

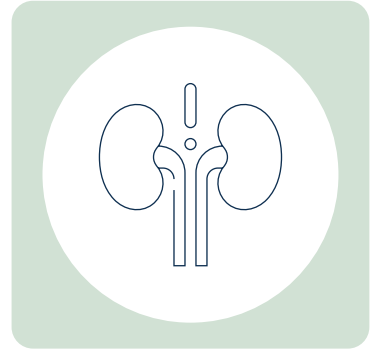
Eating healthily when you are living with **chronic kidney disease** and receiving dialysis treatment



Eating healthy with chronic kidney disease

What is chronic kidney disease?

Chronic Kidney Disease (CKD) is known as long standing kidney disease with a slow decline in kidney function. There are multiple causes for CKD which damage the kidney, preventing the kidney from functioning optimally. There are different stages of CKD which require different treatments and nutritional requirements. The treatment of an individual living with an earlier stage of CKD will differ from someone who has a more advanced stage of CKD. Some of the functions of the kidneys may be affected by CKD.



Functions of the kidney

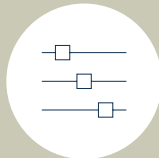
The kidneys are the major filtering units of the body. Some of the functions of the kidney include:



Maintaining fluid balance in the body



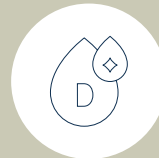
Filtering and excreting toxins (protein waste products)



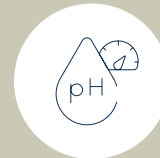
Controlling electrolyte balance (potassium, phosphate and sodium)



Controlling blood pressure



Activating vitamin D



Assisting in balancing the acid base in the body (PH level)



Producing Erythropoietin hormone (that helps make red blood cells)



The role of a kidney-friendly diet in patients living with chronic kidney disease

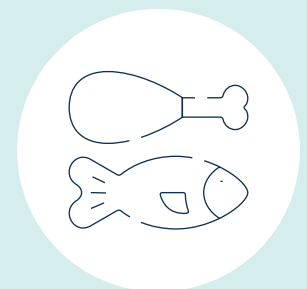
If the kidneys are not functioning optimally, such as when someone is living with CKD, the kidneys cannot perform their functions. Dialysis may then be prescribed to assist the kidneys. However, waste products and fluid can still build up between dialysis sessions. This can make you sick and cause unpleasant symptoms such as discomfort from being fluid overloaded, weakness, nausea and decreased appetite.

Therefore, a kidney-friendly diet that contains adequate protein and is low in sodium, potassium and phosphate, can help to minimise these unwanted symptoms by reducing the amount of waste products that build up in your blood as well as fluid build-up.

Previously you may have been advised to reduce your protein intake, however, when receiving dialysis treatment your protein needs increase, requiring you to eat more protein. Fluid intake, however, will be managed more closely to prevent too much fluid build-up between your dialysis sessions. Your doctor and dietitian will advise you on your specific protein needs.

Eating the right types and right amount of food can help prevent health complications such as muscle loss and help you stay healthy. A healthy meal consists of three categories of food in the right proportions namely: protective foods (fruits and vegetables), building foods (protein), and energy foods (starch and fats). Ideally, each meal should consist of half a plate of vegetables or one fruit, a quarter plate of protein, a quarter plate of starch and one teaspoon of fat.

Focussing on healthy fats and avoiding unhealthy fats can help you limit your intake of dietary cholesterol, which can have a negative effect on your heart health. Healthier fats that contain less cholesterol include olive oil, canola oil, sunflower oil, peanut butter and avocado. Less healthier fats are found in biscuits, baked goods, deep fried foods, full fat cream, organ meats, skin of meat etc.



