

Kidney Chat: Ask a Dietitian

Thanks to our speaker!



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- Content developer for American Kidney Fund's nutrition website, Kidney Kitchen
- Passionate about educating the general public about the importance of early detection of chronic kidney disease (CKD) and the importance of a healthy CKD diet



COVID-19 and Living With Kidney Disease

Check these resources regularly for updates

- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/coronavirus
- American Kidney Fund (AKF)
 - www.kidneyfund.org/coronavirus
- Kidney Community Emergency Response (KCER) Coalition
 - www.kcercoalition.com/covid-19
- DaVita
 - www.davita.com/covid-19-information
- American Association of Kidney Patients (AAKP)
 - www.aakp.org

Frequently Asked Questions About COVID-19

- What kidney-friendly foods can I stock up on?
 - [Tips and shopping list for a 3-day emergency diet](#)
 - [Shopping list of food items to stock in your fridge, freezer, and pantry](#)
- Is food delivery safe?
 - [Tips for choosing healthy items when ordering food delivery](#)
- How can I get emergency dialysis?

CKD Stages 1-3

What you eat can make all the difference!

- Nutrition recommendations:
 - Low salt intake (less than 1 teaspoon total/day)
 - Increase fruit and vegetable intake
 - Moderate protein intake
- Lifestyle recommendations:
 - Visit your doctor regularly
 - Control blood sugar and blood pressure
 - Increase physical activity
 - Lose weight, if needed



CKD Stages 4-5 (non-dialysis)

What you eat can STILL make all the difference!

- Nutrition recommendations:
 - Low salt intake (less than 1 teaspoon total/day)
 - Increase fruit and vegetable intake – may need to choose lower potassium options
 - Low protein intake – limit/avoid red meat
- Lifestyle recommendations:
 - Visit your doctor regularly
 - Control blood sugar and blood pressure
 - Increase physical activity
 - Lose weight, if needed

CKD Stage 5 on Dialysis

What you eat can STILL make all the difference!

- Nutrition recommendations:
 - Limit daily fluid intake to 32 oz. daily
 - Choose water – more thirst quenching with no calories or added phosphorus
 - Limit fruit juices and sodas
 - Choose low or zero calorie juices and sodas
 - Avoid drinks with added phosphorus, like phosphoric acid
 - Choose lower potassium fruits and vegetables
 - Go to [KidneyFund.org/Kitchen](https://www.kidneyfund.org/kitchen) for food lists
 - Limit/avoid added phosphorus
 - Take your phosphorus binders as prescribed by your doctor
 - Limit/avoid processed foods

CKD Stage 5 on Dialysis

What you eat can **STILL** make all the difference!

- Protein is important.
 - Have a lean protein source with every meal – eggs, poultry, fish, whole grains, and beans (yes, beans!)
 - **TIP:** If eating beans, do not have any animal protein.
 - ½ cup of some beans has about the same amount of potassium and phosphorus as 3 oz of chicken
 - Go to [KidneyFund.org/Kitchen](https://www.kidneyfund.org/kitchen) to find out which beans are the lowest in phosphorus and potassium.
- Lifestyle recommendations
 - Visit your doctor regularly
 - Control blood sugar and blood pressure
 - Increase physical activity
 - Lose weight, if needed



Getting on the Transplant List

Transplant Nutrition: Put your BEST foot forward

- Every transplant center has different requirements
 - But all very similar
 - What are the requirements for a center near you?
 - Scientific Registry of Transplant Recipients: www.srtr.org

Getting on the Transplant List

Transplant Nutrition: Put your BEST foot forward

- General nutrition requirements
 - Body Mass Index (BMI)
 - BMI <35, BMI <38, BMI <40, no BMI requirement
 - Diabetes control
 - HgbA1c <7% (goal), no non-healing wounds
 - Medication adherence
 - Diabetic medications, phosphorus binders, blood pressure medications/control
 - Dialysis adherence
 - Missed treatments? Cutting time? Rescheduled treatments?

Q and A

From your submitted questions



Question

How do I find a renal dietitian?



Answer: How do I find a renal dietitian?

Be careful, only choose a Registered Dietitian.
Make sure they have a **RD/RDN** behind their name.

