/4 cup
Cauliflower	1/2 cup	Onions	1/2 cup raw
Celery	2 (5inch) stalks	Peas	1/2 cup
Chayote, boiled	1/2 Cup	Peppers	1/2 cup raw
Chili/Jalepeno Pepper	1	Radishes	5 small
Coleslaw	1/2 cup	Summer squash, zucchini	1/2 cup
Corn	1/2 cup or 1 small ear	Tomatillo	1 medium raw
Cucumber	1/2 cup	Turnips	1/2 cup
Eggplant	1/2 cup	Water Chestnuts	1/2 Cup

Use only fresh, frozen or low sodium canned vegetables

VEGETABLE CHOICES - LOW POTASSIUM

VEGETABLE CHOICE LIST

ONE CHOICE PROVIDES:	PROTEIN 1.5 gm	SODIUM 10 mg	POTASSIUM 200-300 mg	PHOSPHORUS 40 mg	CALORIES 25
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HIGH POTASSIUM CHOICES

	<u>AMOUNT</u>
Artichokes	1 small
Avocado	1/4 whole
Beets	1/2 cup
Beet Greens	1/2 cup
Brussels Sprouts	6 medium
Chard, Swiss	1/2 cup
Collard Greens	1/2 cup
French-Fries	5 strips
Kohlrabi	1/2 cup
Okra	1/2 cup

HIGH POTASSIUM CHOICES

Parsnips	1/2 cup
**Potato, boiled (white or sweet)	1/2 cup
Pumpkin	1/2 cup
Rutabagas	1/2 cup
Spinach	1/2 cup
Squash, winter	1/2 cup
Tomato, raw	1 small
Tomato Sauce or Juice (unsalted)	1/2 cup
V-8 Juice (unsalted)	1/2 cup

Limit high potassium choices to _____ per _____.

Avoid baked potatoes. Use only fresh, frozen or low sodium canned vegetables. Avoid dried peas & beans, lentils & lima beans.

****POTASSIUM = 300MG**

NOTE: TO REDUCE POTASSIUM CONTENT OF POTATOES...

1. Peel & cut potatoes in small pieces (1/8").
2. Soak pieces in cold water for several hours, or overnight
3. Drain. Rinse. Drain. Then proceed with cooking.

VEGETABLE CHOICES – HIGH POTASSIUM

FRUIT CHOICE LIST *NOTE: DIABETICS SHOULD USE SUGAR FREE OR FRESH FRUIT **CHOICES PER DAY**

	PROTEIN	SODIUM	POTASSIUM	PHOSPHORUS	CALORIES
ONE CHOICE PROVIDES:	.5 gm	0 mg	15 – 200 mg	20 mg	40

LOW POTASSIUM CHOICES

LOW POTASSIUM CHOICES

AMOUNT

Apple	1 med. (3" dia)	Mandarin Oranges	½ cup
Apple Juice	½ cup	Nectars	½ cup
Applesauce	1 cup	Peach, fresh	1 medium
Apricots, canned	4 halves	Peach, canned	2 halves
Blackberries	½ cup	Pears, canned	2 halves
Blueberries, Logan berries	½ cup	Pears, fresh	1 medium
Cherries	10	Pineapple	½ cup
Clementines, Tangelos	1	Pineapple Juice	½ cup
Fruit Roll Ups	2 rolls	Plums, fresh	1
Grapefruit	½	Raspberries	½ cup
Grapefruit Juice	½ cup	Rhubarb	½ cup cooked
Grapes	1 cup (15 grapes)	Strawberries	½ cup
Grape Juice	½ cup	Tangerine	1
Lemon/Lime, fresh	1	Watermelon	1 cup
Lychees, canned (no dried)	10		

FRUIT CHOICES – LOW POTASSIUM

FRUIT CHOICE LIST

	PROTEIN	SODIUM	POTASSIUM	PHOSPHORUS	CALORIES
ONE CHOICE PROVIDES:	.5 gm	0 mg	200 - 300mg	20 mg	40

HIGH POTASSIUM CHOICES

	AMOUNT
Apricots, fresh	2 whole
Apricots, dried	4 halves
Banana	4 inch piece
Cantaloupe	1/8 melon or 1/2 cup
Dates	3 whole
Figs	2
Honeydew	1/8 melon or 1/2 cup
Kiwi	1 medium

