

# Heart-Healthy & Kidney-Friendly Diet

FOR PEOPLE ON PERITONEAL DIALYSIS (PD)

Food is fuel. While some foods are healthy fuel for your body, others can fuel disease. But, heart-healthy foods and kidney-friendly foods are not always the same. This guide will help you choose foods that will fuel both your heart and kidney health.

## Shrink your sodium.



Sodium is the main ingredient in salt. Eating too much sodium causes the body to hold onto more fluid. This raises your blood pressure.

High blood pressure can damage your heart and blood vessels. It can lead to heart attack, stroke and dementia. Reducing sodium in your diet is good for both your heart and kidneys.



## Find the right fats.

While fat gets a bad name, there are actually good and bad fats. The worst fat is trans fat and should be avoided completely. Trans fat makes more bad cholesterol and less good cholesterol. Too much bad cholesterol can clog your blood vessels, causing heart disease. It also increases the risk of heart attack, stroke and diabetes. Good cholesterol helps get rid of bad cholesterol.



Trans fats are often found in fried and processed foods such as cakes, pies, cookies (especially with frosting), biscuits, doughnuts, margarine, crackers, microwave popcorn, and cream-filled candies.

Saturated fats are also “bad” fats and should be limited. Instead, try to eat more good fats like monounsaturated and polyunsaturated fats such as omega-3 fatty acids. These healthy fats help lower bad cholesterol and blood pressure. They can even help with heart disease and lower your risk of stroke.

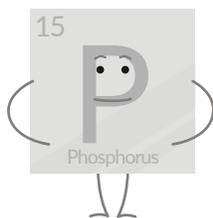


## Plan your protein.

When PD removes wastes from your body it can also remove protein. Protein has many important jobs in the body. As a result, you may need to eat more protein. Fish, skinless poultry, lean cuts of fresh meat and egg whites are heart-healthy protein choices. Non-animal protein sources such as soy products may also be good options.

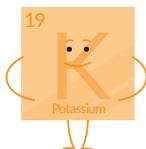


## Perfect your phosphorus intake.



When your kidneys stop working, they no longer remove excess nutrients like phosphorus. If phosphorus builds up to an unhealthy level, it can cause serious problems. Limiting phosphorus in your diet will help you feel your best.

Too much phosphorus can cause arteries to harden leading to serious heart problems, stroke, or amputations. It can also cause your bones to become weak and brittle and your skin to itch or form painful sores.



People on hemodialysis also need to reduce their potassium intake. PD is more effective at removing potassium so you may not need to limit potassium.

## Fit in fiber.

Getting enough fiber and antioxidants is an important part of a heart-healthy diet. Fiber can help to lower cholesterol and blood pressure and help to prevent stroke and diabetes. Foods that are good sources of fiber include whole grain breads, fruits, and vegetables. But be careful. Many of these foods are rich in phosphorus (or potassium).



Eating a heart-healthy and kidney-friendly diet may seem challenging. Your dietitian is happy to help! They can answer questions and help you to design a meal plan that's right for you.

# Cheat sheet for a heart-healthy & kidney-friendly diet

## ENJOY

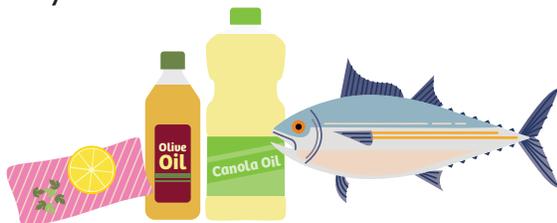
### Low sodium alternatives:

Look for salt alternatives like spices and seasonings. Be careful of salt substitutes as they often contain potassium.



### Mono/poly-unsaturated fats:

- Fish like salmon, trout, mackerel, tuna
- Healthy oils such as canola, olive, peanut, safflower, sunflower and soybean oil



### Low phosphorus foods:

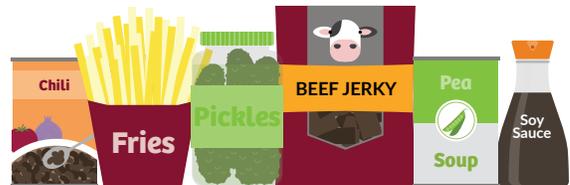
- White bread
- Cream of wheat
- Corn and rice cereals
- Pasta and couscous
- Dairy alternatives, cream cheese, sour cream
- Sherbet, sorbet, popsicles
- Pretzels (unsalted)



## LIMIT

### High sodium foods:\*

- Frozen dinners
- Fast food
- Cured, processed, smoked, breaded or fried meats/fish



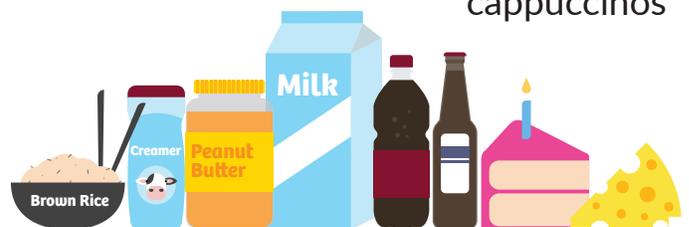
### Saturated fats:\*

- Butter
- Palm, palm kernel, and coconut oil
- Vegetable shortening
- Fried foods
- Whole milk and ice cream
- Poultry skin



### High phosphorus foods:\*

- Whole grain bread
- Bran products
- Oatmeal
- Dairy products
- Chocolate
- Beans and lentils
- Nuts and nut butters
- Pancakes/waffles
- Sardines
- Pizza
- Corn tortillas
- Dark sodas
- Beer
- Candy
- Pudding
- Lattes/cappuccinos



\* Feel free to talk to your dietitian, these may be added in moderation as part of a healthy diet.

## Count your calories.

Calories measure how much energy a food provides the body. When you are on PD, the dialysate (cleaning) solution provides some calories. This is because it contains dextrose, a form of sugar. Therefore, you may not need to eat as many calories to meet your body's needs. If you eat more calories than your body needs, it can cause weight gain.



## Read nutrition labels carefully!

<b>Nutrition Facts</b>	
SERVING SIZE 1 CUP	
Amount Per Serving	
<b>Calories</b> 320	
<b>Total Fat</b> 8g	6%
Saturated Fat 1g	5%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 160 mg	6%
<b>Total Carbohydrate</b> 37g	
Dietary Fiber 4g	
Sugars 2g	
<b>Protein</b> 3g	

Look for foods with a daily value of less than 5% for saturated fat, cholesterol, phosphorus and potassium.

### Look for low sodium foods.

Usually anything that has a sodium number that is less than the calorie number is low in sodium.

Try to get 25g of fiber a day for women or 38g for men.

### Avoid trans fat!

Be careful, just because a food has 0 grams of trans fat listed doesn't mean it is actually free of trans fat. Look for "hydrogenated" or "partially hydrogenated" oils in the ingredients.

### Spot the phosphorus!

**INGREDIENTS:** ENRICHED WHEAT FLOUR, SUGAR, BROWN SUGAR, HYDROGENATED VEGETABLE OIL, PHOSPHORUS, SEMI-SWEET CHOCOLATE CHIPS, PHOSPHORIC ACID, EGG, SODIUM ALUMINUM PHOSPHATE, PYROPHOSPHATE, POLYPHOSPHATES, CALCIUM PHOSPHATE, CINNAMON, POTASSIUM CHLORIDE, SALT, POTASSIUM BIPHOSPHATE