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HELP! WHY CAN'T I GAIN WEIGHT?



Increased calorie needs, inflammation, protein loss, and poor nutrition can lead to unintentional and unwanted weight loss when you are on dialysis.

With a little bit of planning, make small steps to achieve and maintain a healthy weight!

Tips to help you obtain or maintain a healthy weight:



11:30 AM



Eat smaller, frequent meals, and AVOID skipping meals.

- \triangle Set reminders on your phone to help you stick to a schedule of eating every 2-3 hours.
- Always include a healthy fat, for the higher calories, and a good protein to maintain muscle mass alongside fruits and vegetables, and carbohydrates to balance out your meals.
 - An example is grilled salmon, broccoli drizzled with olive oil, white rice with butter and a small side of berries with Cool Whip.

Add high calorie foods to your meals and snacks.

- Try adding olive oil to your vegetables or salads, having a small handful of nuts for a snack, or pairing an apple with peanut butter.
- Protein powder can also be used to bulk up recipes and smoothies.
- Talk to your dietitian to learn more about specific foods you can safely add to your diet.

Make the most of your protein supplement.

- Choose renal-friendly bars or shakes that are not only a good source of protein, but also higher in calories.
 - For example, a packet of Liquacel has 16 grams of protein but only 100 calories compared to a Kate Farms Renal shake that has 20 grams of protein and 450 calories.

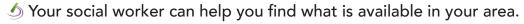


Calories

of Protein



Consider a meal delivery service if preparing meals is difficult.



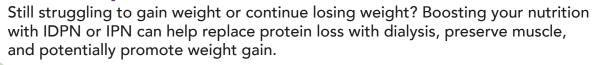


Include resistance training with your physical activity.



- Staying strong with resistance training can help maintain your muscle mass and improve bone density.
- Simple body weight exercises such as wall push-ups or air squats or working out with resistance bands at home can make a difference. (Always talk to your doctor before starting something new.)

Talk to your dietitian/nephrologist to see if you qualify for dialysis-specific parenteral nutrition to boost protein and calories.





WEEKLY Meal Plan

	MON	TUE	WED	THUR	FRI	SAT	SUN
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

References

- $\bullet \ \, \underline{\text{https://pubmed.ncbi.nlm.nih.gov/37221379/\#:}} \sim \underline{\text{text=Initially\%2C\%20the\%20causes\%20of\%20weight,of\%20other\%20factors\%20contribute\%20to}} \\$
- https://www.kidney.org/content/how-increase-calories-your-ckd-diet https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8101623/