

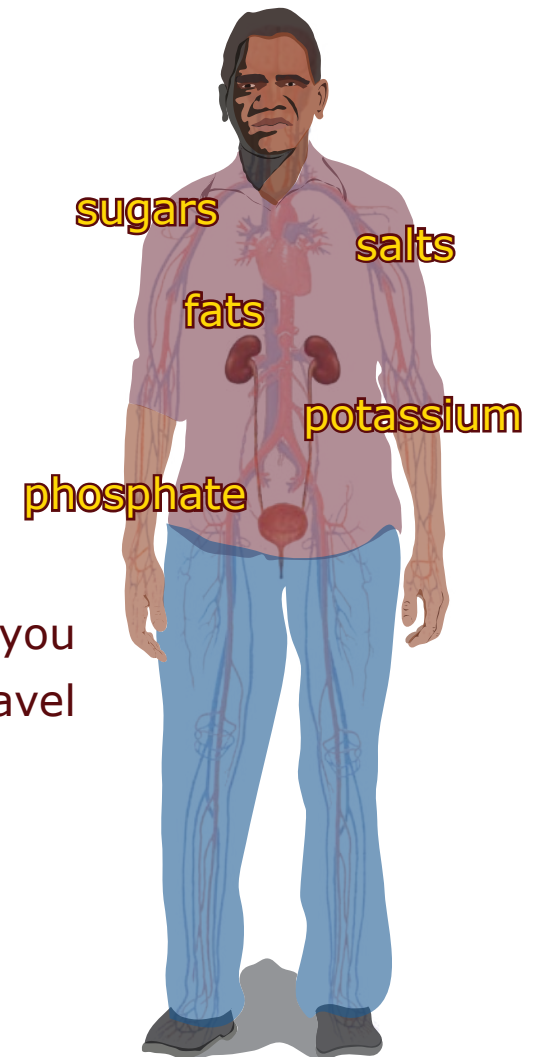
Kidney Stories

Diet and Kidney Disease

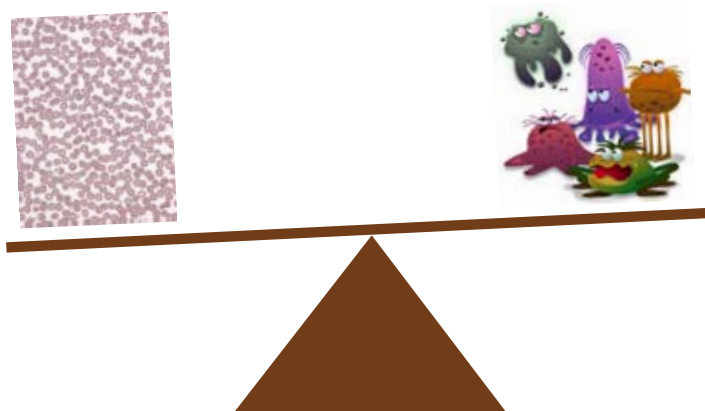
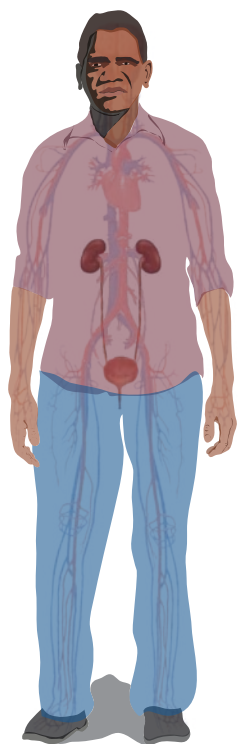


The food you eat is made up of different parts. Salts, sugars, fats, phosphate and potassium make up some of these parts.

When your body digests the food that you eat, these parts go into your blood and travel around your body through your blood.

