



A renal diet is necessary for patients with kidney failure. When the kidneys don't work well, there is a buildup of waste in the blood. These individuals must limit or restrict the following nutrients:

Sodium

Phosphorus

Potassium

Protein

Fluid



## Protein (High)

Needs are higher to replace the protein lost during dialysis.

- Animal proteins such as beef, fish, poultry, pork, or eggs (50% of daily protein needs)
- Plant proteins such as beans, peas



## Fluid (Varies)

The body is not able to release the fluid as effectively in the urine.

- Watch out for all liquids coffee, popsicles, soups, ice cream. All these accounts for fluid intake.

# The Renal Diet

Objectives:

- Be familiar with the diet restrictions of a renal diet
- Know the nutrient recommendations for the renal diet
- Identify foods to avoid on a



## Potassium (2 g or doctor recommendation)

Too much potassium can cause muscle weakness as well as an irregular heartbeat. Foods that are low in potassium have under 200 mg/serving

### Foods High in Potassium:

- Small Tomato (237 mg)
- Pizza (304 mg)
- Orange juice (235 mg)
- Spinach (328 mg)
- Banana (352 mg)
- Baked Potato (562 mg)



### Foods Low in Potassium:

- Green beans (109 mg)
- Grapes (147 mg)
- Apples (143 mg)
- Herb Seasoning (0 mg)
- Onions (40 mg)
- Carrots (170 mg)
- Peaches (161 mg)
- Broccoli (138 mg)
- One slice of tomato (40 mg)



## Phosphorus (800-1000 mg)

When the body cannot remove this nutrient, high levels can result in weakened bones or a buildup of calcium in blood vessels, lungs, eyes and heart. Low phosphorus foods have less than 50 mg/serving.

### Foods High in Phosphorus:

- 8 oz Milk and dairy products (limit to ½ cup per day) ( 247 mg)
- Meat (120-430 mg)
- Dark colored sodas (60 mg)
- Packaged foods

### Foods Low in Phosphorus:

- Cranberry juice (6 mg)
- Jellies and Jams (0 mg)
- Fresh fruit (20 mg)
- Eggs (10 mg)
- Sherbet (Counts as fluid) (0 mg)



## Sodium (Limit to 2-3 g)

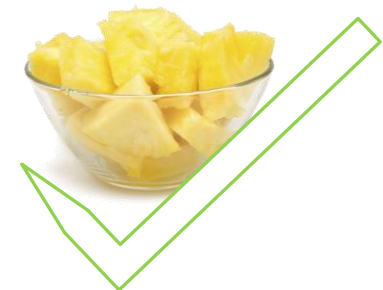
High sodium retains water, increases blood pressure, results in muscle spasms, and seizures. Low sodium foods have less than 250 mg/serving.

### Foods High in Sodium:

- Packaged foods (high)
- Canned foods (high)
- Saltine crackers (270 mg)
- Salt packets (230 mg)

### Foods Low in Sodium:

- Fresh fruits and vegetables (1 mg)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Which of the following should be limited on a renal tray?  
a. Grapes    b. Apple    c. Pasta    d. Tomato slices
  
2. One (1) 8 oz. carton of dairy should be on a renal tray?  
a. True    b. False
  
3. Which of these should **NOT** be on a renal tray?  
a. Broccoli    b. Baked Potatoes    c. Cranberry juice    d. Eggs
  
4. Why are tomatoes limited on a renal tray?  
a. Low in proteins    b. High in phosphorus    c. Low in potassium    d. High in potassium
  
5. Which nutrient will be increased in a renal diet?  
a. Proteins    b. Water    c. Potassium    d. Sodium
  
6. Which of the following condiments should **NOT** be on a renal tray?  
a. Jelly    b. Pepper    c. Herb Seasoning    d. Salt
  
7. Match the appropriate Nutrient with the mg requirements for a renal tray:  
\_\_\_ Sodium    a. 800-1000 mg  
\_\_\_ Potassium    b. 2-3 g  
\_\_\_ Phosphorus    c. 2 g

Quiz answers: 1. D, 2. B, 3. B, 4. D, 5. A, 6. D, 7. B,C,A.

