

Hemodialysis Eating Guidelines

When you are on hemodialysis, you might need to follow some or all of the guidelines listed below. Your dietitian works with you to plan a diet that is specific to your needs.

Dietitian: _____ Phone number: _____

Sodium

Salt can increase your blood pressure and make you gain fluid weight.

- ✓ Eat fresh food more often
- ✓ Use less or no salt in cooking
- ✓ Use herbs, spices, lemon, and vinegar
- ✗ Eat less processed foods (Examples: less packaged, canned, and frozen meals)
- ✗ Eat restaurant food less often



Fluids

Rapid weight gain might mean you are drinking too much fluid.

- Watch how much fluid you have each day.
- Keep track of these fluids:

Water	Coffee	Ice	Soup	Ice cream
Juice	Tea	Pop	Supplements	Jell-O



Limit your fluids each day to 4 cups *plus* the amount of urine you make each day.

Example: Sam made 1 cup of urine in a day.
He can drink 4 cups plus 1 cup for a total of 5 cups of fluid for that day.

Protein

Protein is important for the maintenance of your health. Dialysis can cause you to lose some protein.

- ✓ Include protein foods with every meal.

Examples of foods high in protein are:

1 Whole egg = 1 ounce	1/2 cup cooked beans / lentils = 1 ounce
2 Egg whites = 1 ounce	4 Medium shrimp = 1 ounce
1/4 cup Firm tofu = 1 ounce	**Fish, Poultry, and Meat

** 3 ounces of cooked protein or meat is the size of a deck of cards



Eat this much protein foods each day: _____ ounces or _____ grams

Phosphorous

Too much phosphorous in your blood can make you itchy and cause weak bones.

- Some phosphorus occurs **naturally** in foods that also contain protein and other nutrients.
 - ✓ You can eat small amounts of these foods:

½ c Milk	3 Tbsp Nuts
½ c Yogurt	2 Tbsp Peanut Butter
1 Inch Cube Cheese	1 oz Chocolate
- **Phosphorus additives** are found in processed foods and are more easily absorbed by the body.
 - ✗ Stay away from these high phosphorous foods:

✗ Deli meats	✗ Processed cheese	✗ Colas
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- Read labels. Choose foods that do not have “phosph” on the ingredient list.
Examples: sodium **phosphate**, **phosphoric acid**, tricalcium **phosphate**
- If you are prescribed a **phosphorus binder**, **take it at the start of your meal:**

Limit these high phosphorus foods to _____ servings a day

Potassium

Too much potassium can be dangerous to your heart.

Limit these high potassium foods to _____ servings a day *or* _____ servings a week

1 serving = ½ cup or 125 mL

Fruits	Vegetables	Juices	Other foods
Avocado	Artichoke	Orange Juice	Bran cereals
Bananas	Leafy greens	Carrot Juice	Fig or Date Bars
Cantaloupe	Dried Mushrooms	Coconut Water	Guacamole
Dried Fruits	Potatoes	Green Smoothies	Potato chips
Honeydew	Squash	Prune Juice	
Kiwi Fruit	Sweet Potatoes	Tomato/Vegetable Juice	
Nectarines	Tomato Paste/Sauce		
Navel Oranges	Yams		
Papaya			
Pomegranate			

- ✗ **Do not eat Starfruit** (Carambola)
- ✗ **Do not use salt substitutes** with potassium chloride

- Read labels. Choose foods that **do not have potassium additives**. Example: **potassium sorbate**.
- **Potassium additives** are found in processed meats and some dairy free milk options.
- Having **regular bowel movements** is important so your body can remove extra potassium.