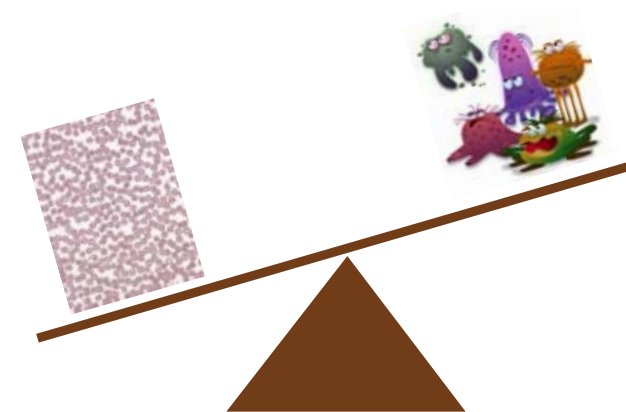
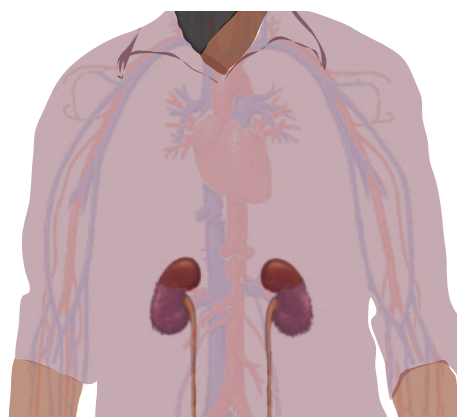


Diet and Kidney Disease



Healthy kidneys work to keep the right balance in your blood.

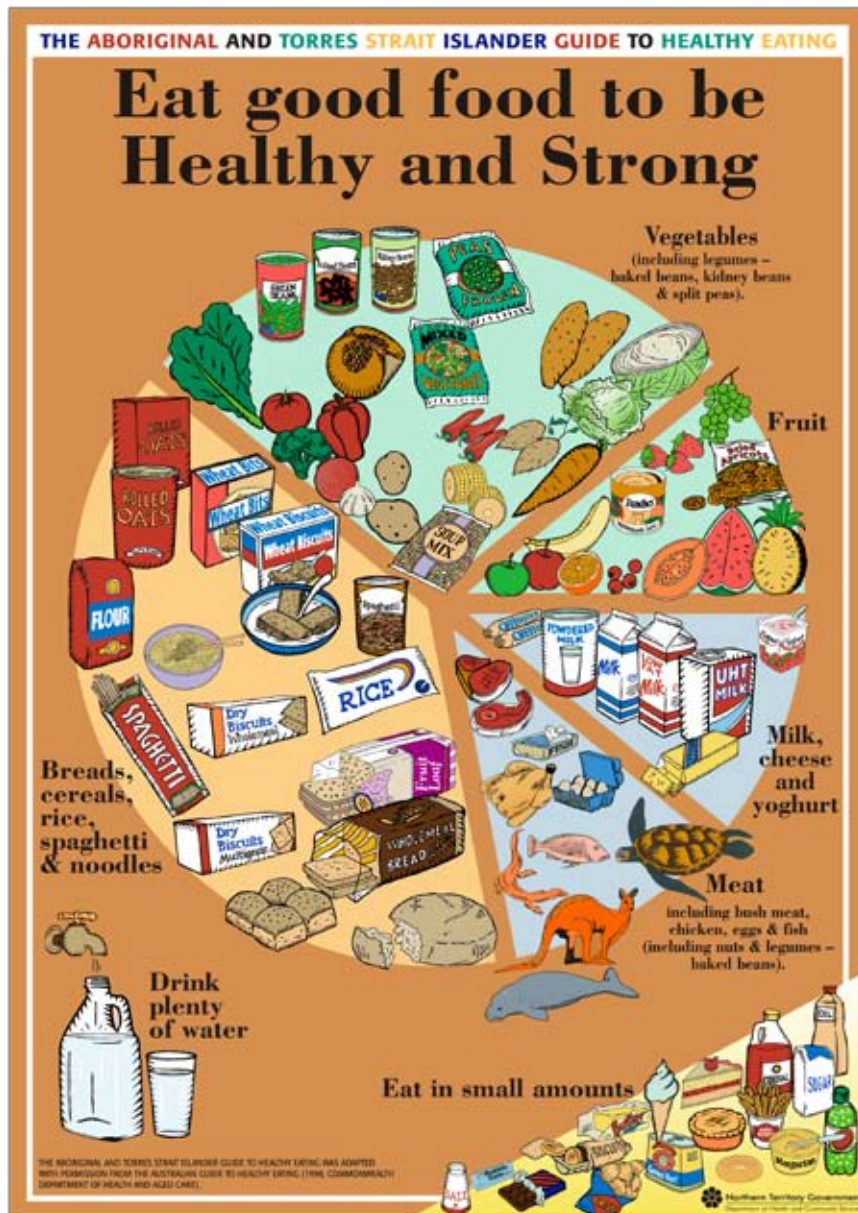
When your kidneys get sick they will not be balancing the good and waste parts of your blood properly.



