

Nutrition and Exercise After a Kidney Transplant

With a transplanted kidney, it is very important that you take care of your health by eating healthy food and exercising. Keep your weight within a normal range for you.

Here is some information about what you can do to keep yourself healthy.

Foods you can eat

Eat a 'heart healthy' diet. Eating healthy foods and preparing foods in ways that are good for your heart are also good for your kidney.

- ✓ **Cook with healthy fats** (such as olive oil, canola oil).
- ✓ **Choose lower fat foods** (such as lean cuts of meat, and lower fat milk, cheese and yogurt).
- ✓ **Do not eat any high fat foods** (such as fatty meats or full fat dairy products).
- ✓ **Limit the amount of salt in your diet.**
- ✓ **Read labels on packaged food.**
 - Salt is also called **sodium**. Look for products with less sodium.
 - Look for 'health check' symbols on restaurant menus or packaged foods in the grocery store.
- ✓ **Eat whole grain breads and cereals. Eat foods high in fibre** (such as oatmeal, oat bran, legumes, beans, peas, fruits, whole wheat and multigrain breads, whole wheat pasta, and brown rice).
- ✓ **Try not to eat packaged foods high in sugar.** Sugar can be called: glucose, dextrose, fructose, maltose, or sucrose.

It's good to ask questions

To learn more about eating or exercise, contact:

- The Kidney Transplant Clinic 604-592-0922
- Your family doctor or kidney doctor

Foods not to eat

You cannot eat some foods because they react with your transplant medicines. If you eat these foods, you could get very sick.

- **Do not** eat grapefruit, pomelo, or pomegranate, **or** drink the juice of these fruits.
- **If you have problems with high potassium**, try to reduce high potassium foods in your diet.

Foods and juices very high in potassium		
Apricots	Raisins	Soybeans
Bananas	Artichokes	Spinach
Cantaloupe	Beans	Tomatoes
Dates	Brussels sprouts	Ketchup
Figs	Lentils	Bran
Dried fruit	Peas	Cocoa
Kiwi	Potatoes	Molasses
Nectarines	Pumpkin	Nuts
Oranges	Squash (all kinds)	Salt substitute
Prunes		

You need to protect yourself from getting sick from contaminated food. Make sure foods are cooked to a proper temperature. **No raw or undercooked meat or fish** (sorry this means no sushi). **No unpasteurized milk, dairy products, or juices.**

Exercise and activity

Exercise improves your health and can make you feel better. If you have been on dialysis or sick for a while, you might have lost some muscle strength or feel unwell.

Walking is a good way to start exercising again. Aim to walk for 30 minutes 3 times per week. Start by walking slowly for 15 minutes twice a day. Stop at any time if you feel pain or discomfort. Over time, you will be able to walk faster and farther.

For the first few months after your transplant, do not do activities that work your stomach muscles or strain your incision (such as lifting heavy objects, or doing heavy pushing or pulling activities like vacuuming or raking).