Kidney Chat: Ask a Dietitian
Thanks to our speaker!

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- Kidney Transplant Dietitian at the George Washington University Hospital
- 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?
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
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
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 for food lists
  - Limit/avoid added phosphorus
    - Take your phosphorus binders as prescribed by your doctor
    - Limit/avoid processed foods
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](http://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
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
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
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](http://eatright.org/find-an-expert)  
    - Refine your search by selecting Renal and entering your ZIP Code
    - Refine your search by selecting Renal and entering your ZIP Code
  - Call your closest dialysis center and ask to talk with their dietitian.
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
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.
• 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.
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?**

<table>
<thead>
<tr>
<th>CKD Stage</th>
<th>Protein Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1-3a</td>
<td>No change: 0.8gm/kg</td>
</tr>
<tr>
<td>Stage 3b-5 (non-dialysis)</td>
<td>Decreased protein: 0.6-0.8gm/kg</td>
</tr>
<tr>
<td>Stage 5 on dialysis</td>
<td>Increased protein: 1.1-1.3gm/kg</td>
</tr>
<tr>
<td>After Transplant</td>
<td>0.8gm/kg</td>
</tr>
</tbody>
</table>
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 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

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

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
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.

1 serving of grapes
10 fresh grapes
94 mg potassium

\[\text{vs}\]

\[
\frac{1}{4} \text{ cup of raisins}
\]
How many raisins???
300 mg potassium!
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.
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
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
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 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!

Go to www.KidneyFund.org/webinars to learn more and register!