Diet and Kidney Disease

You can help keep your blood balanced by managing the food that you eat.

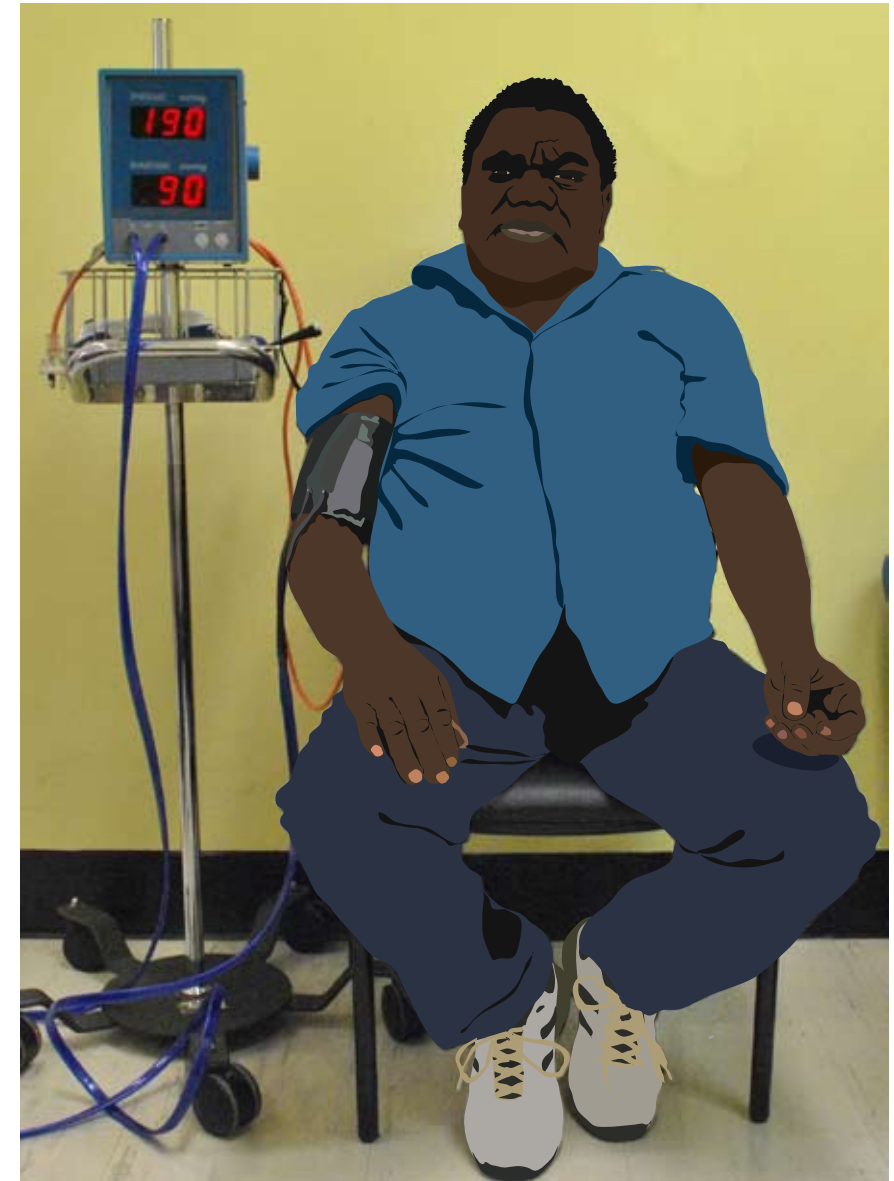
The kidney dietitian can help you learn about which foods will help you and which foods will make you sicker.



