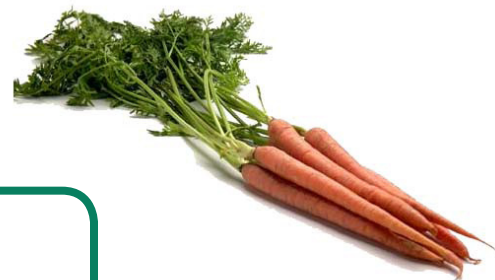


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quick starts for renal diet



renal diet guidelines

- Your diet restrictions will vary depending on your current stage of renal disease.
- You may need to limit the amount of protein you eat to avoid a build-up of a waste product called urea. Good sources of protein to include are:
 - chicken
 - eggs
 - lower-sodium cheese
 - beef
 - fish
 - beans
- High blood pressure is often associated with kidney disease. You may need to decrease your intake of sodium to help control your blood pressure. Avoid: table salt, canned foods, smoked, and cured foods such as ham, bacon, and luncheon meats.
- It is best to avoid salt-substitutes that contain potassium. Instead try using herbs and spices to season food.
- Your kidneys may not be able to remove phosphorus from your blood. You may need to limit foods high in phosphorus such as milk, cheese, dried beans, and cola soft drinks.



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