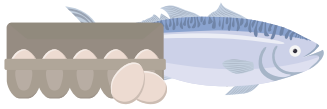
The Renal Diet

The renal diet consists of three main nutrient groups: protein, potassium, and phosphorus. When choosing renal-friendly meal and/or snacks keep these nutrients in mind. Other factors, such as the amount of sodium and fluids you consume, can also affect a renal-friendly diet.

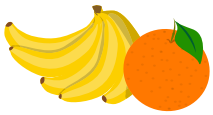
The three Ps



Protein keeps the body healthy and makes muscles strong.

Your kidney function determines how much protein is needed.

Your dietitian will talk about types of protein and recommend portion sizes.



Potassium is an electrolyte that makes our muscles contract. However, if you eat too much, it can build up in blood and affect the heart.

Choose low-potassium options to fill half your plate.



Phosphorus helps with bone and heart health.

Speak with your dietitian about your specific phosphorus level goal.

Other factors to consider



Sodium can cause high blood pressure and impact kidney function.

Enjoy low-sodium foods, follow a 2000mg daily intake, and check nutrition labels for sodium amounts.



Fluids have their limits.

If you are experiencing swelling, weight gain, and difficulty breathing, speak with your doctor.



Physical activity helps your blood pressure and blood sugars.

You can maintain kidney function by making sure your blood sugar and blood pressure are under control.

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT