





## PD NUTRITION LABS AND WHAT THEY MEAN

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

Talk to your dietitian if you have questions      Dietitian: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

LAB TEST	YOUR LEVELS	GOAL LEVELS	MAJOR FOOD SOURCES	WHAT COULD I DO?	SIDE EFFECTS OF HIGH AND LOW LAB LEVELS	COMMENTS
Albumin (protein in blood)  	This month: _____  Last month: _____	<b>At least 40 g/L</b>  <b>*35g/L if bloodwork done at RCH</b>	Foods high in protein: lean red meat, fish, poultry, pork, eggs/egg substitutes, tofu and cheese. Protein powder and nutritional supplements.	<input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Eat more foods high in protein</li> <li>• Start or keep taking oral supplements as discussed with your dietitian</li> <li>• Talk to your doctor or dietitian</li> </ul>	<input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Decreased ability to fight infections</li> <li>• Not able to build muscle</li> <li>• Low energy /weakness</li> <li>• More swelling</li> </ul>	
Potassium (K)  	This month: _____  Last month: _____	<b>3.5 - 5.0 mmol/L</b>	<b>Fruits:</b> bananas, kiwi, melon, oranges, dried fruits, fresh peaches, mango, papaya, nectarine <b>Vegetables:</b> tomatoes & tomato products, spinach and dark leafy greens, avocado, potatoes, yams, winter squash <b>Other:</b> dairy and whole grain products, nuts, chocolate **These foods should not be increased as they are high in phosphorus	<input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Eat more high potassium foods</li> <li>• Learn which foods are high and low in potassium. Look at portion sizes</li> <li>• Increase servings to ____/day.</li> </ul> <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Talk to your dietitian about changes in your diet or nurse/doctor about changes in medications</li> </ul>	<input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Muscle weakness, shakiness, increased heart rate</li> </ul> <input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Decreased heart rate, difficulty breathing</li> </ul>	
Phosphorus (PO4)  	This month: _____  Last month: _____	<b>1.1-1.8 mmol/L</b>	Milk and dairy products (milk, cheese, yogurt, ice cream), dried beans and peas, nuts, dark sodas, chocolate, whole grain products, organ meats, baking powder.	<input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Avoid high phosphorus foods.</li> <li>• Take your phosphate binders (Calcium Acetate, Calcium Carbonate, Renagel®, Tums®) with meals and snacks as discussed.</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Eat some foods high in phosphorus as discussed with your dietitian.</li> </ul>	<input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>• Bones may break easily, bone and joint pain, itching</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>• Muscle weakness, difficulty breathing</li> </ul>	

LAB TEST	YOUR LEVELS	TARGET LEVELS	MAJOR FOOD SOURCES	WHAT COULD I DO?	SIDE EFFECTS OF ABNORMAL LAB VALUES	COMMENTS
Calcium (Ca) 	This month: _____  Last month: _____	<b>2.10-2.38 mmol/L</b>  (2.38-2.54 acceptable, but not ideal)	Milk and dairy products. <i>* These foods should not be increased because they are high in phosphorus.</i>	<input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Discuss how and when to take phosphate binders with your dietitian</li> <li>Do not take Tums®/Rolaids® for heartburn</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>You may need to take a calcium supplement. Talk to your doctor or dietitian.</li> </ul>	<input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Muscle weakness, fatigue, abdominal cramps, constipation</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>Muscle cramping or twitching</li> </ul>	
Parathyroid Hormone (PTH)		<b>16.5-33.0 pmol/L</b>	Phosphorus and calcium levels can change the level of this hormone. There are no foods that will directly change your PTH level.	<input type="checkbox"/> <b>Too high:</b> <ul style="list-style-type: none"> <li>Decreased phosphorus in your diet will help decrease PTH. Your doctor may need to adjust your medications</li> </ul> <input type="checkbox"/> <b>Too low:</b> <ul style="list-style-type: none"> <li>Your doctor may need to adjust your medications</li> </ul>	Problems with PTH may lead to bone loss, skin sores, joint pain, blocked blood vessels and heart problems	
HbA1C (average blood sugar over past 3 months)  Glucose (RBS)	_____  _____		HbA1c and glucose change with the type and amount of food you eat.  Glucose is your current blood sugar level.	<ul style="list-style-type: none"> <li>Talk to your doctor or dietitian if this value is high or low.</li> <li>Continue to take your insulin or oral medication as discussed with your physician.</li> <li>Talk to the PD nurses about how solutions can change your blood sugar</li> </ul>	Good glucose control can help prevent poor vision and circulation problems in people with diabetes	
Blood Pressure (BP) & Sodium (Na)			Processed, packaged, canned, pickled and salted food (ie olives, sausage, canned soup)	<ul style="list-style-type: none"> <li>Higher salt foods do not change your blood sodium level. Sodium (Na) changes as your fluid level changes.</li> <li>Talk to your health care team</li> </ul>	Salt makes you thirsty and makes your body hold on to more fluid. This can make BP go high, more swelling and is hard on your heart	

Hemoglobin  
(Hgb)



This  
month:

\_\_\_\_\_  
Last  
month:

\_\_\_\_\_

**110-130**  
**g/L**

***Too low.***

- Talk to the health care team if you are having problems taking oral iron
- IV iron and/or EPO may be necessary to help make red blood cells

***Too high:*** Doctor may need to adjust your medication

***Too low.***

- Low levels can make you feel tired.