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.