- Resources:
 - Academy of Nutrition and Dietetics: eatright.org/find-an-expert
 - Refine your search by selecting Renal and entering your ZIP Code
 - Health Profs: www.healthprofs.com/us/nutritionists-dietitians/Renal-Issues
 - Refine your search by selecting Renal and entering your ZIP Code
 - Call your closest dialysis center and ask to talk with their dietitian.

Question

How can I slow down kidney disease?

Answer: How can I slow down kidney disease?



- Choose vegetables/fruits
- Choose lean protein
- Choose whole grain foods
- Drink water
- Limit salt and sweets
- Limit fried foods, fast food, processed foods
- Manage diabetes and high blood pressure
- Maintain a healthy weight
- Daily physical activity

Question

Are there supplements or vitamins that slow CKD?

Answer: Are there supplements or vitamins that slow CKD?

- **NO**
 - Always talk to your doctor before taking any type of vitamin or supplement!
 - Some may be harmful if you have declining kidney function.
 - The FDA places the stewardship of regulating supplement/vitamin on manufacturers.



Answer: Are there supplements or vitamins that slow CKD?

- FDA regulates both finished dietary supplement products and dietary ingredients. FDA regulates dietary supplements under a different set of regulations than those covering "conventional" foods and drug products.
- Under the Dietary Supplement Health and Education Act of 1994 (DSHEA):
 - Manufacturers and distributors of dietary supplements and dietary ingredients are prohibited from marketing products that are adulterated or misbranded. *That means that these firms are responsible for evaluating the safety and labeling of their products before marketing to ensure that they meet all the requirements of DSHEA and FDA regulations.*
 - FDA is responsible for taking action against any adulterated or misbranded dietary supplement product after it reaches the market.

Question



Are whole grain foods always better for people with CKD?

Answer: Are whole grain foods always better for people with CKD?

- Questions to think about
 - Has my potassium been running high?
 - When was my last dialysis session? Today? Yesterday? 2 days ago?
 - How much am I going to eat?
 - Portion size matters! Luckily whole grains fill us up faster because of the fiber 😊
- Cook whole grains in more water than recommended, drain off the excess.
- Lower potassium whole grains* include:
 - Millet: 54 mg
 - Bulgur: 62 mg
 - Pearled Barley (NOT Hulled): 73 mg
 - Oatmeal: 82 mg
 - Brown rice: 87 mg
 - Kamut: 141 mg
 - Quinoa: 159 mg

*values based on ½ cup cooked grain

Question



What is a healthy amount of protein for the different stages of CKD?

Answer: What is a healthy amount of protein for the different stages of CKD?

CKD Stage	Protein Requirement
Stage 1-3a	No change: 0.8gm/kg
Stage 3b-5 (non-dialysis)	Decreased protein: 0.6-0.8gm/kg
Stage 5 on dialysis	Increased protein: 1.1-1.3gm/kg
After Transplant	0.8gm/kg



Question

What are some kidney-friendly sources of protein besides meat and chicken?

Answer: What are some kidney-friendly sources of protein besides meat and chicken?

- Eggs are a great source of protein
- Choose lower potassium and lower mercury fish and shellfish
- Filter your search for recipes on [KidneyFund.org/Kitchen](https://www.kidneyfund.org/kitchen) by low, medium, or high protein, and by dietary preference (vegetarian, vegan)



[Kale and Cheddar Frittata Recipe](#)



[Oven Fried Fish Recipe](#)

Plant Based Protein v. Animal Protein

Item	Serving Size	Protein (g)	Potassium (mg)	Phos (mg)	Calories
Chicken Breast	½ breast (3oz)	26.7	220	196	142
Chicken Thighs	1 thigh (4oz)	28.7	312	267	208
Black Beans (canned)	½ Cup	7.25	370	130	109
Black Beans (boiled)	½ Cup	7.6	306	121	113
White Beans (boiled)	½ Cup	8.7	500	101	125
Veggie Burger	1 patty (2.5oz)	11	233	144	124
Plant Based Burger	4oz	27	350	n/a	290
Lean 90% Beef / 80% lean	4oz	23 / 19.4	363 / 305	208 / 179	199 / 287
Egg	1 large	6.3	63	86	78
Quinoa	½ Cup	4	159	140	111
Barley (pearled, cooked)	½ Cup	1.8	73	42	97
Tuna (light, canned in water)	½ Can	21	196	135	96
Salmon	½ fillet (4.4oz)	30.5	544	388	190

Question

How can I maintain a plant-based renal diet?