Eating healthy with chronic kidney disease

Example of a healthy meal:



Eating out guidelines:

You can still enjoy eating out on special occasions. Apply these few tips to help guide you in your choices, when eating out:



Review the menu beforehand to make a better-informed choice of what to eat



Be mindful of meals that have a lot of salt, phosphate and potassium



Try to avoid combination dishes that are made with milk, egg, cheese such as lasagne which has cheese (dairy), milk (dairy) and mince (protein)



Ask for dressings and sauces on the side



Remember portion sizes are usually double when eating out, try not to over indulge and take the rest of the meal home as a take away



Request that your meal be prepared without any added salt



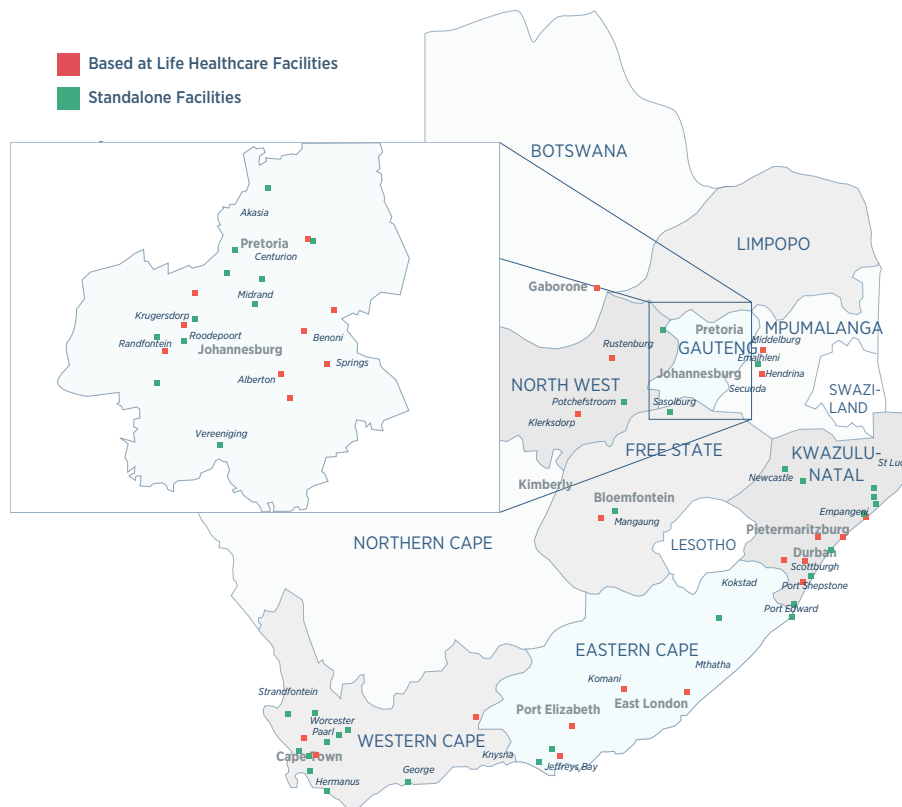
Watch your fluid intake and avoid topping up your glass

References:

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2. Krause's Food and Nutrition Care process, 13th edition
3. KDOQI guidelines
4. Nutrition and Diagnoses-Related Care, Sylvia Escott-Stump, 8th edition
5. Kalthleen Mahan, L. and Raymond, J.L. Krause's: Food & The Nutrition care process. 14th edn. Elsevier.

Contact details

Life Renal Dialysis footprint



GAUTENG

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LIFE BEDFORD GARDENS HOSPITAL

7 Leicester road, Bedford Gardens, Bedfordview, 2008
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4 Park Lane, Parktown, Johannesburg, 2193
Telephone number: 011 647 9054

LIFE CARSTENHOF HOSPITAL

21 Dane road, Glen Austin, Midrand 1685
Telephone number: 011 655 5539

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50 George Storrar drive, Groenkloof, Pretoria 0181
Telephone number: 087 161 9538

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33-35 Harrison street, Benoni, 1501
Telephone number: 011 741 5425 / 011 741 5447

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1 Hospital road, Randfontein, 1759
Telephone number: 011 278 8889

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Telephone number: 011 812 4073 / 011 812 4189

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Telephone number: 011 922 1284

