
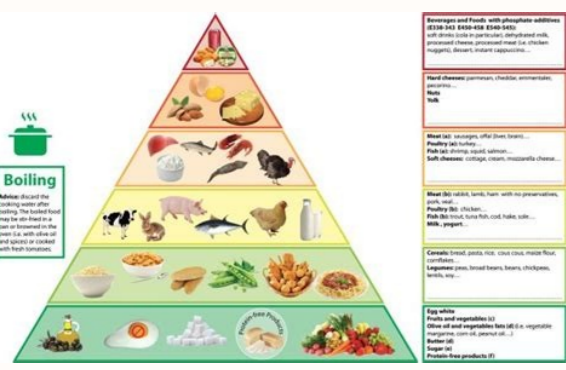


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**CLIENT EDUCATION TIPS ON PROTEIN INTAKE**

**THERE ARE TWO DIFFERENT TYPES OF PROTEIN**

**THE HEMODIALYSIS AND THE PERITONEAL MEMBRANE ARE NOT SELECTIVE WHICH MEANS THAT VITAL AMINO ACIDS AND VITAMINS AS WELL AS UNWANTED WASTES ARE REMOVED**

One is called animal or high biological protein, which contains all essential amino acids.

The other type is vegetable or low biological protein, which contains SOME amino acids.

If you are on HEMODIALYSIS, you should eat no more than 1.2 grams of protein per kg of body weight. If you weigh 70 kg (154 lbs), your protein intake should be about 84 grams per day.

If you are on PERITONEAL DIALYSIS, you should eat no more than 1.2 grams of protein per kg of body weight. If you weigh 70 kg (154 lbs), your protein intake should be about 84 grams per day.

**EXAMPLES OF PROTEIN SOURCES**

3.5 oz. of extra lean ground beef (28 grams of protein)	Half of a chicken breast (2.5 oz.) (28 grams of protein)	One cup of frozen shrimp (28 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)	One cup of milk (8 grams of protein)	One cup of milk with corn, peas, protein, and one slice of ham (14 grams of protein)
1/2 cup of lentils (14 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)	1/2 cup of cooked ground beef (14 grams of protein)

# Renal Diet

A renal diet is commonly assigned to patients who receive dialysis or have a condition where their kidneys aren't functioning properly.

Foods that are limited:

- Ones that are high in sodium (see heart healthy diet) which make it difficult to control blood pressure, increases you thirst, and cause your body to retain too much fluid.
- When your blood shows high levels of phosphorus, it may be a sign that your kidneys aren't functioning properly.
- Keeping potassium low can assist in keeping the heart healthy therefore, potassium rich foods may be limited or avoided.

Foods that are high in potassium include:

- Bananas
- Oranges
- Cantaloupe
- Honeydew
- Apricots
- Grapefruit
- Prunes
- Raisins
- Dates
- Cooked spinach
- Cooked broccoli
- Potatoes
- Sweet potatoes
- Mushrooms
- Peas
- Cucumbers
- Zucchini
- Eggplant
- Pumpkins
- Leafy greens
- Orange juice
- Tomato juice
- Prune juice
- Apricot juice
- Grapefruit juice
- Tuna
- Halibut
- Cod
- Trout
- Rockfish
- Lima beans
- Pinto beans
- Kidney beans
- Soybeans
- Lentils
- Salt substitutes
- Molasses
- Nuts
- Meat
- Poultry
- Brown rice
- Wild rice
- Bran cereal
- Whole wheat bread
- Whole wheat pasta

**BEST FOODS TO TREAT KIDNEY DISEASE**

Note: Lower salt and protein intake

## FRUITS You Can Have When On DIALYSIS

1. Apple
2. Cranberry
3. Grapes
4. Guava
5. Lemon
6. Papaya
7. Pineapple
8. Strawberry

ISBN 978-0-309-04486-8. ^ Brundage D. 53 (5): 362-365. 36 (3): 519-528. Wikidata Q29581768. "When to start dialysis: updated guidance following publication of the Initiating Dialysis Early and Late (IDEAL) study". 1950-1980. This is referred to as renal replacement therapy. doi:10.1016/j.amjurg.2005.04.016. Cornwall Clinical Commissioning Group proposed to restrict this provision to patients who did not have specific medical or financial reasons in 2018 but changed their minds after a campaign led by Kidney Care UK and decided to fund transport for patients requiring dialysis three times a week for a minimum of three months.[25] In the United States Since 1972, the United States has covered the cost of dialysis and transplants for all citizens.[26] By 2014, more than 460,000 Americans were undergoing treatment, the costs of which amount to 6 percent of the entire Medicare budget. The rate of patients getting kidney transplants has been lower than expected. 55 (5): 505-22. Natural Product Research. When the person is healthy, the kidneys maintain the body's internal equilibrium of water and minerals (sodium, potassium, chloride, calcium, phosphorus, magnesium, sulphate). doi:10.1093/ndt/gfaa128. "Addressing the burden of dialysis around the world: A summary of the roundtable discussion on dialysis economics at the First International Congress of Chinese Nephrologists 2015". ^ Ninfa, Alexander J.; Bailou, David P.; Benore, Marilee (2009). 44 (4): 445-457. Davita. Lippincott Williams & Wilkins. These can be divided into acute or chronic indications. History of Modern Biomedicine Research Group. ^ "Home Hemodialysis and Water Treatment". 379 (9618): 815-822. This allowed the removal of fluids, by applying a negative pressure to the outside canister, thus making it the first truly practical device for hemodialysis. This can be used to purify proteins of interest from a complex mixture by removing smaller proteins and molecules. Read "Biomedical Politics" at NAP.edu. ISSN 0362-4331. PMID 21555505. "Early Start of Dialysis: A Critical Review". The blood is pumped through a dialyzer or "hemofilter" as in dialysis, but no dialysate is used. There is a challenge to reach everyone who needs dialysis treatment because of the unequal distribution of health care resources and dialysis centers.[32] There are 395,121 individuals who receive hemodialysis or peritoneal dialysis in China per year. ^ Rocco, MV (July 2007). ISSN 0160-564X. Intestinal dialysis Continuous veno-venous haemodiafiltration (CVVHDF) In intestinal dialysis, the diet is supplemented with soluble fibres such as acacia fibre, which is digested by bacteria in the colon. 7th ed. A Practical Continuing Education Series. Open communication will allow giving a better quality of life. 25 (1): 71-74. This frees patients from the routine of having to go to a dialysis clinic on a fixed schedule multiple times per week. 4th ed. Bibliography Al-Mosawi A. 22: 3-8. "More Frequent Hemodialysis: Back to the Future?". S2CID 25163553. ^ "CCG backs down over patient transport funding cuts". doi:10.1111/nep.13143. (2013). ^ Zhang, Luxia; Wang, Fang; Wang, Li; Wang, Wenke; Liu, Bicheng; Liu, Jian; Chen, Menghua; He, Qiang; Liao, Yunhua (2012-03-03). ISBN 978-1-133-10629-6. ^ a b Mosby's Dictionary of Medicine, Nursing, & Health Professions. This type of hemodialysis is usually called nocturnal daily hemodialysis and a study has shown it provides a significant improvement in both small and large molecular weight clearance and decreases the need for phosphate binders.[12] These frequent long treatments are often done at home while sleeping, but home dialysis is a flexible modality and schedules can be changed day to day, week to week. Removal of nitrogenous waste and toxins from the body in place of or to augment the kidney This article is about renal dialysis. ISSN 1460-2385. The Lancet. 26 (7): 2082-2086. In England, the service is commissioned by NHS England. Hemodialysis Main article: Hemodialysis In hemodialysis, the patient's blood is pumped through the blood compartment of a dialyzer, exposing it to a partially permeable membrane. Mississauga, 2008: p. 341 (22). 1653-1660. G.; TURNER, B. PMID 21551086. The New York Times. ISSN 2251-6085. ^ Garg, Pushkal P.; Frick, Kevin D.; Diener-West, Marie; Powe, Neil R. Knowing the patients' needs will allow the dialysis team to provide more options like: changes in dialysis type like home dialysis for patients to be able to be more active or changes in eating habits to avoid unnecessary waste products. Health Service Journal. Hemofiltration Main article: Hemofiltration Continuous veno-venous haemofiltration with pre- and post-dilution (CVVH) Hemofiltration is a similar treatment to hemodialysis, but it makes use of a different principle. This replicates the filtering process that takes place in the kidneys when the blood enters the kidneys and the larger substances are separated from the smaller ones in the glomerulus.[9] Osmosis diffusion ultrafiltration and dialysis The two main types of dialysis, hemodialysis and peritoneal dialysis, remove wastes and excess water from the blood in different ways.[2] Hemodialysis removes wastes and water by circulating blood outside the body through an external filter, called a dialyzer, that contains a semipermeable membrane. (1991). Dialysis treatments replace some of these functions through diffusion (waste removal) and ultrafiltration (fluid removal).[7] Dialysis uses highly purified (also known as "ultrapure") water.[8] Principle Dialysis works on the principles of the diffusion of solutes and ultrafiltration of fluid across a semi-permeable membrane. S2CID 45158008. Arterial and venous tubing length is made of minimum length and diameter, a



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