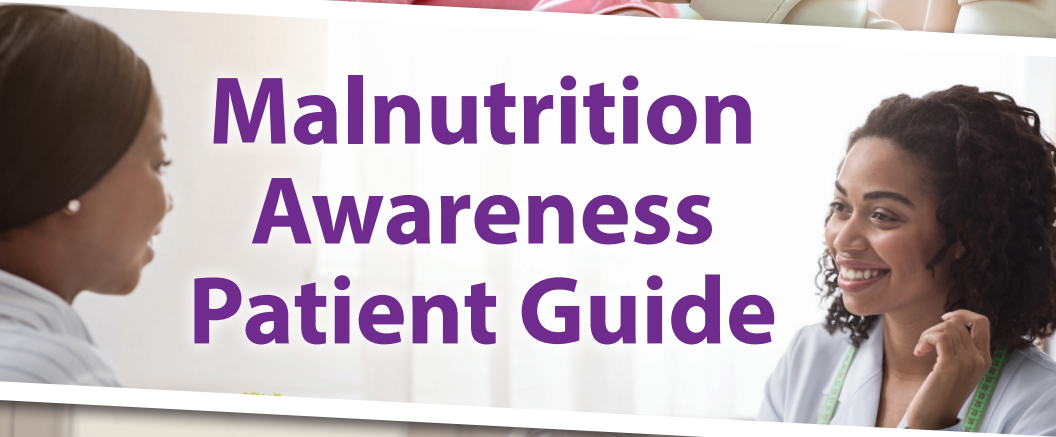




Malnutrition Awareness Patient Guide



Nutrition Awareness

Incorporate some of these self-care practices to positively impact your nutritional status and quality of life.

1

Have a Balanced Diet:

- ▶ With the help of your registered dietitian, work on a meal plan that meets your nutritional needs and restrictions.
- ▶ Monitor your intake of sodium, phosphorus, and potassium, as these electrolytes can be impacted by poor kidney function.
- ▶ Choose nutrient-dense foods over processed or fast foods, which are often high in unhealthy fats, sugar, and salt.



2

Practice Mindful Eating:

- ▶ Pay attention to the sensory experience of eating. Before eating, take a moment to assess your hunger level.
- ▶ Eat slowly, and focus on the flavors, textures and smells of your food.
- ▶ Avoid distractions while eating (watching TV or using your phone).



3

Stress Management:

- ▶ Stress can affect your eating habits and digestion, leading to poor nutrition.
- ▶ Practice relaxation techniques such as deep breathing, meditation, or yoga to reduce stress levels.
- ▶ Engage in activities you enjoy, such as reading, listening to music, or spending time with loved one, to unwind and de-stress.



4

Help Maintain Fluid Balance:

- ▶ Attend your dialysis sessions to support optimal fluid removal.
- ▶ Proper hydration is important, but be mindful and track fluid intake for fluid restrictions.
- ▶ Limit consumption of sugary drinks, caffeinated drinks and alcohol.
- ▶ Help your thirst by eating frozen fruits: (grapes, strawberries, blueberries), and sugar-free candies, or rinse your mouth with mouthwash.



5

Incorporate Daily Exercises:

- ▶ Incorporate regular physical activity into your routine, as it can improve appetite, digestion, and overall well-being.
- ▶ Choose activities you enjoy, such as walking, swimming, or cycling. Aim for at least 30 minutes of moderate exercise most days of the week.
- ▶ Consult with your healthcare team before starting any exercise program to ensure it's safe for you.



6

Quality Sleep:

- ▶ Establish a regular sleep schedule by going to bed and waking up at the same time every day.
- ▶ Create a relaxing bedtime routine, such as taking a warm bath or reading a book, to signal your body that it's time to wind down.



Remember, taking care of your health is a journey, and small changes can lead to significant improvements over time.

HIGH PROTEIN PERFORMERS

Eating enough protein is important for healing and recovery after dialysis. Here are a few high protein options to consider. Check with your dietitian to learn if they are suitable for you.

Powerful sources of protein: 8-10 ounces recommended.



Lean cuts of **Beef**
1 **Tuna** can = 4 oz



Chicken:
1/2 Chicken Breast = 3 oz

Fish:
Medium Fish Fillet = 3 oz

Eggs:
1 Egg = 1 oz

Turkey:
Turkey Leg = 8 oz or more

Veggie Burger Patties:
1/2 - 1 whole patty

Tofu:
1/4 - 1/2 cups

Lentil Beans:
1/2 cup

Consider choosing supplements with:

Protein grams:
15 g or more

Potassium content:
200 mg or less

Phosphorus content:
150 mg/15% or less
of the Daily Value



High Protein supplements:

