

## **Your Peritoneal Dialysis Diet**

### **High Protein (Goal: 8-10 ounces of protein daily)**

- Dialysis removes toxins, but also removes protein
- Protein is needed to build and repair body tissue, fight infection (peritonitis) and heal wounds
- It is best to eat at least three meals daily, including a good source of protein.

### **Limited Phosphorus (Varies depending on blood phosphorus level)**

- Healthy kidneys remove phosphorus
- High phosphorus will cause bone and joint disease, hardening of arteries, blood vessels and soft tissues. Over time, this could result in calciphylaxis.
- Phosphorus is controlled by adequate dialysis, a low phosphorus diet and phosphorus binders

### **Adequate Potassium (Varies depending on blood potassium level)**

- Healthy kidneys remove potassium
- Potassium is important to control muscle and nerve function; heart is biggest muscle
- Potassium is lost with every PD; you will typically need more dietary potassium

### **Calories**

- You may need to limit total caloric intake as PD dialysis solution adds 500-800 calories per day, depending on dialysis prescription
- Red bag contains 4.25% dextrose
- Yellow bag contains 2.5% dextrose
- Green bag contains 1.5% dextrose

### **Limited Sodium**

- Healthy kidneys maintain fluid balance
- Sodium influences the amount of fluid in your body and blood pressure
- Eating foods high in sodium will make you thirsty and cause you to gain too much weight between dialysis treatments
- Salt is a major source of sodium, but processed, canned and convenience foods have added salt

### **Limited Fluid**

- Healthy kidneys maintain fluid balance
- High fluid gains between dialysis treatments will put a strain on your heart, cause shortness of breath and/or high blood pressure
- Anything liquid at room temperature is considered fluid (ice, ice cream, sherbet, gelatin and soup)
- Limit fluid to 7-8 (8 ounce) cups daily

*Your diet should be low in fat and cholesterol if you have heart disease and carbohydrate-controlled if you have diabetes.*