

Dialyze Direct Renal Nutrition

Providing Optimal Nutrition
to our Patients

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Nutrition Goals

Quality of Life

Deter Malnutrition

Deter Hyperkalemia

Deter Renal Osteodystrophy

Deter Fluid Overload, Hypertension and Cardiac Failure

Quality of Life

- Good familiar food improves quality of life
- Variety
- Flavor
- Texture



Food they can chew and swallow safely

- Food they can feed themselves

Deter Malnutrition

Provide adequate calories and protein by providing food they like.

Supplement with Nepro if necessary

Question cause of poor appetite

Medication side effects?

Other medical conditions?

Depression?

Decreased taste, smell?

Limited activity/muscle loss



How to Measure Malnutrition?

- Albumin- better indicator for inflammation and fluid overload than of nutrition status.
- Physical Assessment-Feel for muscle wasting
 - A wasted temporal muscle losses rigidity
 - Patient Simulation: Putting Malnutrition Screening, Assessment, Diagnosis, and Intervention into Practice; <http://anhi.org/courses/my-courses>
- Measure strength with hand dynamometer which is a better measurement than albumin.
- Measure food intake and Weight Loss



Liberalize Diet

- Allow Whole Grains
 - Good for GI health and may decrease inflammation
 - Limited phosphorus absorption
 - Adds variety to diet



How about Beans?

- Beans can easily be incorporated into the renal diet along with rice or pasta.
- It provides fiber and is easy to chew
- It's a familiar food to many ethnic groups
- Monitor potassium levels
- Keep portions small



And Nuts?

- Nuts are OK but may be difficult for patients to chew or swallow.
- Limited phosphorus absorption
- Peanut Butter is fine.
- Some are high in potassium



What should be limited

- High Potassium Foods
 - Bananas, orange juice, tomato sauce, avocado, dark leafy greens. Potatoes, prunes and winter squash.
- Dairy Products
 - Highly absorbable phosphorus, also high in potassium and often high in salt.

- Salt



Salt

- Salt makes you thirsty and thirst leads to fluid overload in dialysis patients.
- Fluid overload increases blood pressure and leads to heart failure.
- Fluid overload makes dialysis more difficult, leads to cramping and hypotension episodes while on dialysis.



Teach Staff and Family to Read Labels

Sodium-to-Calorie Ratio



Cheerios

Nutrition Facts
Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)
Servings Per Container about 14
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ¼ cup skim milk	Cereal for Children under 4
Calories	100	150	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	0%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
Cholesterol 0mg	0%	1%	0mg
Sodium 140mg	6%	8%	105mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

Example:

Sodium140

Calories ... 100

Ratio = 1.4

Ratio Key:

1.0 or lower - good

2.0 or higher - bad