

Healthy eating for healthy kidneys

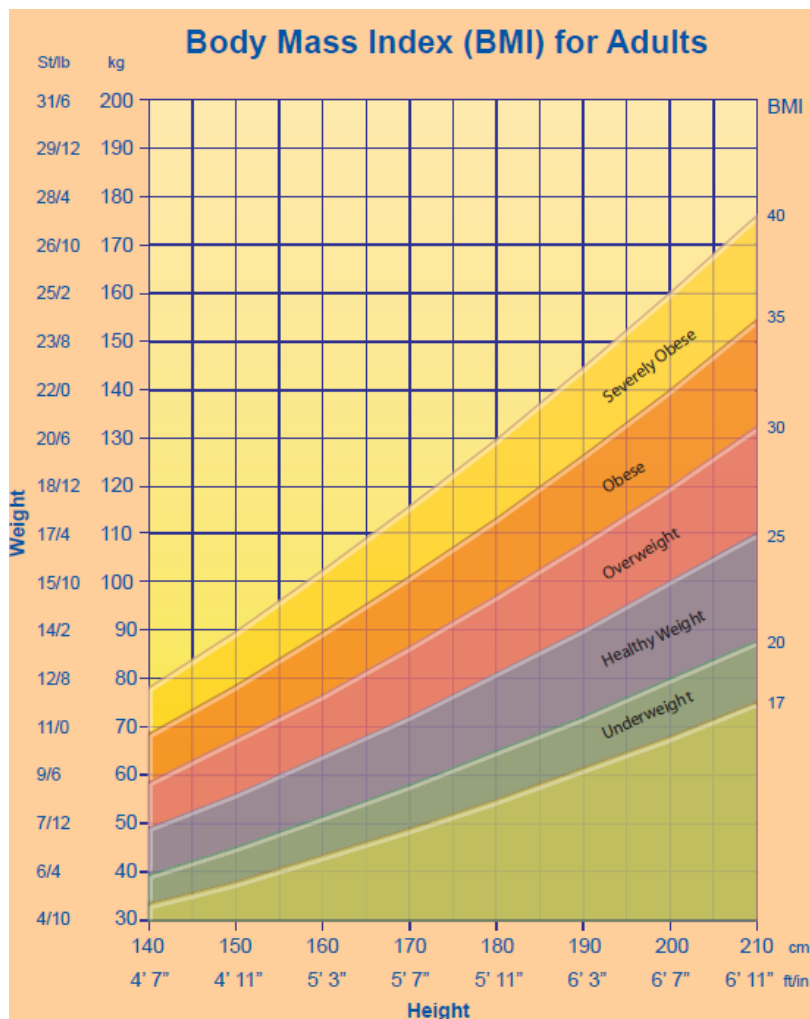
Healthy lifestyle

A healthy lifestyle is important in chronic kidney disease. Eating well can reduce your risk, or help to manage conditions such as diabetes, hypertension (high blood pressure) and heart disease.

This healthy weight-for-height chart is a guide to help you establish what weight range is right for you. Find your weight down the side and your height along the bottom. If your weight is above the healthy weight range, then you may well be overweight. Your dietitian can help you determine a reasonable goal weight and help you to achieve it.

Your ideal weight range is: _____

If you are overweight, losing 5-10% of your body weight will reduce your risk of illness and improve your management of existing conditions.



Getting started

Shaping up to improve your health is not just about going on a 'diet'. It is about making a commitment to positive and permanent change. These can include eating a healthy diet and being more active.

Get the balance right

Healthy eating is all about balance and eating a variety of foods from each of the 5 food groups. These are:

- Bread and cereals
- Vegetables
- Fruit
- Dairy products
- Meat and meat alternatives

Weight

If you are overweight, losing weight is important in managing kidney disease. It will also help with diabetes control, blood pressure management, cholesterol levels and overall health.

Helpful tips to decrease your weight include:

- Eat regular meals and plan your meals.
- Choose a variety of foods.
- Include low fat products such as low fat milk and yoghurt.
- Eat fewer high fat foods such as take-away foods, cakes, biscuits and pastries
- Avoid foods high in sugar such as sweets, soft drinks, cordials and juices. Try diet soft drinks or cordials instead.
- Use healthy cooking methods.
- Reflect on your portion sizes, making sure you are not over eating.
- Be more active.

Reduce your salt intake

Eating less salt can prevent or treat hypertension (high blood pressure) and fluid retention. It can also protect against heart disease, stroke and further damage to your kidneys.

Most people eat too much salt and this mostly comes from processed foods. Sodium is a part of salt and you may see either term used on food labels. Using pepper, herbs and spices and other salt free flavourings will help you to adjust to the changes in taste. Some tips to get you started include:

- Avoid adding salt to your meals.
- Use flavourings such as pepper, lemon, garlic, herbs and spices in place of salt.
- Eat plain or roast meats instead of processed meats such as bacon, sausages and tinned meats.
- Avoid instant noodles or packet and tinned soups.
- Cook with fresh foods as often as possible rather than relying on convenience foods.
- Choose low salt or unsalted options when buying packaged foods.
- Avoid high salt snacks such as chips, salted crackers and nuts. Unsalted popcorn, tortilla chips and rice cakes are better choices.