Diet and Kidney Disease

When you have kidney disease, salt in the food you eat is a problem because it can give you high blood pressure.

High blood pressure can make your kidney disease worse.



Diet and Kidney Disease



Look for food in the shops that has 'no added salt' or 'unsalted' label.



When you cook use herbs and spices to make food taste better.



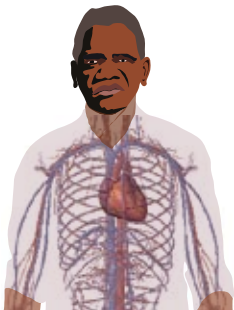
Diet and Kidney Disease



Eating food with lots of sugar may lead to high sugar levels in your blood. This is also known as high 'blood glucose levels'.

High blood glucose levels can damage your blood vessels (veins and arteries) and make it difficult for your blood to move around your body.

Having too much sugar in your blood can be very dangerous and will damage your kidneys. It can also lead to heart disease, poor eye sight or blindness and even amputations of feet or legs.



Diet and Kidney Disease



Don't add sugar to your tea.



Don't have sweet foods or drinks.



Diet and Kidney Disease



Eating too much, or eating foods with a lot of fat can make you overweight.

If you are overweight you will not be able to have a kidney transplant.

Being overweight can lead to:



- High blood pressure



- Breathing difficulties and heart problems



- Feeling tired, no energy

Diet and Kidney Disease

Don't eat these foods that have a lot of fat in them:

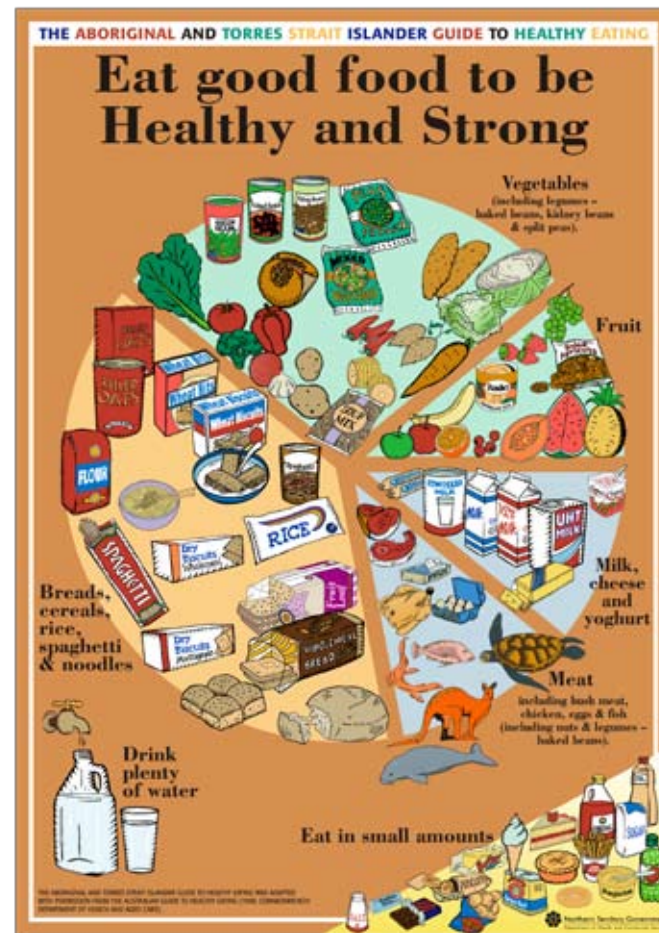


Diet and Kidney Disease



Fast foods are foods that are ready to eat or only need heating. These foods are high in fat, salt and sugars and make you unhealthy.