HIGH POTASSIUM CHOICES

	AMOUNT
Mango	1/2 cup
Nectarine	1 medium
Orange	1 medium
Orange Juice	1/2 cup
Papaya	1/2 cup
Plantain	1/4 cup (cooked)
Pomegranate	1 medium
Prunes, dried	3
Prune Juice	1/3 cup
Raisins	2 Tablespoons

*** NO STAR FRUIT – can be harmful**

Limit High Potassium choices to _____ per _____ as determined by your dietitian.

REMEMBER: ALL DRIED FRUITS ARE HIGH IN POTASSIUM.

FRUIT CHOICES – HIGH POTASSIUM

FAT CHOICE LIST

CHOICES PER DAY

ONE CHOICE PROVIDES: **PROTEIN** **SODIUM** **POTASSIUM** **PHOSPHORUS** **CALORIES**
TRACE 50 mg 5 mg 5 mg 45

CHOICES

AMOUNT

- ** Butter 1 teaspoon
- ** Margarine 1 teaspoon
- Margarine, diet 2 teaspoons
- ** Mayonnaise 1 teaspoon
- Mayonnaise, diet 1 Tablespoon
- ** French Dressing 1 Tablespoon
- ** Italian Dressing 1 Tablespoon
- Heavy Cream 1 Tablespoon
- Vegetable shortening 1 teaspoon
- Corn / Safflower Oil 1 teaspoon
- Olive / Peanut / Canola Oil 1 teaspoon
- Sour Cream 1 Tablespoon
- Liquid Coffee Cream Substitute 1 Tablespoon
- Powdered Coffee Cream Substitute 2 teaspoons
- Non - Dairy Whipped Topping 4 Tablespoons
- Cream Cheese 1 Tablespoon

**** Available regular or unsalted**

Vegetable fats (margarine, mayonnaise, oils) are recommended as fat choices

may have 2 slices of bacon per week

FAT CHOICES

SWEETS CHOICE LIST

CHOICES PER DAY

***NOTE: DIABETICS SHOULD CONSIDER THE CARBOHYDRATE COUNT OR USE THOSE ITEMS AVAILABLE IN SUGAR FREE FORM**

ONE CHOICE PROVIDES:	PROTEIN	SODIUM	POTASSIUM	PHOSPHORUS	CALORIES
	TRACE	10 mg	10 mg	0 mg	60

<u>CHOICES</u>	<u>AMOUNT</u>	<u>MISCELLANEOUS CHOICES</u>	<u>AMOUNT</u>
Sugar Substitute	1 Teaspoon	Carbonated Beverages	Limited by fluid allowance
Candy Corn	12	Coffee (regular or decaf)	Limited by fluid allowance
Corn Syrup	1 Tablespoon	Cranberry Juice	Limited by fluid allowance
Cranberry Sauce	2 Tablespoons	Fruit Ice	Limited by fluid allowance
Granulated/Brown Sugar	1 Tablespoon	Juice Bars	Limited by fluid allowance
Gumdrops	10	Kool-Aid, Tang, Crystal Light	Limited by fluid allowance
Hard Candies	3	Lemonade, Limeade	Limited by fluid allowance
Honey	1 Tablespoon	Popsicle	Limited by fluid allowance
Jams / Preserves	1 Tablespoon	Postum	Limited by fluid allowance
Jelly	1 Tablespoon	Sorbet	Limited by fluid allowance
Jelly Beans	6	Sherbet	Limited by fluid allowance
Life Savers	8	Sunny Delight	Limited by fluid allowance
Lollipop	1 medium	Tea	Limited by fluid allowance
Maple Syrup	1 Tablespoon		
Marshmallows	2 large		
Mint (un-coated round)	1 mint		
Pillow mints	2 mints		