Answer: How can I maintain a plant-based renal diet?

Pre-Dialysis

- Questions to think about:
 - How often do you go to your nephrologist?
 - Has your nephrologist ever recommended a low potassium diet?
- Portion size
- Choose whole foods v. premade foods
 - Beans vs highly processed bean burger (look at the label)
 - Potato chips are “plant-based” but may not be the best option
- Choose whole grains vs refined grains
 - Barley/quinoa/brown rice vs white rice/white pasta/white bread

Dialysis

- Questions to think about:
 - Was your potassium within range last month?
 - Is your Albumin >3.8?
- Portion size
- Choose whole foods v. premade foods
- Avoid the REALLY high potassium vegetables and fruits
 - Avocados, potatoes, sweet potatoes, cooked spinach, cantaloupe, bananas, artichokes, tomatoes

Question

What is the best way to track my nutrient intake?

Answer: What is the best way to track my nutrient intake?

- Read food labels
- Choose kidney-friendly recipes
- Portion control
- Plan your meals and snacks
- Printable worksheets
- Use food logging mobile apps with caution

MY DAILY POTASSIUM TRACKER

		BREAKFAST	LUNCH	DINNER	SNACKS	DESSERT	TOTAL	MY GOAL	GOAL MET?
Example:	Food mg potassium	Yogurt Mug (unsweet)	Three Sisters Salad	Flounder w/ Veggies	Chicken Egg Salad	Cheesecake	1644mg	No more than 2,000mg	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
ENTER THIS BOX IF YOU TOOK A POTASSIUM BINDER		POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER			
M	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
ENTER THIS BOX IF YOU TOOK A POTASSIUM BINDER		POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER			
T	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
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W	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
ENTER THIS BOX IF YOU TOOK A POTASSIUM BINDER		POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER			
T	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
ENTER THIS BOX IF YOU TOOK A POTASSIUM BINDER		POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER			
F	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
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S	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No
ENTER THIS BOX IF YOU TOOK A POTASSIUM BINDER		POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER	POTASSIUM BINDER			
S	Food mg potassium								<input type="checkbox"/> Yes <input type="checkbox"/> No

[Download this Potassium Tracker](#)

Question

Having a daily water allowance is hard; are there any workarounds?



Answer: Having a daily water allowance is hard; are there any workarounds?

Sorry folks, the limit
is 32oz!!

4 - 8oz glasses OR 1- 32 oz glass

(Figure out what works best for you.)

Don't forget ice counts as a fluid!

These tips and tricks can help:

- Freeze fruit
- Suck on sugar-free hard candy
- Don't eat salty or sugary foods
- Stay cool
- Choose water
- Choose caffeine free

Question

Why are grapes okay as a low potassium fruit but raisins are not?

Answer: Why are grapes okay as a low potassium fruit but raisins are not?

- Portion size!
- The bigger the flavor, the less you need.



VS

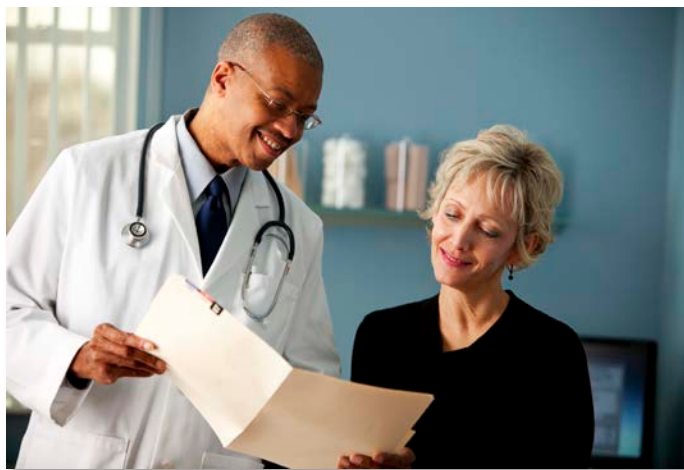


1 serving of grapes
10 fresh grapes
94 mg potassium

$\frac{1}{4}$ cup of raisins
How many raisins???
300 mg potassium!

