

# Your Hemodialysis Diet

Hemodialysis removes the waste products from your body that your kidneys used to remove. However, since treatments are not taken every day, wastes accumulate between visits. By limiting certain nutrients in your diet, you can feel better between treatments and avoid complications. Your dietitian will work with you to help plan meals with the following dietary restrictions.

## Protein

Eating enough protein is important to keep you strong and healthy during dialysis. Try eating 7–9 ounces of these choices daily: beef, chicken, fish, shell fish, fresh pork, turkey, eggs, cottage cheese, protein bars, protein powders and/or nutritional supplement drinks.

## Fluid

Limit fluids to 1 quart (4-5 cups or 32-40 fluid ounces) per day. This includes water, coffee, tea, milk, soup, juice, jello, pudding, ice cream, sherbet, popsicles and ice.

## Sodium (Salt)

Excess sodium remains in the body with water causing fluid retention, higher blood pressure and shortness of breath. Cooking fresh food at home is best for you.

- Do not add salt to foods at the table or during cooking
- Avoid ham, bacon, sausage and deli meats
- Avoid canned soups (unless low sodium), packaged/canned/frozen meals, fast foods, salted snack foods (such as pretzels, corn chips and potato chips)

## Potassium

Too much potassium can cause an irregular heart beat or cause your heart to stop beating.

- Limit fruit and fruit juices to 3 servings (1/2 cup each) per day
- Limit vegetables to 2 servings (1/2 cup each) per day
- DO NOT use salt substitutes

Avoid these high potassium foods:

### Juices

*Orange juice*

*Prune juice*

*Tomato juice*

*Vegetable juice (V8)*

### Vegetables

*Potatoes\**

*Tomatoes*

*Winter squash*

*Spinach*

*Sweet potatoes\**

### Fruits

*Bananas*

*Oranges*

*All melons*

*Avocado*

*Dried fruit (prunes, raisins)*

*\* To reduce the potassium content of potatoes and sweet potatoes, peel, cube and soak them in water overnight. Then drain and boil in fresh water.*

## Phosphorus

Too much phosphorus can cause easily broken bones, itching skin and heart disease.

- Limit milk and other dairy products to 1/2 cup total per day

Avoid these high phosphorus foods:

Dairy Products

*Cheese*

*Pepper)*

*Ice cream*

*Frozen yogurt*

*Yogurt*

*Milk*

Grains

*Cornbread (mix)*

*Whole grain breads*

*Bran cereals & bread*

*Muffins (mix)*

*Frozen waffles (mix)*

*Refrigerated biscuits*

Bean/Seed Products

*Peanut butter*

*Nuts*

*Beans/peas*

*Lentils*

Other

*Colas (Coke, Pepsi, Dr.*

*Chocolate/hot chocolate*

*Beer*

*Sports drinks*

*Flavored waters*

*Processed meats (hot dogs,  
brats, mets, sausage)*