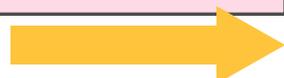


# Eating Healthy While on Dialysis

Use this table to help you know what to eat and drink while you are on dialysis.

- Eat high protein foods.
- Avoid foods with lots of salt. Keep in mind that most of the salt we eat is in packaged or processed food. Use herbs, spices, and other seasoning instead of salt.
- Avoid foods that have a lot of potassium or phosphorus.
- Talk to your doctor about how much fluid you can drink.

	You can eat:	Try to avoid:
<b>Meat</b>	<p><b>3 ounces to 6 ounces at each meal. 3 ounces is about the size of your palm. Talk to your nutritionist to see how much protein is right for you.</b></p> <ul style="list-style-type: none"> <li>• Try fish, chicken, turkey, beef, fresh pork, or eggs.</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen shrimp</li> <li>• Nuts, dried beans, lentils, peas, and peanut butter. These have a lot of potassium and phosphorus.</li> </ul>
<b>Dairy</b>	<p><b>No more than 1/2 cup of yogurt or 1 ounce of cheese (the size of dice) a day.</b></p> <ul style="list-style-type: none"> <li>• Milk is high in phosphorus. Try coconut, oat, rice or almond milk instead.</li> <li>• Try butter, cream cheese, heavy cream, ricotta cheese, brie cheese, and non-dairy whipped topping. These are all low in phosphorus.</li> </ul>	<ul style="list-style-type: none"> <li>• Milk. Milk has a lot of phosphorus. Do not eat a lot of it.</li> </ul>
<b>Fruit</b>	<p><b>2-3 servings of low potassium fruits a day. All fruit has some potassium, but some fruit has more than others.</b></p> <p><b>For 1 serving, try:</b></p> <ul style="list-style-type: none"> <li>• 1/2 a pear</li> <li>• 1/2 cup canned pineapple or fruit cocktail. Drain juice before you eat.</li> <li>• 1 small plum, tangerine, apple, or peach</li> <li>• 1 small wedge of watermelon</li> <li>• 1/2 cup of berries</li> <li>• 10 cherries</li> <li>• 15 grapes</li> </ul>	<ul style="list-style-type: none"> <li>• High potassium fruits, like oranges, kiwi, nectarines, cantaloupe melon, honeydew melon, raisins and dries fruits, prunes, bananas, and mango.</li> <li>• Never eat star fruit (carambola)</li> </ul>



	You can eat:	Try to avoid:
<b>Vegetables</b>	<p><b>2-3 servings of low potassium vegetables a day. All vegetables have some potassium, but some vegetables have more than others. Try:</b></p> <ul style="list-style-type: none"> <li>• Broccoli, carrots, cabbage, cauliflower, celery, green and string beans, cucumber, garlic, eggplant, onion, radishes, watercress, zucchini, yellow squash, lettuce, and peppers</li> </ul>	<ul style="list-style-type: none"> <li>• Potatoes, including fries and potato chips</li> <li>• Tomatoes and tomato sauce or paste</li> <li>• Winter squash, pumpkin, asparagus, avocado, beets, beet greens, cooked spinach, parsnips and rutabaga</li> </ul>
<b>Grains and Bread</b>	<p><b>Most people need 6-11 servings each day. Talk to your nutritionist to see how much is right for you. Try:</b></p> <ul style="list-style-type: none"> <li>• Buckwheat, pearl barley, and bulgur grains</li> <li>• Small amounts of quinoa, brown rice, oats and wheat bread</li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth grain or leaves</li> </ul>
<b>Drinks</b>	<p><b>Talk to your doctor to learn how much you can drink each day. If you need to limit how much you drink, try these tips:</b></p> <ul style="list-style-type: none"> <li>• Drink lemon water or cucumber water</li> <li>• Suck on ice instead of having a drink</li> <li>• Chew on gum or suck on hard candy</li> <li>• Eat very cold or frozen fruit</li> <li>• Rinse your mouth with water or mouthwash without swallowing</li> </ul>	<ul style="list-style-type: none"> <li>• Dark sodas</li> <li>• Drinks made with milk, caramel, or chocolate</li> <li>• Any fruit juice</li> </ul>
<b>Supplements or Vitamins</b>	<p><b>Talk to your nutritionist to know what kinds of multivitamins are good for you.</b></p> <ul style="list-style-type: none"> <li>• Ask your doctor about phosphate binder. It may be able to help you eat high phosphorus foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Taking herbal remedies or supplements without first taking with your doctor.</li> </ul>

We have nutritionists at every CHN health center to help you make small changes that lead to **big** results. Set up a visit today for our **free and low-cost nutrition counseling!**