

## ■ HOW DOES FOOD AFFECT MY HEMODIALYSIS?

Foods give you energy and help your body repair itself. Food is broken down in your stomach and intestines. Your blood picks up nutrients from the digested food and carries them to all your body cells. These cells take nutrients from your blood and put waste products back into the blood stream. When your kidneys were healthy, they worked around the clock to remove waste from your blood. The waste will leave your body when you urinate. Other wastes are removed with bowel movements.

Now that your kidneys have stopped working, hemodialysis removed wastes from your blood. But between dialysis sessions, waste can build up in your blood and make you sick. You can reduce the amount of wastes by watching what you eat and drink. A good meal plan can improve your dialysis and your health.

## ■ WHAT DO I NEED TO KNOW ABOUT PHOSPHORUS?

Phosphorus is a mineral found in many foods. If you have too much phosphorus in your blood, it pulls calcium from your bones. Losing calcium will make your bones weak and likely to break. Also, too much phosphorus may make your skin itch. Foods like **milk, cheese, dried beans, peas, colas, nuts and peanut butter** are high in phosphorus.

## ■ WHAT DO I NEED TO KNOW ABOUT CALORIES?

Calories provide energy for your body. If your doctor recommends it, you may need to cut down on the calories you eat.

Some people on dialysis need to gain weight. You may need to find ways to add calories to your diet. **Vegetable oil, olive oil, canola oil and sunflower oil** are good sources of calories.

**Hard candy, sugar , honey, jam and jelly** provide calories and energy without clogging arteries or other things that your body does not need. If you have diabetes you should reduce the food items with high sugar and carbohydrates.



**Bahrain Specialist  
Hospital & Clinics**

**BAHRAIN SPECIALIST HOSPITAL - JUFFAIR  
1781 2222**

Building: 2743, Road: 2442, Block: 324, P.O. Box: 10588

**BAHRAIN SPECIALIST HOSPITAL - RIFFA CLINIC  
1338 1338**

Building: 767 Road: 1221 Block: 912

**BAHRAIN SPECIALIST HOSPITAL - AIRPORT CLINIC  
1713 8777**

[www.bahrainspecialisthospital.com](http://www.bahrainspecialisthospital.com)

## ■ WHAT DO I NEED TO KNOW ABOUT FLUIDS?

You already know you need to watch how much you drink. Any food that is liquid at room temperature also contains water. These foods include **soup, jello and ice cream**. Many fruits and vegetables contain lots of water too. They include **melons, grapes, apples, oranges, tomatoes, lettuce and celery**. All these foods add to your fluid intake. Avoid salty foods like **chips and pretzels**.

## ■ WHAT DO I NEED TO KNOW ABOUT POTASSIUM?

Potassium is a mineral found in many foods especially milk, fruits and vegetables. It affects how steadily your heartbeat. Healthy kidneys keep the right amount of potassium in the blood to keep the heart beating at steady pace. Potassium level can rise between dialysis session and affect your heartbeat. Eating too much potassium can be very dangerous to your heart. It may even cause death.

To control potassium levels in your blood, avoid foods like **avocados, bananas, kiwi and dried fruit** which are very high in potassium. Also eat smaller portions of high potassium foods. **“Dicing and boiling potatoes can reduce potassium”**.

## ■ WHAT DO I NEED TO KNOW ABOUT SODIUM?

Sodium is found in **salt** and other food. Most **canned foods and frozen dinners** contain large amount of sodium. Too much sodium makes you thirsty. But if you drink more fluid, your heart has to work harder to pump the fluid through your body. Overtime, this can cause high blood pressure and congestive heart failure. We would advise:

- Try to eat fresh foods that are naturally low in sodium. Look for product labeled low sodium.
- Do not use salt substitutes because they contain potassium.

## ■ WHAT DO I NEED TO KNOW ABOUT PROTEIN?

Most people on dialysis are encouraged to eat as much high- quality protein as they can. Protein helps you keeps muscle and repair tissue. The better nourished you are, the healthier you will be. You will also have greater resistance to infection and recover from surgery more quickly.

Your body breaks protein down into a waste product called urea. If urea builds up in your blood, it's a sign you have become very sick. Eating mostly high-quality proteins is important because they produce less waste than others. High-quality proteins come from **meat, fish, poultry and eggs** (esp. egg white).



Bahrain Specialist  
Hospital & Clinics

# DIET AND NUTRITION FOR HEMODIALYSIS PATIENT

