



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:

Remember to eat!

Eat smaller, frequent meals, and AVOID skipping meals.

- ✔ 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.

- ✔ Healthy fats can add significant calories in a small amount.
- ✔ 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.




100
Calories
16 Grams
of Protein

450
Calories
20 Grams
of Protein





Consider a meal delivery service if preparing meals is difficult.

 Your social worker can help you find what is available in your area.



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.

Still struggling to gain weight or continue losing weight? Boosting your nutrition with IDPN or IPN can help replace protein loss with dialysis, preserve muscle, and potentially promote weight gain.



WEEKLY Meal Plan

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

References

- <https://pubmed.ncbi.nlm.nih.gov/37221379/#:~: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/>