Question

If my labs are within range, can I be flexible with my diet?



Answer: If my labs are within range, can I be flexible with my diet?

- Diet recommendations for people on dialysis are very general.
- Ask your dietitian about adjusting your diet based on your monthly labs.
- The 2 most acute problems for people on dialysis are **high potassium** and **too much fluid**. Both can happen very quickly and can have dangerous, even deadly, consequences.
 - If your potassium is over 5.0, strongly recommend not going over a 2,000 mg potassium daily intake.
- Consider day of the week if you choose to have a “cheat” day.

Question



How can I lower my blood pressure?

Answer: How can I lower my blood pressure?

- Lower sodium intake
 - No more than 2,300 mg (1 teaspoon)
 - No more than 1,500 mg if diagnosed with high blood pressure or on blood pressure medication
- Choose fresh or frozen vegetables
- Limit foods with added salt
- Choose whole grains
- Daily physical activity



Question

How can I lower uric acid naturally?

Answer: How can I lower uric acid naturally?

- Eat a low purine diet
- Lose weight if overweight (BMI >25)
- Manage blood sugar
- Decrease daily stressors
 - Full night's sleep
 - Try meditation or yoga
- Choose water
- Avoid alcohol, especially beer
- Add fiber (barley, oats, vegetables)

Foods to “Reduce” Gout Flares

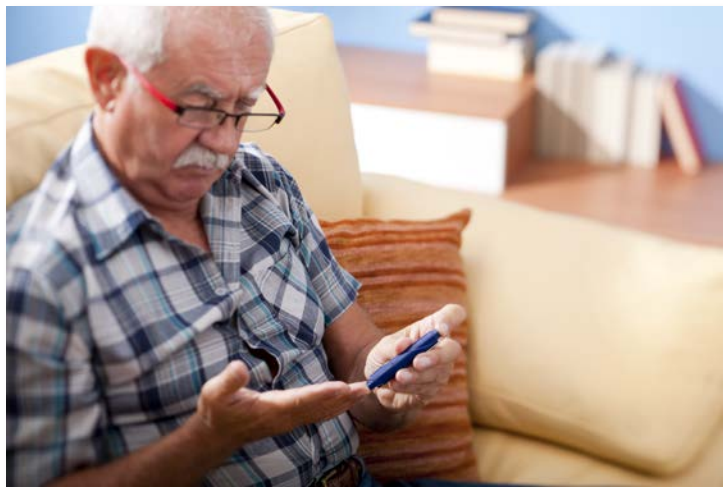
- Apples
- Cherries
- Cherry Juice
- Yogurt
- Dairy
- Limes
- Barley
- Oats
- Green Tea

High Purine Foods to Limit

- Fish
- Shellfish
- Scallops
- Pork
- Turkey
- Cauliflower
- Green peas
- Mushrooms
- Dried Beans
- Beer

Question

How can people with diabetes adjust insulin to balance their CKD diet?



Answer: How can people with diabetes adjust insulin to balance their CKD diet?

- Limit the amount of carbohydrates you eat per meal
 - 15 gm = 1 carbohydrate serving
- Choose whole grains
- Daily physical activity
- Average recommended carbohydrate servings per meal
 - Breakfast = 2-3
 - Lunch = 3-4
 - Dinner = 3-5
 - Snacks = 1

Where can I go to learn more about nutrition?

- Visit [KidneyFund.org/Kitchen](https://www.kidneyfund.org/Kitchen) for:
 - Information about kidney-friendly eating for all stages of CKD
 - 200+ Kidney-friendly recipes
 - Search by nutrient level, dietary preference, meal type
 - Chef-led cooking demo videos
 - Cooking tips and tricks
 - Nutrient trackers
 - Expert-led webinars
 - Guides to help you when:
 - Meal planning
 - Shopping
 - Dining out





Join us for our next webinar!

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learn more and register!**