

Booklet 7

Eating Well on Peritoneal Dialysis (PD)



What you will learn:

- Foods you need to stay healthy
- Foods to limit or avoid
- Strategies for taking small steps

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People who are on PD need to be careful about the foods they eat. The good news is that you can choose from a wide variety of foods while you're on PD. In fact, you may discover some foods that you really like!

Your dietician will work with you to help you choose the foods you enjoy that also meet your body's needs. This pamphlet gives you some of the basic information about healthy eating while on PD.

For additional resources on PD, check out: www.pdempowers.com

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Foods You Need to Stay Healthy

Foods rich in protein

- Protein helps build muscles in your body, and is also needed for healing.
- Your body loses some protein during each PD treatment.
- Your dietician will give you information on the types of protein you can eat.



Where will you get your protein?

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Examples of high-protein foods:

- *Lean beef*
- *Fish (except carp)*
- *Chicken and turkey*
- *Eggs*
- *Lean pork*

! Always talk with your doctor or dietician before changing what you eat.

Foods You Need to Stay Healthy continued



Foods rich in fiber

- Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb.
- High-fiber foods help to promote normal digestion and bowel movements and prevent constipation.
- Some high-fiber foods contain phosphorus which you will need to limit.
- Your dietician can help you decide which high-fiber foods are right for you.

! Always talk with your doctor or dietician before changing what you eat.

Where will you get your fiber?



Examples of high-fiber foods:

- *Some vegetables like greens, broccoli, brussel sprouts, corn*
- *Some fruits like raspberries, pears with skin, apples with skin, bananas*
- *Grains like grits, barley, and popcorn*
- *Peas, lentils*

Foods rich in potassium

- Potassium helps muscles work properly.
- However, having either too much or too little potassium in your blood is very serious. It can cause muscle weakness and affect your heart.
- Some patients might need more potassium in their diet and other patients might need to reduce the amount of potassium in their diet. Your dietician can help you decide if high-potassium foods are right for you.



Where will you get your potassium?

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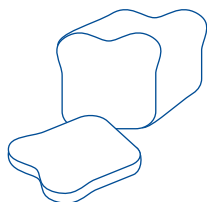
Examples of high-potassium foods:

- *Orange juice*
- *Potatoes*
- *Avocados*
- *Bananas*
- *Tomatoes*

Refer to the National Kidney Foundation website, kidney.org, for additional examples of foods for patients on PD.

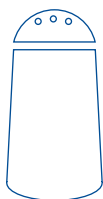
Foods to Limit or Avoid

Calories and carbohydrates



- Carbohydrates are a source of energy for your body.
- Calories are a measure of how much energy food contains.
- Your PD solution also contains calories. You may need to limit foods with high carbohydrates and calories to balance what you eat with the calories you get from your solution.

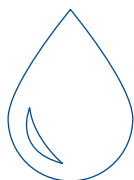
Salt



- Salt (sodium) is a mineral found in most foods.
- Salty food will make you thirsty, and you may drink more fluid than you should. Symptoms of fluid overload may include rapid weight gain, increased blood pressure, and swelling.
- There tends to be a lot of salt in snack foods, canned foods, lunch meats, and frozen and prepared meals. Also, many foods have 'hidden' salt, so be sure to check nutrition labels when possible for amount of salt, listed as Sodium.
- Talk to your dietician about how much salt you should consume each day.

It is important to limit and/or avoid fast foods. Many fast food items are presalted, so if you choose to get fast food, you should ask to have additional condiments and/or salt be left off.

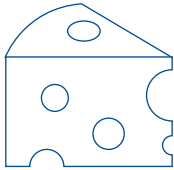
Fluids



- Fluids include beverages, ice, ice cream, watermelon, soup, gelatin, to name a few.
- Some foods contain hidden fluid.
- Taking in more fluids than you should can cause symptoms of fluid overload, such as sudden weight gain, increased blood pressure, and swelling.

- **Know your daily fluid allowance. Then plan which foods you can have each day.**

Phosphorus



! Your doctor may prescribe a medication to help control your phosphorus.

- Phosphorus, along with other minerals, helps to keep bones healthy.
- However, high levels of phosphorus in your blood can cause your bones to become brittle and weak.
- Another concern is the accumulation of calcium in the blood vessels, called calcification of blood vessels. Calcium and phosphorus work together in the body, so changes in the level of one can affect the other. Maintaining phosphorus levels can help maintain calcium levels and prevent the accumulation of calcium in blood vessels.
- Phosphorus can be hidden in some foods. Many preservatives contain phosphorus: look for ingredients like phosphoric acid, disodium phosphate, pyrophosphate in food and beverage labels.
- Phosphorus is found in foods such as dairy products, beans, nuts, and some beverages.

How Your Diet is Progressing

Your doctor will order regular blood tests that will determine how you're doing with your diet. Ask for a copy of these test results to take home for your records. Your doctor, PD nurse and/or dietician will discuss the blood tests with you, along with other factors that signal a good diet. These include your weight, blood pressure, regular bowel patterns, and energy level.

Health care providers understand that it's very challenging to make lifestyle changes, like what you eat. When your doctors talk to you about your weight or eating habits, keep in mind that they're trying to help keep you healthy. It's not about judging you, rather it's about figuring out realistic steps that you can take for your health.

! How you feel overall is important, too. If you feel different than usual, tell your PD nurse.

Taking Small Steps

Changing your eating habits can be challenging. Try these simple tips.