Eat more natural and whole foods.

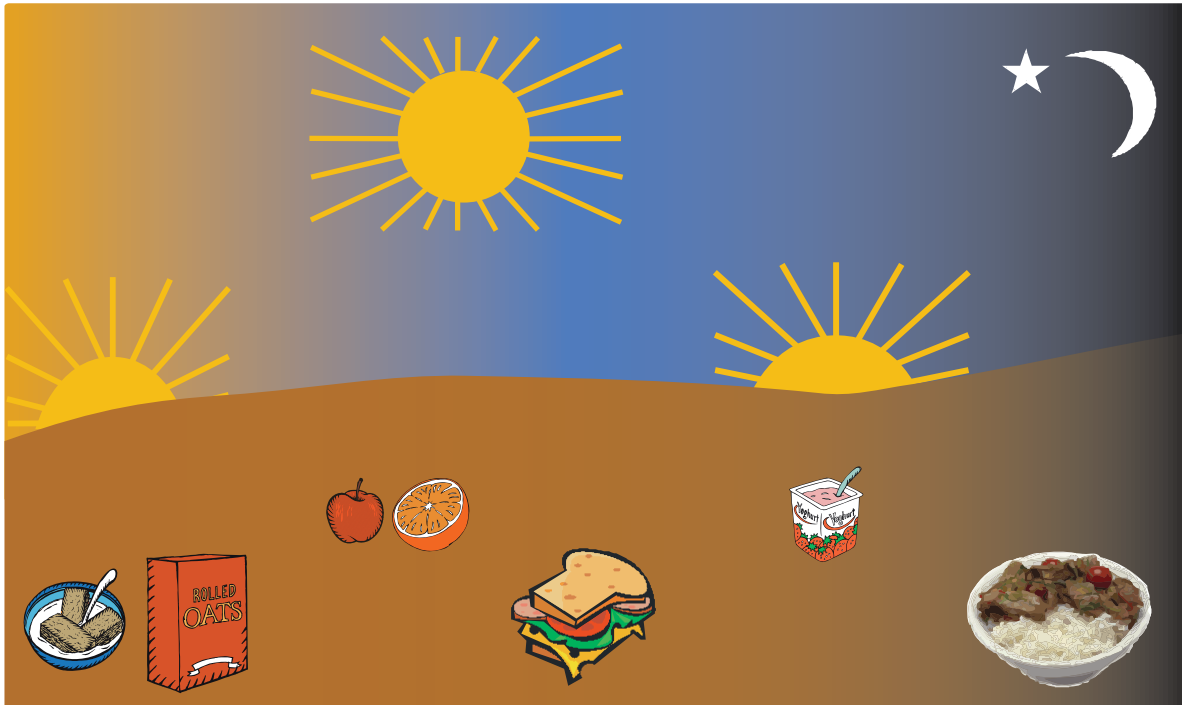


Diet and Kidney Disease

Bush tucker is best.