***Avoid chocolates, candies with nuts
coconut, dried fruits, and molasses***

SWEET / MISCELLANEOUS CHOICES

**YOUR FLUIDS SHOULD BE LIMITED TO _____ OUNCES A DAY (_____ CC'S)
(_____ CUPS)**

THE FOLLOWING FOODS ARE CONSIDERED FLUIDS AND WILL NEED TO BE MEASURED

Carbonated Beverages	Coffee	Ice Cream
Prepared Gelatin	Soup	Tea
Milk	Sherbet	Juice
		Ice Cubes
		Water

FLUIDS ARE USUALLY MEASURED IN CUBIC CENTIMETERS (CC) OR OUNCES (OZ) =

One fluid ounce (oz) = 30 cubic centimeters (cc)

(1/2 cup) = 4 ounces = 120 cc fluid

(3/4 cup) = 6 ounces = 180 cc fluid

(1 cup) = 8 ounces = 240 cc fluid

**DIABETICS SHOULD CONSIDER THE
CARBOHYDRATE COUNT OR USE
THE SUGAR FREE FORM**

**DAILY FLUID INTAKE SHOULD
EQUAL _____ PLUS
VOLUME OF 24 HOUR
URINE OUTPUT****

HELPFUL HINTS FOR FLUID CONTROL

- **If you limit your sodium intake, you will have less thirst.**
- **Use sour hard candies and chewing gum to moisten mouth.**
- **Rinse your mouth with water (but don't swallow it) or use an oral moisturizer like Oral Balance.**
- **Try sliced lemon wedges to stimulate saliva and moisten a "dry" mouth.**
- **Water, lemonade or cranberry juice can be frozen into small individual popsicles in an ice cube tray.**
- **Use only small size cups and glasses for fluids to prevent excessive intake.**
- **Take medications with meal – time liquids**
- **Be advised that a pint (two cups) of retained fluid will equal one pound of fluid weight gain.**

FLUID CONTROL

DO NOT USE SALT OR SALT SUBSTITUTES!

Herbs and Spices can be used to add new and exciting flavors to food without the use of salt. Herbs and spices should enhance, not overpower, the flavor of food. Flavor differs with each spice, so begin sparingly. You may also use: Pepper, flavoring extracts, powdered mustard, low sodium mustard, low sodium ketchup, fresh horseradish, vinegar, lemon juice, basil, oregano, garlic and onion powders, parsley, ginger, chili powder, red pepper.

Many commercial seasoning products are available that are low in sodium and potassium. Try:

Mrs. Dash – any variety, or marinades

McCormick Salt-free seasonings

The following seasonings may be used up to ¼ teaspoon per day because they contain some sodium:

Molly McButter, light sodium butter

Butter Buds

Remember to use only seasonings that do not have salt, sodium or potassium added.

READ LABELS CAREFULLY!

SEASONINGS & FLAVORINGS

PROTEIN

It is important to eat enough protein to prevent muscle breakdown and fight infection. Studies have shown that dialysis patients with an adequate protein intake lower their risk of illness and death. There are high and low quality proteins. A large portion of the protein you eat should come from high quality proteins.

HIGH QUALITY PROTEINS – are found in animal products (i.e., egg, meat, fish, poultry). These contain the proper nutrients to build and repair body tissue efficiently and fight infection.

LOW QUALITY PROTEINS - are found in plant products (grains, vegetables and fruits). See your dietitian for appropriate amounts.

SODIUM

When kidneys do not work well, sodium builds up in the body and causes fluid (water) to be kept in the body tissues. This can cause higher blood pressure or congestive heart failure. At times, edema (swelling of hands, feet or face) may occur. Sodium also makes you thirsty. The amount of sodium in your diet needs to be limited for these reasons. Most patients on hemodialysis need to keep their sodium intake within 2000 mg / day.

Sodium is found in many foods naturally. Processed foods usually contain higher quantities of sodium. This includes fast foods and take-out foods. It is important for you to read labels to be certain of sodium content. Some foods that are high in sodium can be fit into your meal plan with careful planning. Salt used at the table or in cooking generally contributes the greatest amount of sodium and needs to be eliminated from your diet. You can add flavor to your foods with many other seasonings.

