

DIET & DIALYSIS: GENERAL INFORMATION

What you eat and drink is important to feeling your best on dialysis.

Healthy kidneys remove waste products and extra fluid that come from what you eat and drink.

When your kidneys are not working right, waste products and fluid build-up in your blood and can make you feel sick.



Eating the right foods is a big part of your treatment. Your dietary needs and food choices depend on several things:

- The type of dialysis treatments you are receiving
- Your age and other medical conditions
- Whether or not you still make urine
- Your nutrition status (weight and blood work)

Each person on dialysis has his or her own diet prescription, including goals for the following nutrients:

- Protein
- Calories
- Sodium
- Fluid
- Potassium
- Phosphorus
- Calcium
- Vitamins and minerals

A meal pattern translates the diet prescription into what you can eat and drink each day. You can plan daily menus and food choices.

Your diet, dialysis treatments and medications work together to help you feel your best and keep your blood values in a safe range.