1 Explore. Before you can make changes to what you eat, you'll need to learn what's recommended and what to avoid. This can take a little bit of time. Talk to your dietician and read up on dialysis-friendly foods. Learning which foods are right for you might even be interesting.

2 Stock up. Take a list of recommended foods with you to the grocery store and stock up on these items. That way you'll always have options for meals and snacks.

3 Start small. Try to add one or two foods to your diet that are good for you, and that you're not used to having. At the same time, try to eliminate one or two foods you need to avoid.

4 Don't beat yourself up. If there's a food your dietician says you absolutely can't have, it is important to make sure that you don't eat it. But otherwise, go easy on yourself if you "slip up" now and then. Just do your best.

5 Let yourself feel. Some people feel frustrated, sad, or angry about changes they need to make to their diet. It's important to just let yourself experience these feelings rather than trying to ignore or hide them. You may find it helpful to talk to someone about your feelings.

New Words

Calories

A measurement of how much energy food contains. Your body needs calories to function.

Carbohydrates

A source of energy in food that is essential for normal body function.

Fiber

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb.

Phosphorus

A mineral found in most foods. Along with other minerals, it helps to keep bones healthy when at normal levels.

Potassium

A mineral that helps muscles to work properly. Potassium levels are in delicate balance in your body. Too much or too little potassium can cause an irregular heart beat or make a person feel weak.

Protein

A part of some foods that helps to build many parts of the body and is needed for healing. Meat and fish are examples of foods with protein.

Salt (sodium)

A mineral found in almost all foods.

Notes

PD Training: Patient Training Self-test

Eating Well on Peritoneal Dialysis (PD)

1. Which of the following foods will help you stay healthy?
 - a. Foods rich in protein
 - b. Foods high in salt (sodium)
 - c. Foods high in phosphorus
2. You should limit foods high in salt (sodium). Which of these groups of foods are high in salt (sodium)?
 - a. Snacks, canned foods, frozen and prepared meals
 - b. Ice cream, ice, watermelon, soup, gelatin
 - c. Orange juice, potatoes, avocados, bananas, tomatoes
 - d. Milk, fish, cheese
3. You may be told to limit foods high in potassium. Which of these groups of foods are high in potassium?
 - a. Snacks, canned foods, frozen and prepared meals
 - b. Ice cream, ice, watermelon, soup, gelatin
 - c. Orange juice, potatoes, avocados, bananas, tomatoes
 - d. Milk, fish, cheese
4. You should limit foods high in phosphorus. Which of these groups of foods are high in phosphorus?
 - a. Snacks, canned foods, frozen and prepared meals
 - b. Ice cream, ice, watermelon, soup, gelatin
 - c. Orange juice, potatoes, avocados, bananas, tomatoes
 - d. Milk, beans, cheese
5. Your doctor will order regular blood tests that will determine how you're doing with your diet.

True False

Patient Signature: _____

Date: _____

Answers: 1-a, 2-a, 3-c, 4-d, 5-True

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PD Training: Patient Checklist

Eating Well on Peritoneal Dialysis (PD)

Patient Name: _____

Person Trained: _____

Relationship to Patient: _____

Completed by (Signature): _____ Date: _____

Patient Training/Retraining Checklist Instructions

- The Patient Training Checklist should be used to help track the patient's progress while being trained, to refresh the learning of a current patient/caregiver or to retrain a returning patient.
- Place the date in the appropriate box as the patient verbalizes understanding of a topic or successfully completes a return demonstration of a procedure.
- If the topic is not applicable (N/A) to the patient, place the date in the N/A column.
- Use Notes section as needed to indicate future training needs.

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
Foods you need to stay healthy			
Foods rich in protein			
• Protein is important in keeping you healthy			
• Your body loses some protein during PD treatment			
• Dietician provided list of quality protein foods			

Foods high in fiber			
• High-fiber foods promote normal digestion, help avoid constipation			
• Some contain phosphorus, which you need to limit			
• Dietician provided list of high-fiber foods			

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Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
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Foods high in potassium:			
• Potassium helps muscles work properly			
• High or low levels of potassium in blood is very serious			
• Too much or too little potassium can cause muscle weakness and affect your heart			
• Dietician provided list of high potassium foods			

Be careful of foods high in:			
• Calories and carbohydrates			
– Your PD solution contains calories			
– You need to balance what you eat with the calories you get from your solution			
• Salt/sodium (snack foods, canned foods, lunch meats, frozen and prepared meals)			
– Salty foods make you thirsty and can cause you to drink more fluid			
– Taking in too much fluid can cause symptoms of fluid overload such as sudden weight gain, high blood pressure, and swelling			
• Fluid (beverages, ice, ice cream, watermelon, soup, gelatin)			
– Some foods have hidden fluid			
– You may need to limit fluid you take in			
– Know your fluid allowance and plan your foods each day			
• Phosphorus (dairy products, beans, nuts, and some beverages)			
– High levels of phosphorus in blood can cause bone problems and calcification of blood vessels			

Patient demonstrates or verbalizes understanding of:	Yes	No	N/A
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How your diet is progressing			
• Your doctor will order regular blood tests to check your progress			
• Your doctor, PD nurse, or dietician will discuss test results with you			
• Other factors that signal good diet include weight, blood pressure, bowel patterns, energy level			
• How you feel overall is important. Tell your PD nurse if you feel different than usual			

Final Checks	Yes	No	N/A
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Lesson reviewed			
New words reviewed			
Self-test completed			

Patient Signature: _____ Date: _____

Notes

(If topic not completed or retraining required, specify reason. Procedure training may be documented if applicable.)

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Notes

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