Whey protein powder:
up to 25 g of protein per serving

Nugo Bars:
11-20 g of protein per bar

Liquacel:
Up to 16 g of protein

**NutriRite® IDPN or IPN
Protein Infusion**
During Your Dialysis Treatment
1 treatment averaging
75 g of protein



IMMUNE-BOOSTING FOODS

VEGGIES

Great source of vitamin c and antioxidants



RED GRAPES

Full of antioxidants and flavonoids, which have anti-inflammatory properties



FATTY FISH

Rich in protein and omega-3 fatty acids, which help fight off inflammation



BERRIES

High in antioxidants which help reduce the risk of several diseases



TANGERINES

Full of vitamin C and antioxidants



Feed your body these foods to help keep your immune system strong

EGG WHITES

High-quality protein that supports muscle growth and fights infections



GINGER & GARLIC

Contains anti-inflammatory properties



WHOLE GRAINS

Bulgur and Buckwheat are both high in fiber to support healthy digestion and B-vitamins to support brain and cell function



Renal-Friendly Foods To Fight Malnutrition

Studies show that low intake of key nutrients may be linked to malnutrition and inflammation.

Iron, Vitamin C, and Vitamin B6: Prevents feelings of weakness, fatigue and anemia.

Zinc and Folic Acid: Zinc and folic acid can help improve anorexia and appetite.

Vitamin A: Helps reduce inflammation, which can be high if you're malnourished.

Food Item	Nutrients							
	Protein	Carb	Iron	Zinc	Folate (Folic Acid)	Vitamin B6	Vitamin C	Vitamin A
Tofu	✓	✓	✓	✓	✓	✓	✓	✓
Legumes (lentils, edamame, beans, peas)	✓	✓	✓	✓	✓	✓	✓	✓
Nuts & Seeds	✓	✓	✓	✓	✓	✓	✓	✓
Lean Cuts of Red Meats	✓		✓	✓		✓		
Poultry	✓		✓	✓		✓		
Seafood	✓		✓	✓	✓	✓		✓
Eggs	✓			✓	✓	✓		✓
Leafy Green Vegetables		✓	✓		✓		✓	✓
Berries		✓	✓		✓		✓	✓
Watermelon		✓	✓			✓	✓	✓
Peach		✓	✓	✓	✓		✓	✓
Pears		✓	✓	✓	✓		✓	✓
Pineapple		✓	✓		✓	✓	✓	
Pasta, bread, cereal	✓	✓	✓		✓			
Cheeses (Ricotta, brie, cream cheese)	✓	✓			✓	✓		✓
Soy milk	✓	✓	✓		✓			✓

✓= Contains specific nutrient

✓= Contains higher amount of specific nutrient

Always check with your dietitian for healthy ways to add these foods into your diet.

On the LOOKOUT for Phosphate Additives

Foods that are likely to have phosphate additives include:

- Frozen meals
- Processed or spreadable cheese
- Instant products (*Bars, Cereals*)
- Nondairy creamer
- Refrigerated bakery products
- Enhanced meats like:
 - Ham
 - Sausage
 - Chicken nuggets
 - Bacon

PHOSPHATE

Phosphate additives may be to blame for your high phos levels every month. Bring your phosphate levels down and feel better by finding and eliminating phos additives in your food.



Check the ingredient list for Phosphate additives

- Dicalcium phosphate
- Disodium phosphate
- Monosodium phosphate
- Sodium hexameta-phosphate
- Trisodium phosphate
- Sodium tripolyphosphate
- Tetrasodium pyrophosphate
- Phosphoric acid

Your dietitian can help you find **phos-additive free** substitutions.

Be aware of your sodium and fluid intake

SODIUM A mineral found in many common foods and beverages



- 2.3g per day or less
- Too much sodium increases thirst
- Too much sodium can put you into fluid overload



The Do's

- Weigh yourself daily in the morning
- Track fluid intake (see log on back)
- Select 140mg sodium or less per serving
- Use sodium-free seasoning: onion powder, dried herbs, basil and rosemary
- When dining out, ask for low-salt suggestions and dressings on the side
- Choose healthier foods like baked chicken, fish and steamed vegetables
- Quench thirst by eating frozen fruits: grapes, strawberries & blueberries
- Sugar-free candies
- Rinse your mouth with mouthwash



and the Dont's

- Avoid frozen, processed, canned or salty foods
- Avoid cooking with seasonings containing salt
- Remove the salt from the table
- Avoid salty condiments
- Avoid caffeinated beverages such as coffee, black tea, green tea, and sodas as well as high sodium beverages including tomato and vegetable juices
- Avoid foods with over 140 milligrams of sodium (fast foods)
- Avoid hot temperatures

