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# Nutrition *news*

**NUTRITION EDUCATION IN EASY TO DIGEST BYTES!**



## Nutrition and Chronic Kidney Disease



Chronic kidney disease (CKD) affects one in nine people in the US. The top causes of CKD are diabetes and high blood pressure.

CKD is divided into 5 stages. Stage five (end stage renal disease or ESRD) usually requires dialysis treatment or a kidney transplant. The type of diet for CKD is different if you are on dialysis.

### Nutrition for Stages 1-4 of CKD (pre-dialysis or pre-transplant)

When first diagnosed with CKD, the goal is to slow down the onset of kidney failure and maintain good health.

In a nutshell:

- Keep dairy to one portion a day (one 8 oz cup milk/yogurt or 1 oz cheese)
- Six servings of fruits and vegetables each day (1 serving = 1 cup)
- No more than 2000mg (2 g) - 3000mg (3g) sodium per day
- No more than 2000mg (2 g) of potassium per day
- Avoid high phosphorus foods

### **Protein**

Protein is important to the body but too much of it can put extra waste product in your blood which make the kidneys work harder and break down faster. In stages 1-4, you can eat about .53-.59 ounces of protein for every pound you weigh. For example if you weigh 100 lbs, your protein limit for the day 5.3-5.9 ounces. If you are on dialysis, your body will need extra

protein. This is to make up for protein lost in the process of dialysis. Your doctor or dietitian will work with you to find the correct amount.

### **Salt**

Get rid of that salt shaker and be sure to read food labels! A good tip to keep in mind is if it has more milligrams of sodium than it has calories, it is TOO salty. Avoid salty foods like soy sauce, garlic salt and most canned, boxed and prepared foods.

### **Calcium and Phosphorus**

Calcium is important for building bones and to keep them strong. But many of the best calcium foods also have a lot of phosphorus. The kidneys of people with CKD can not remove extra phosphorus from the blood. High phosphorus in your blood will make you itch, and even worse, remove calcium from your bones. Some high phosphorus foods are dairy products (milk, cheese, and yogurt), dried beans, peas and lentils, nuts and peanut butter and dark cola drinks. To get enough calcium, try using milk substitutes. Your doctor may also have you take calcium with Vitamin D pills.

### **Potassium**

Your muscles need Potassium to work right. (especially the heart!). But, too much or too little causes big problems. The amount you need depends on the stage of kidney disease and the medications you are on. Check with your doctor to find out what the right amount is. In the early stages of CKD, you won't need to watch your potassium as much. Once you are in the later stages, keep it under 2000 mg (2g). Once are on a low potassium diet, avoid foods such as canned fish, meats, dried apricots, bananas, avocados, oranges, potatoes, tomatoes, spinach and beans.

### **Water**

Drinking too much water or fluids can be a problem for people with later stages of CKD. Fluid intake is not usually a problem in the earlier stages. Check with your doctor to find out exactly how much fluid you can have each day.

The best advice is to keep your diet healthy and read the labels on what you eat. That way you will be doing as much as possible to control the progression of CKD and its effects. Remember that this article is for general education purposes only and does not replace advice from your medical doctor.

*Information provided by the National Kidney Foundation*



**Keep yourself hydrated for better health!**

Getting dehydrated is easier than you think. If you are feeling thirsty you are probably dehydrated. Dehydration commonly occurs in athletes, people sick with the flu or with diarrhea, people spending a lot of time in hot weather and to people who simply don't drink enough water.

**Signs of dehydration**

If you have any one of these symptoms, you could be dehydrated:

- Dark urine
- Constipation
- Headachy or groggy during the day
- Trouble staying cool or keeping warm
- Dry skin that doesn't bounce back quickly after being pinched
- Bladder stones or bladder infections

**How much water should you drink?**

You should drink about 8-12 cups (8oz) a day. You may need even more in these situations:

- Exercising
- Hot weather
- High fiber diets (soluble fiber uses up a lot of water)
- Trying to lose weight
- In an environment with dry air, like an airplane or climate-controlled office
- Spend most of your time indoors with little or no fresh air
- Fever, vomiting, diarrhea - all of these use up a lot of water

**Tips to get enough water**

- Keep water handy at all times; carry a water bottle with you when you are at work or out and about
- Drink *before* meals - after eating you may feel too full
- Limit liquids that don't help with hydration such as caffeinated drinks (coffee, black tea or colas)

**Water is important, but don't drink too much!**

To avoid over-doing it:

- Follow your doctor's or dietitian's instructions if you have kidney disease, adrenal problems or are on diuretics
- Do not drink all your water for the day at one time! Spread out your intake over the whole day. This is especially important for athletes.

**Prostate Cancer:**

**Reduce your risk!**



- Men get your prostate checked every year after you turn 40
- Eat healthy! A diet high in fiber, fruits, vegetables but low in fat and red meat reduces your risk
- Keep lean - obesity puts you at a higher risk for prostate cancer and many other diseases
- Exercise
- Don't smoke
- Alcohol only in moderation
- Limit caffeine
- Drink plenty of water



**ARE YOU GETTING ENOUGH CALCIUM?**

Calcium helps bones grow when you are a child and keep them strong when you are an adult. Calcium is also important for muscle movement and without it our hearts would not beat. Unfortunately, many people don't get enough of it and the calcium in bones is sacrificed to keep the heart working. Because of this, osteoporosis and weak bones are now a major public health threat.

The best calcium is found in food. It's easier than you think to get the 1,000 mg to 1,200 mg of calcium that you need. Here are some popular foods high in calcium:

**Excellent Sources of Calcium**

| Food   | Serving Size    | Calcium     |
|--|-----------------|-------------|
| <b>Dairy:</b> Milk, Yogurt, Cheese                     | 1 cup (8 oz)    | 250-450 mg  |
| <b>Leafy Greens:</b> Collards, Spinach Kale            | 1 cup           | 250-350 mg  |
| <b>Fruits:</b> Oranges                                 | 1 (medium size) | 53 mg       |
| <b>Beans &amp; Peas:</b> Tofu, Green Peas, White Beans | 1/2 cup         | 100-250 mg  |
| <b>Fish:</b> Salmon, Sardines, Anchovies               | 3 oz            | 180-325 mg  |
| Calcium fortified cereals                              | 1 oz            | 236-1043 mg |
| Calcium fortified orange juice                         | 8 oz            | 300 mg      |
| Blackstrap molasses                                    | 1 tablespoon    | 172 mg      |
| Corn tortillas   | 3 (medium size) | 80 mg       |
| Almonds  | 1/2 cup         | 162 mg      |

**Don't Forget Vitamin D!**

You need Vitamin D to help your body absorb calcium. Your body can make its own Vitamin D with sunlight (20 minutes a day is plenty). Vitamin D is also found in fish (salmon, tuna and mackerel), egg yolks and mushrooms.

*Info from My Pyramid*

Si desea recibir esta información en Español, por favor llame al 323.845.1800