Taste the difference

- Try rosemary with lamb, apple or sage with pork, tarragon with chicken and add mustard to beef.
- To vegetables try basil, chives or oregano. Also, consider also adding garlic cloves or lemon or lime zest.
- To stews and curries try mixed herbs, bayleaf, basil, oregano, cumin, chilli, garam masala or add a handful of fresh chopped herbs to the finished dish.

Alcohol

Alcohol can be included in moderation. Safe daily limits for Healthy Australian Adults are:

- 1 standard drink for women
- Up to 2 standard drinks for men per day,
- **2 alcohol free days per week is important**

Alcohol adds a lot of extra calories and can contribute to weight gain. If you have had recent surgery or have been diagnosed with a new medical condition please ask your Doctor about your alcohol limits.

A standard drink contains 10 g of pure alcohol. Examples of a standard drink are:

- 100 mL wine
- 1 bottle (375 mL) of mid-strength beer
- 30 mL (nip) of spirits
- 60 mL fortified wine or port

Healthy cooking and shopping hints

Cooking methods	<ul style="list-style-type: none"> • Roasting – Place meat on a rack in the roasting pan so the fat drips away during cooking • Brown meats in non-stick pans or use cooking sprays • Braise or Stew: To get rid of the fat that remains in the cooking liquid, refrigerate overnight & remove the hardened fat • Steam or microwave vegetables instead of sautéing
Fat	<ul style="list-style-type: none"> • Brush on oil rather than pouring • Use less than the recipe states • Remove chicken skin & fat from meat
Sugar	<ul style="list-style-type: none"> • Try to use half the amount stated in the recipe • Try artificial sweeteners
Reduce or leave out	<ul style="list-style-type: none"> • Less meat (only 90 g per person) • Cheese
Substitutes	<ul style="list-style-type: none"> • Natural yogurt for cream • Evaporated skim milk plus coconut essence for coconut milk or cream • Vegetables for meat • Aim for 1/2 of your plate to be vegetables

Healthy eating plan for adults

The following eating plan is suitable for most adults.

Food group & recommended serves/ day	Serve sizes	Nutrients provided
Bread, Cereals, Rice, Pasta, Noodles 6-8 serves/ day	1 serve = - 1 slice of bread - ½ medium bread roll - ½ cup cooked rice or pasta - ½ cup porridge - 2/3 cup (20 g) cereal flakes - ¼ cup untoasted muesli	These foods are good sources of energy, carbohydrate, fibre, B group vitamins, folate & iron. Wholemeal or wholegrain varieties are the best choices.
Vegetables 5 serves/ day	1 serve = - ½ cup (75 g) cooked vegetables - ½ cup cooked dried beans, peas or lentils - 1 cup salad - 1 small potato	Vegetables are good sources of vitamins, minerals and dietary fibre. In particular, Vitamin A, C & folate.
Fruit 2-3 serves/ day	1 serve = - 1 medium piece (150 g) of fruit (apple, banana, orange, pear) - 2 small pieces (150 g) of fruit (apricot, kiwifruit, plums) - 1 cup (150 g) diced pieces - 1½ tablespoons sultanas - 125 mL fruit juice	Fruit provides Vitamin C & folate, carbohydrate & fibre, especially in the skins.
Milk, yoghurt, cheese 2-3 serves/ day	1 serve = - 1 cup (250 mL) milk - ½ cup evaporated milk - 2 slices (40 g) cheese - 1 small carton (200 g) yoghurt - 1 cup (250 mL) custard	Choosing the low fat varieties will provide less energy. Dairy products are good sources of calcium and protein as well as some vitamins.
Meat, fish, poultry, eggs, nuts, legumes 1- 2 serves/ day	1 serve = - 65-100g cooked lean meat, chicken (eg - ½ cup lean mince, 2 small chops, 2 sl. roast meat) - ½ cup cooked dried beans, lentils & peas - 80-120 g cooked fish fillet - 2 small eggs - ⅓ cup peanuts, almonds - ¼ cup sunflower /sesame seeds	These are good sources of protein, iron, niacin & vitamin B12. Red meats are a particularly good source of iron & zinc. Trimming all meats or visible fat will reduce the energy content.



Physical Activity

Exercise is essential for overall health. It will help with weight loss, diabetes control, cholesterol levels and blood pressure management.

Practical tips include:

- Aim for at least 30 minutes of moderate physical activity on most, preferably all days. This can be done in three lots of 10minutes for example.
- Think of movement as an opportunity, not an inconvenience.
- If you can, plan some regular, vigorous exercise to increase your fitness level.
- Be active every day in as many ways as you can.

Examples include:

- Walking up stairs instead of taking the lift or escalators.
- Cycling or walking to work instead of driving.
- Hop off the train or bus a stop early or park the car further away & walk.
- Walking the dog
- Gardening and housework.
- Daily walks before breakfast, after dinner, or both!
- Be active while watching television such as using an exercise bike or treadmill.

Bringing it all together

A healthy diet and lifestyle is important in managing kidney disease.

- Aim to eat regular meals
- Eat food a variety of foods from the 5 food groups
- Aim for a healthy weight or lose weight if you are overweight
- Reduce your salt intake
- Choose low fat products and use healthy cooking methods
- Be active every day

Patient's Name: _____

Dietitian's Name: _____