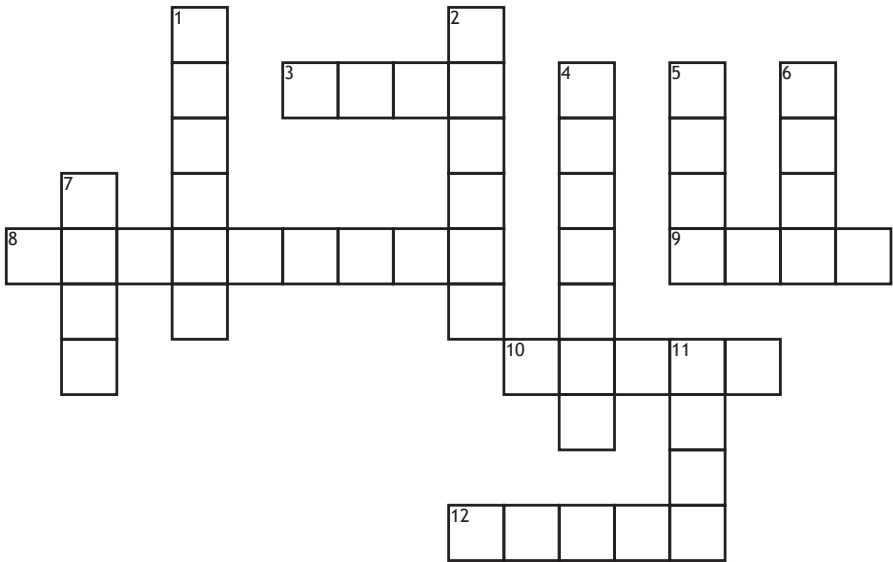


FLUID Any food and beverage that is liquid at room temperature

Examples: Jell-O, Soup, Ice, liquids, sauces



Protein Sources Crossword



ACROSS

- 3** Vegans delight in this
- 8** The Rite Renal Nutrition Therapy
- 9** This lives in oceans, lakes, and rivers
- 10** Jack claimed he had magic ones
- 12** Plants grow from

DOWN

- 1** Made from milk and active cultures
- 2** A table favorite at Thanksgiving dinner
- 4** Goes cluck, cluck
- 5** Top choice selections are found in steak houses
- 6** Produced by birds, notably hens
- 7** A popular fish that comes in a can
- 11** Has a hard shell, grown on trees

BEANS
TOFU

NUTS
FISH

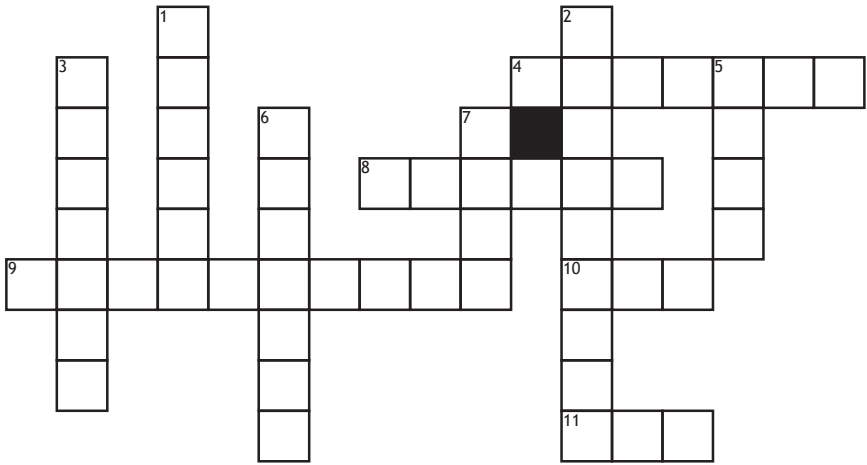
NUTRIRITE
TUNA

TURKEY
YOGURT

SEEDS
EGGS

BEEF
CHICKEN

Nutrients vs Malnutrition Crossword



Across

4. A cheese traditionally used in lasagna that has folate, vitamin B6, and vitamin A
8. This type of zinc rich poultry is a favorite at Thanksgiving
9. A pink and green summer treat rich in vitamin C
10. ___ in a pod, rich in zinc and plant-based protein
11. Crack this for breakfast and get plenty of protein and folate

Down

1. Another name for folic acid, a nutrient that helps support your appetite
2. Tropical fruit high in vitamin B6
3. An iron-rich green leafy vegetable that gave strength to a famous cartoon character
5. Meat-free high protein food that's high in vitamin A
6. A healthy swap for dairy milk that is rich in folate and vitamin A
7. This nutrient is high in meat, poultry, and legumes and helps prevent anemia

TOFU
PINEAPPLE

EGG
SPINACH

PEA
SOY MILK

FOLATE
TURKEY
WATERMELON

RICOTTA
IRON

PATIENT CARE AMERICA

The Premier Renal Solutions Provider



Amino Acids

(Protein)

Low Dextrose

(Carbohydrates)

Lipids

(Fats when needed)



Office: (866) 348-0441
pcacorp.com



Follow us on social media for
more info: @PatientCareAmerica