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Block A Signet Terrace Office Park, cnr Hummingbird Avenue and Guinea Fowl street, Lenasia, 1827
Telephone number: 011 852 5765

LIFE RENAL DIALYSIS MIDSTREAM

Midstream Hill Medical Park G8, cnr Midstream Hill Boulevard and Godley drive, Centurion, 1692
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LIFE RENAL DIALYSIS MORNINGSIDE

Summit Park, 495 Summit road, Morningside, Sandton, 2196
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LIFE RENAL DIALYSIS RANDFONTEIN

37 Homestead Avenue, Greenhills, Randfontein, 1759
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LIFE RENAL DIALYSIS VAAL

34 Kruger Avenue, Vereeniging
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Contact details

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LIFE RENAL DIALYSIS WITS (DONALD GORDON)

17 Eton road, Parktown, Johannesburg, 2193
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4 Crocker street, Middelburg, 1055
Telephone number: 013 243 1171

Standalone Facilities

LIFE RENAL DIALYSIS EMALAHLENI (WITBANK)

2nd Floor, Room 202, Emalahleni Private Hospital, 39 Mandela street, Witbank, 1034
Telephone number: 013 656 2676

NORTH WEST

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LIFE ANNCRON HOSPITAL

Klerksdorp
16 Van Rynefeld street, Willkoppies, Klerksdorp, 2571
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Satellite renal units

Viljoenskroon
20 Engelbrecht street, Viljoenskroon, 9520

Hartswater
Hartsdok Sentrum, 28 Hertzog street, Hartswater, 8570

Lichtenburg
Shop no 2 Spar Komplex, Beyers Naudé street, Burgersdorp, 2740
Telephone number: 087 352 9010

LIFE PEGLERAE HOSPITAL

Cnr Kerk and Heystek street, Rustenburg, 0299
Telephone number: 014 101 0142

Standalone Facilities

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Cnr of Pienaar en De Wits straat, Hans Marie Trust Building, Brits
Telephone number: 061 879 8779 / 012 252 7580

LIFE RENAL DIALYSIS POTCHEFSTROOM

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Telephone number: 044 302 5238

LIFE VINCENT PALLOTTI HOSPITAL

Alexandra road, Pinelands, Cape Town 7405
Telephone number: 021 506 5350

Standalone Facilities

LIFE RENAL DIALYSIS ATHLONE

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LIFE RENAL DIALYSIS CLAREMONT

14 Wilderness road, Claremont, Cape Town, 7708
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LIFE RENAL DIALYSIS DURBANVILLE

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LIFE RENAL DIALYSIS GEORGE

3 Cross street, Dormehlsdrift, George 6529
Telephone number: 044 050 0002

LIFE RENAL DIALYSIS HERMANUS

Hermanus Medical Centre, First Floor, Suite 13, Ravenscroft street, Hermanus, 7200
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LIFE RENAL DIALYSIS PANORAMA

1st Floor, Panorama Healthcare Centre, cnr Rothchild and 55 Hennie Winterbach streets, Panorama, 7500
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LIFE RENAL DIALYSIS PARKLANDS

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Telephone number: 021 770 0024

RED CROSS KIDNEY AND DIALYSIS CENTRE

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LIFE RENAL DIALYSIS WORCESTER

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LIFE MERCANTILE HOSPITAL

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Telephone number: 041 404 0577

Contact details

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LIFE QUEENSTOWN PRIVATE HOSPITAL

Cnr Ebden and Griffiths St, Queenstown, 5319
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Standalone Facilities

LIFE RENAL DIALYSIS JEFFREYS BAY

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Jeffreys Bay, 6330
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082 551 4794

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LIFE ENTABENI HOSPITAL

82 Mazisi Kunene road, Glenwood, 4001
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LIFE HILTON PRIVATE HOSPITAL

Cnr Hilton Avenue and Monzali drive, Hilton
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LIFE MOUNT EDGEcombe HOSPITAL

163 – 179 Redberry road, Rockford, 4068
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7 Harry Gwala road, Westville, 3630
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