Diet and Kidney Disease

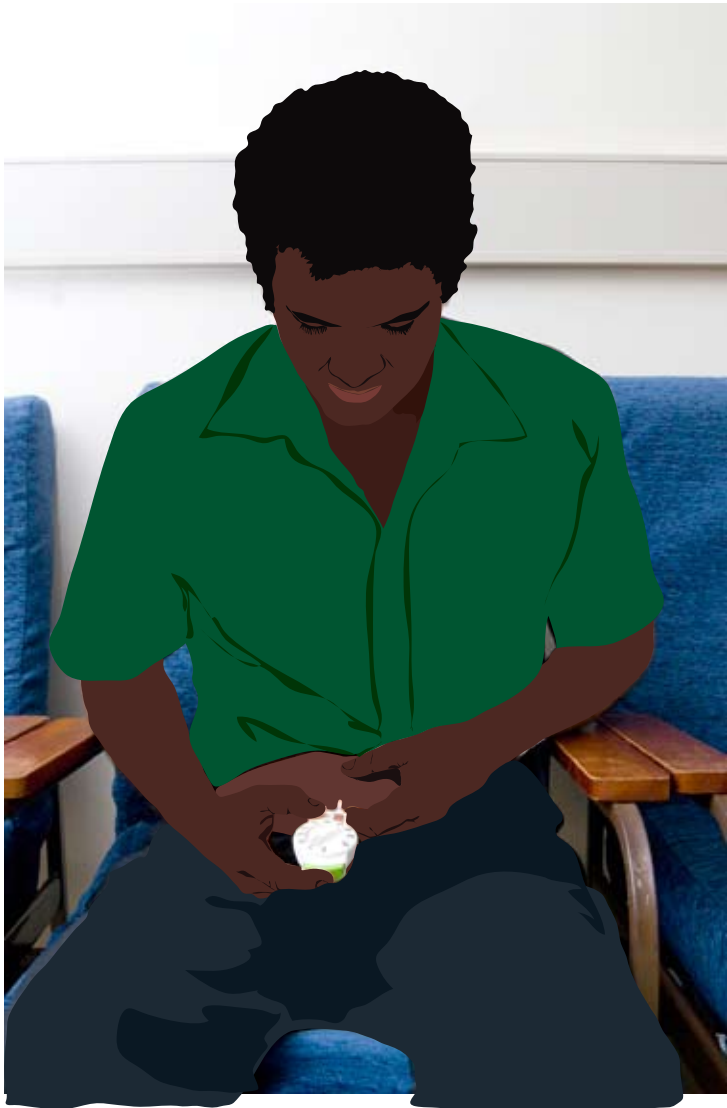


Eating breakfast, lunch and dinner can help keep your energy up and your weight healthy.

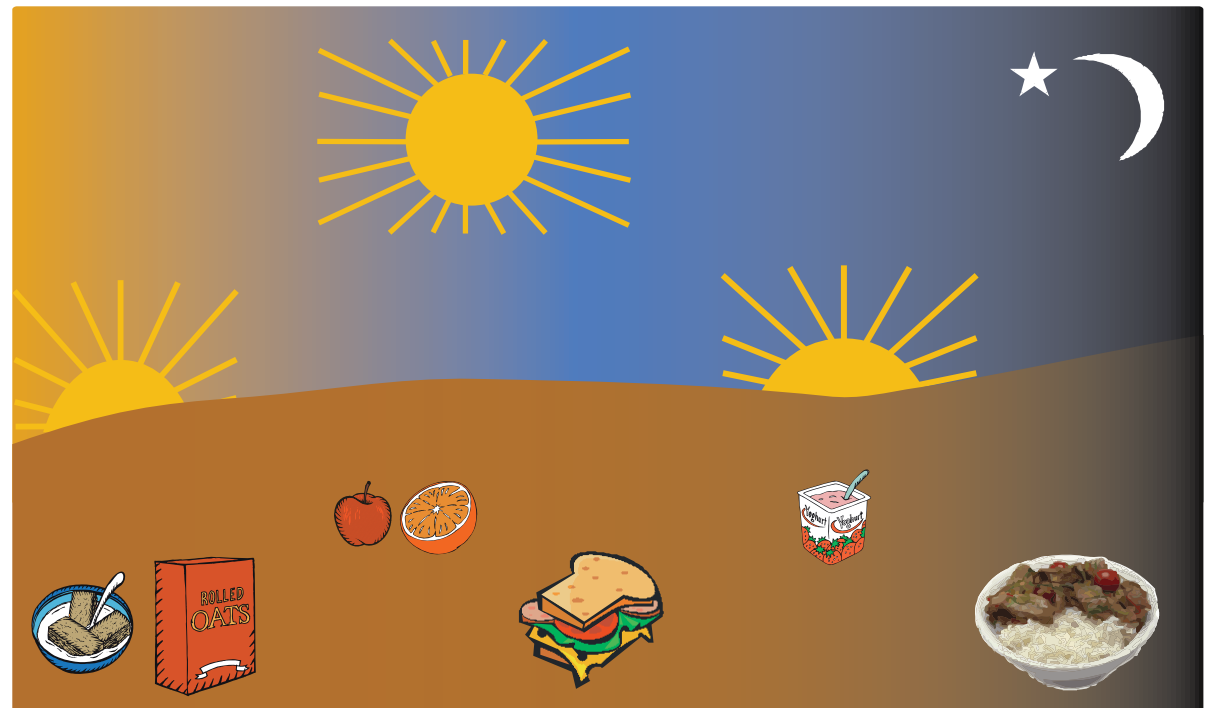
If you miss meals you may run out of energy and get a headache, or feel tired and cranky.



