

Helping you stay well

Your Kidneys & Diet

Information for you, your family, friends, & carers

Lifestyle and diet can affect kidney health, so eating well and staying hydrated is important to help keep your kidneys healthy. If you have been advised by a health professional to change what you eat due to kidney disease, the following information explains how HILS can help you to achieve a suitable, enjoyable diet. Always seek advice from your GP if you are concerned about your health.



At HILS, we want to support you to eat well and stay independent



Helping you
stay well



Hertfordshire
Independent Living Service
Supporting your independence

What is Chronic Kidney Disease (CKD)?

CKD is a long-term condition where the kidneys do not work effectively. Your kidneys filter waste products from the blood and also help maintain blood pressure. CKD can put you at greater risk of developing anaemia, and may affect your body's ability to make vitamin D which is important for bone health.

How does diet effect CKD?

CKD develops in stages and you may have to make adjustments to your diet depending on the stage of the disease. People who need to restrict certain foods will be referred to a renal specialist dietitian at the hospital. Each person's body and CKD is different, so your dietitian will tailor your diet to suit your needs.



Below are some of the nutrients that are important in CKD, and how we can cater for your dietary needs with our meals. Not everyone with CKD needs to worry about these nutrients, so please talk to your renal specialist dietitian for advice if you are concerned.

Potassium

Potassium is important for heart health. If your blood potassium levels are high, your dietitian may advise you to limit your intake of potassium rich foods.

If you need to be on a low potassium diet, please let us know. Almost all our lunch meals are classed as low in potassium (less than 30 mmol per portion based on guidance from the British Dietetic Association). Please get in touch for a list of our suitable dishes. All of our puddings are also low in potassium (less than 8mmol per portion)*. If you have any concerns please get in touch with us. You may also wish to show the menu to your renal specialist dietitian to help you chose meals which are right for you.

* Available products and manufacturers recipes are subject to change



Phosphate

Phosphate is important for bone health, but too much in the blood can lead to damage to our bones, and unwanted calcium deposits around the body.

If you show our menu to your renal specialist dietitian, he or she should be able to advise which meals or ingredients you may want to avoid, and we can tailor your menu to meet your needs.

Protein

Some people may need to adjust the amount of protein in their diet. Protein is important for growth, maintenance and repair of all your body cells, including your bones, muscles, and skin.

We can provide a list of dishes that are high or low in protein based on guidance from the British Dietetic Association. You may wish to show this to your renal specialist dietitian to make appropriate choices.

Fluid

If you have been told to limit your fluid intake, please speak to your GP, consultant or renal specialist dietitian regarding fluid allowance for food and drink. We can provide information on the portion sizes of drinks and fluid rich foods (such as jelly) if necessary.

Salt

Having lots of salt can increase your blood pressure and make you feel thirsty, which can be unpleasant if you are on a fluid restriction.

The Heart Healthy meals on our menu, marked 'HH', are low in saturated fat and lower in salt. If you have been advised to follow a strict low salt diet due to your health, we have a range of low salt meals available. Please get in touch with the Nutrition & Wellbeing team for a list of suitable dishes. Ask your GP or renal specialist dietitian if you are unsure about which options to choose.



What if I am losing weight?

If you feel you are struggling to maintain your weight or you are losing weight, get in touch with the Nutrition & Wellbeing team and we will be happy to provide further information which may be useful to you.

If you have any questions about any of the issues discussed in this resource, or need any support with the menu options, please contact our Nutrition & Wellbeing Team.



We also have a selection of additional booklets and leaflets for the following health conditions:

Diabetes, caring for someone with dementia, feeling forgetful chewing and swallowing, healthy heart, good bowel health, coeliac disease, IBS, COPD, food labelling

This resource has been compiled using available current evidence and has been approved by a team of dietitians and nutritionists.

The information is for general use and should not replace individual tailored advice given by a healthcare professional.

For further information, please contact your local Support Team or visit our website on www.hertsindependentliving.org or contact us directly through nutrition@hertsindependentliving.org Alternatively, please call Hertfordshire Independent Living Service on **0330 2000 103** (all calls charged at local rate)

Hertfordshire Independent Living Service is the operating name of Hertfordshire Community Meals Limited, a community benefit society, society number IP30206R and registered as a charity with HMRC registration number XT37228