



Kidney Q&A

4-12 months

Life Options Rehabilitation Program

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Where can I find more information about the foods I like to eat?

Q: Where can I find more information about the foods I like to eat?

A: To help dialysis clean your blood, your doctor may advise you to control sodium, potassium, and phosphorus in your diet. You also may be advised to eat more high quality protein foods. Your dietitian can help you figure out how to fit your favorite foods into your meal plan. To do this, your dietitian may give you sample food lists and meal plans. He or she can also tell you about foods that you like to eat.

Research favorite foods yourself.

You can also look up the protein, sodium, potassium, and phosphorus content of foods in books and on the Internet. Try the library to test out food guide books, and then buy one at a bookstore or on-line if you like it. Look for food guides that contain phosphorus (P) and potassium (K+) as well as sodium (Na), fat, and carbohydrates.

What I can do to learn more about the content of foods I like:

- Ask my dietitian to look up a favorite food or two for me in a food guide.
- Visit the U.S. Department of Agriculture's Nutrient Database for Standard Reference www.nal.usda.gov/fnic/cgi-bin/nut_search.pl to look up foods.
- Buy new or used food guides at local bookstores or on-line at www.amazon.com.

- Look for Na-K-P handout on www.aakp.org.
- Look up the sodium, potassium, and phosphorus content of foods in *Bowes & Church's Food Values of Portions Commonly Used* by Jean A. T. Pennington, PhD, et al.
- Visit module 9 of Kidney School™: *Nutrition and Fluids* at www.kidneyschool.org to download the food guides at the end of the module.