Diet and Kidney Disease



If you have diabetes it is important to eat a few times a day to keep your energy levels even.



Diet and Kidney Disease

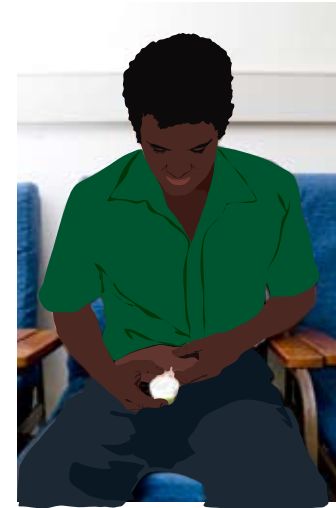
Being active will help to slow your kidney disease by:



- Keeping your blood pressure normal and your heart healthy



- Using up extra energy to keep your weight healthy



- Keeping your blood sugar normal



There are many ways to be active:



- Walking everywhere rather than taking a bus or taxi



- Going bush tucker hunting

- Cleaning the house

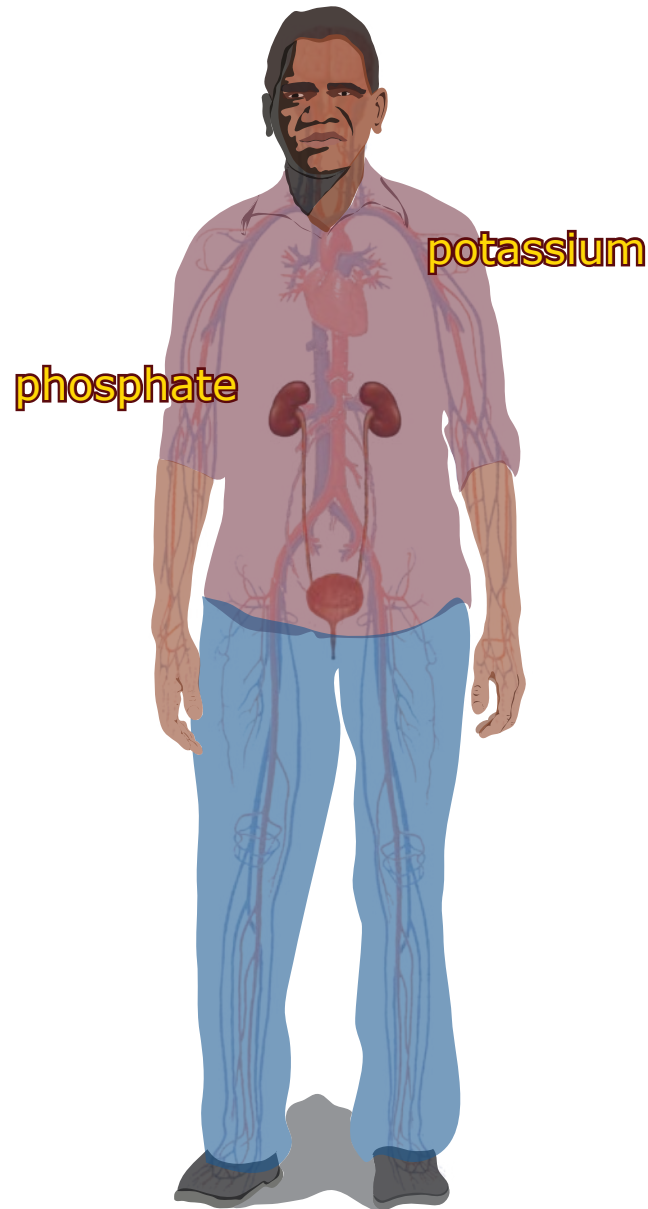


Diet and Kidney Disease

Hunting, fishing and gathering your own food keeps you fit and healthy.



