

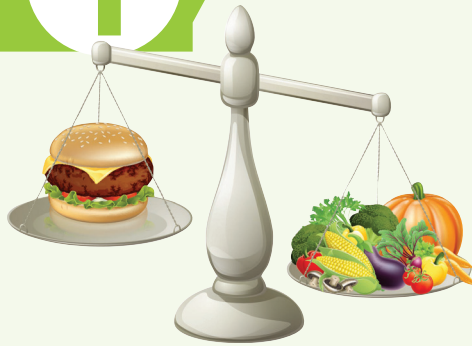


# Nutrition Awareness

Nutrition plays a crucial role in managing your condition and improving your overall well-being. But taking care of your health goes beyond just dialysis treatments. By incorporating self-care practices like having a balanced diet, practicing mindful eating, managing stress and improving sleep quality, you may positively impact your nutritional status and quality of life.

## Here are some easy steps to follow:

1



### Balanced Diet:

- ▶ Work with a registered dietitian to develop a personalized meal plan that meets your nutritional needs and restrictions.
- ▶ Aim for a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- ▶ 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



### Mindful Eating:

- ▶ Mindful eating involves paying attention to the sensory experience of eating and being aware of your body's hunger and fullness cues.
- ▶ Before eating, take a moment to assess your hunger level. Eat slowly, savoring each bite, and chew your food thoroughly. This helps your body to properly digest food.
- ▶ Avoid distractions like watching TV or using your phone while eating. Focus on the flavors, textures, and smells of your food.

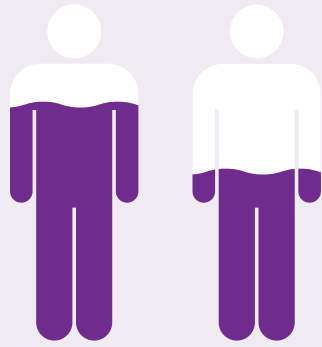
3



### 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 ones, to unwind and de-stress.

# 4



## Fluid Balance:

- ▶ Attend your dialysis sessions to support optimal fluid removal.
- ▶ Proper hydration is essential for kidney health and overall well-being.
- ▶ Drink water throughout the day to stay hydrated, but be mindful of fluid restrictions if prescribed by your healthcare provider.
- ▶ Limit consumption of sugary drinks and alcohol, as they can contribute to dehydration and interfere with your treatment.
- ▶ Track fluid intake for fluid restrictions.
- ▶ Help your thirst by eating frozen fruits: (grapes, strawberries, blueberries), sugar-free candies or rinse your mouth with mouthwash.

# 5



## Regular Exercise:

- ▶ 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:

- ▶ Lack of sleep can disrupt hormone levels that regulate appetite, leading to overeating or poor food choices.
- ▶ 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. By practicing self-care techniques like managing stress, improving sleep quality, and practicing mindful eating, you can enhance your nutrition and quality of life as a dialysis patient.

**If you have any questions or need further guidance,  
don't hesitate to reach out to your healthcare team.**