

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

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

## Protein

- People on peritoneal dialysis need to eat more protein foods to stay healthy.
- Try to eat some protein foods with every meal.
- Nutrition drinks have protein. Ask your dietitian for more information.

### Protein foods are:

- eggs
- fish & seafood
- beef
- pork
- chicken
- turkey
- beans
- tofu

### Examples:

- 1 whole egg = 1 oz. protein
- 2 chicken drumsticks = 3 - 4 oz protein
- Cooked meat, fish or chicken the size of deck of cards = 3 - 4 oz. protein
- ¼ cup canned fish or shellfish = 1 oz.
- ¾ cup tofu (firm) = 3 oz. protein
- ½ cup dried beans, peas, lentils (cooked) = 1 oz. protein
- 1 scoop protein powder = 1 oz. protein

Eat \_\_\_\_\_ ounces of protein food per day.

## Phosphorus

- Too much phosphorus in the blood can make you have itchy skin, weak bones and painful joints.
- Read food ingredient lists to avoid phosphate additives.

### Avoid these high phosphorus foods:

- processed meats/cheese
- cola
- organ meats
- chocolate
- certain nuts and seeds (ask your dietitian)
- bran



**Limit these high phosphorous foods to \_\_\_\_\_ servings per day.**

- ½ cup soy or cow's milk
- 1 oz hard cheese
- ½ cup cottage cheese
- ½ cup yogurt
- 2 Tbsp. peanut butter



**Remember to take your binders \_\_\_\_\_ at the *start* of your meal(s).**

Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Supper \_\_\_\_\_ Snack \_\_\_\_\_

## Sodium

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

- Do not add salt at the table.
- Cook without added salt when possible.
- Try to use more herbs and spices.
- Use more fresh foods and fewer processed foods.
- Ask if you need help reading labels.



## Fluids

You may need to control fluid intake.

- Rapid weight gain can mean you are drinking too much fluid.
- Count these as fluids:
  - water, ice, tea, coffee, juice, soup, pop



**No fluid restriction needed.** -or-  **Limit intake to \_\_\_ cups per day.**

## Calories

- If your appetite is poor, try small, frequent meals.
- Add a teaspoon of olive or canola oil to meals such as pastas or casseroles.
- Nutrition drinks may be needed. Ask to speak with your dietitian for advice.



 **Warning: People on dialysis should not eat starfruit.**



## Potassium

- Potassium is a mineral found in most foods.
- Both high and low levels in your blood are dangerous to your heart.
- Most people on peritoneal dialysis need to eat a high potassium diet.

**Aim to eat \_\_\_\_\_ servings of high potassium foods listed below.**

**One serving is equal to ½ cup.** Most other fruits and vegetables may be eaten freely, ask your dietitian if you are unsure.

### Fruits:

- apricots
- avocado
- bananas
- cantaloupe
- dried fruits (dates, raisins, currants, figs)
- guava
- kiwi fruit
- honeydew
- naval orange (1 medium)
- plantain
- pomegranate
- prunes

### Vegetables:

- beet greens
- bok choy (cooked)
- broccoli (cooked)
- brussel sprouts
- mushrooms (cooked/dried)
- spinach (cooked/frozen)
- swiss chard
- tomatoes, canned (low sodium)
- tomato sauce/paste (no added sodium)
- parsnips
- potato
- squash, pumpkin
- sweet potatoes, yams

### Juices:

- carrot juice
- coconut water
- orange juice
- pomegranate juice
- prune juice
- low sodium tomato juice
- low sodium vegetable juice

### Others:

- banana loaf
- fig or date bars
- guacamole
- molasses

If you have any questions or concerns, call your dietitian: \_\_\_\_\_

Phone number: (       ) \_\_\_\_\_