

DIALYSIS FRIENDLY NUTRITION



What To Eat and Be Mindful of When You Start Dialysis

Protein , Protein, and more protein

High / good quality protein to Help your recovery
(Egg Whites, Fish and Chicken)

Salt

Limit 2000-2,300 mg/ day or less

(choose fresh veggies over canned)

Potassium

Mindful of high potassium foods
(Bananas, Potatoes, tomatoes & processed meat/ cheese.

Phosphorus

Limit 800-1000 mg/ day
(Dairy products, Soda, Processed meats and chesses)



Fluids

- Limit your fluid intake to 1L/day or as directed
- This includes foods like (soups, ice, jello and ice cream

Quick Tips

- Eat Smaller, frequent Meals if Appetite is Low
- Focus on Your foods Needs and Wash Canned Foods
- With Better Food Behaviors = More Energy
- Stay Active and Communicate with Your Care Team