DIETARY COMPONENTS

POTASSIUM

Potassium builds up in the body when kidneys no longer work well. Too much potassium can be serious, and may cause problems with your heart. Excess potassium can build up quickly without obvious signs or symptoms. Therefore, it is important that the amount of potassium be limited in your diet.

Potassium is found in almost every food. You can limit the amount of potassium in your diet by making good selections and eating correct portions. Salt substitutes contain large amounts of potassium and should not be used at all. Be careful of low sodium products that use potassium chloride (salt substitute) in their ingredients. Unlike sodium, manufacturers are not required to put the amount of potassium on the food label. Therefore, it is important for you to know the foods that are high in potassium.

Since potassium dissolves in water, you can reduce the potassium content of certain foods by soaking them in large amounts of water, and then draining off water. (Refer to the High Potassium Vegetable List.)

PHOSPHORUS

Phosphorus works with calcium to build and maintain bones. Phosphorus can build up in your blood when kidneys do not work well. When this happens, calcium is lost from the bone, making bones soft and fragile. Deposits of combined calcium and phosphorus (“bone”) can occur in soft tissues such as your blood vessels, lungs, and skin and make you feel itchy. Itching can be a sign of high blood phosphorus level.

Phosphorus needs to be limited in your diet. However, this alone is usually not enough to keep calcium from being pulled from your bones. Certain medications, called phosphorus binders (several types are available) may be prescribed. These work to bind with the phosphorus from your food in the digestive tract so that it does not enter the blood stream. It is very important to take phosphorus binders with your meals and snacks.

DIETARY COMPONENTS

FLUIDS

Water is very important to the human body. However, when your kidneys no longer work properly, you have lost a major way of ridding your body of fluid. Other routes of fluid loss include perspiration, breathing (exhaling) and stool which amounts to approximately 500cc's or 16 ounces.

Drinking fluids in excess can cause serious problems including difficulty breathing, edema (swelling of hands, feet or face) and place an added stress on the heart and lungs. Please refer to Fluid Control section for more information.

CALORIES

Calories are important in your diet because you need to eat enough calories each day to prevent your body from breaking down tissue to supply energy. Muscle tissues will break down and the body weight will decrease if not enough calories are consumed. Fats and sweets are good sources of calories. If you are a diabetic, fats are recommended as the source for extra calories.

Other sources of calories and protein are nutritional supplements that are specifically formulated for the nutritional needs of the dialysis patient. Ask your dietitian for suggestions on the right supplement for you. It is also important that you discuss any changes in your appetite with the dietitian.

FOR ADDITIONAL WRITTEN INFORMATION ON NUTRITIONAL TOPICS CONTACT:

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501 New Karner Road
Albany, NY 12205
(518) 458-9697

110 Broadway Street
Buffalo, NY 14203
(716) 512-7918

DIETARY COMPONENTS

To follow your prescribed diet properly, foods and liquids need to be measured carefully. You will need:

- A scale on which to weigh cooked portions of meat, fish or poultry
- Measuring cups for both liquid and dry foods
- Measuring spoons

ABBREVIATIONS OF MEASURES

Milligrams = mg

Grams = gm

Ounce = oz

Cubic Centimeters = cc

CONVERSION OF WEIGHTS & MEASURES

1 gram = 1000 milligrams

1 ounce = 30 cubic centimeters (cc)

8 oz. = 1 cup = 240 cc's

4 oz. = ½ cup = 120 cc's

PORTION GUIDELINES

1 oz = 3 1/2 inch square slice, ¼ inch thick

= 1 chicken wing

= ¼ cup cooked, chopped meat

2 oz = 3 1/2 inch square slice, ½ inch thick

= 1 chicken thigh

= ½ cup cooked, chopped meat

3 oz = 3 1/2 inch square slice, ¾ inch thick

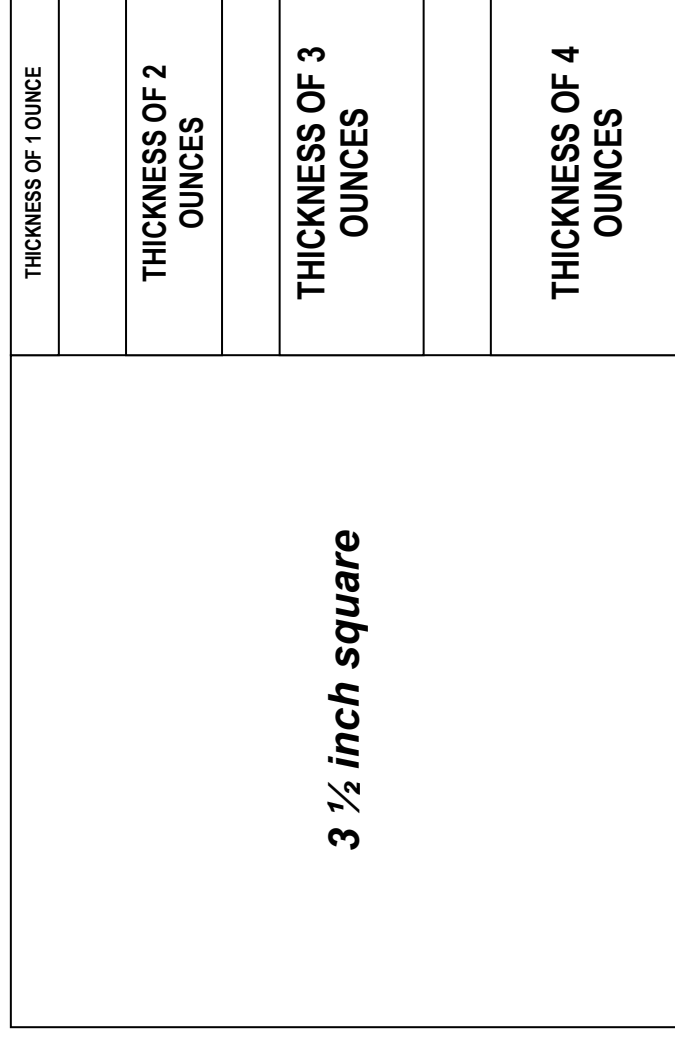
= size of a "deck of cards"

= small chicken breast or pork chop

= ¾ cup cooked, chopped meat

4 oz = 3 1/2 inch square slice, 1 inch thick

= 1 large chicken breast



MEASURING & WEIGHING

DRUG AND NUTRIENT INTERACTIONS

Your nephrologist or dietitian will discuss any problem areas with you.

HERBAL SUPPLEMENTS

DO NOT take any herbal supplements without discussing with your nephrologist or dietitian first. Most herbs are eliminated by the kidneys. What may be safe for the general public **MAY NOT** be safe for you. Be careful! Be smart! Ask first!

VITAMINS

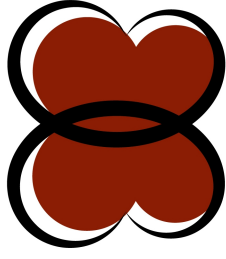
Kidney patients have different vitamin requirements than the general population due to: restricted diet, the presence of waste products which can interfere with the absorption or activity of some vitamins, vitamin removal during dialysis and the use of other drugs which can also interfere with vitamin absorption. In addition, certain vitamins, such as vitamin A are not recommended as they can build to toxic levels.

Your nephrologist or dietitian will recommend a special vitamin regimen for you. On dialysis days, you need to take your vitamin after dialysis.

MEDICATIONS

Phosphate binders are medications that should be taken with meals or snacks. They work in the digestive tract to bind with the phosphorus in the foods you eat, preventing its absorption into the bloodstream. Along with a low phosphorus diet, phosphate binders are necessary to keep your phosphorus level normal, preventing bone disease and calcium deposits.

Do not take any medications including over-the-counter medications without asking your nephrologist or dialysis nurse first!



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