Diet and Kidney Disease



Phosphate and potassium also make up the parts of the foods that you eat.

As you digest the food that you eat phosphate and potassium go into your blood.

Healthy kidneys control the amounts of phosphate and potassium in your blood.

When your kidneys are sick the phosphate and potassium in your blood can get too high.

Diet and Kidney Disease

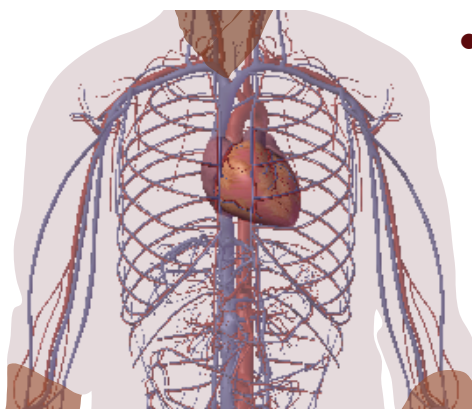
If the phosphate in your blood is too high you may feel:



- Itchy skin



- Red eyes



- Weak heart



- Weak bones

Diet and Kidney Disease

To manage phosphate it is important to have a good diet and take your medicines.



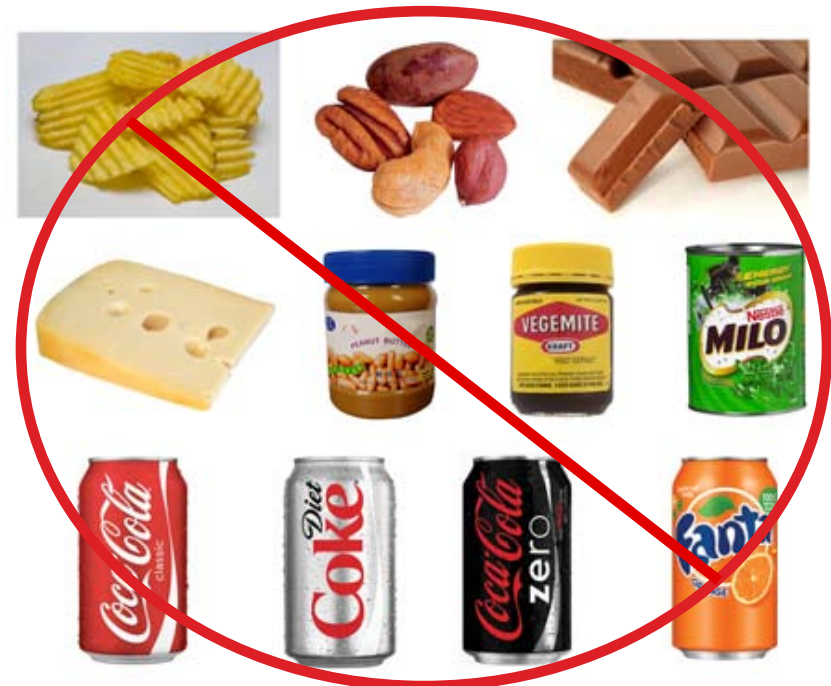
• Calsup

• Caltrate



• Renagel

Do not eat or drink these foods which have a lot of phosphate in them:



Diet and Kidney Disease



Having very high potassium in your blood is dangerous and can lead to a heart attack.

Dialysis helps to lower the potassium in your blood.



Diet and Kidney Disease

To manage the potassium in your blood do not eat these foods which have a lot of potassium in them:



Diet and Kidney Disease



As your kidneys get sicker there are more foods that you need to eat less of.

Knowing how much you can eat of certain foods can get complicated and you need the right advice.

The kidney dietitian can help you understand how to slow down your kidney disease by eating the right foods and by not drinking too much tea, water and other fluids.