



# Diet and Nutrition

# Overview

This guide is here to go hand-in-hand with our diet and nutrition webinar, offering helpful support for patients and their loved ones. We want to make it simpler for you to reach out to a renal nutritionist, breaking down any barriers or worries you might have about asking for advice. We know that making changes to your diet can sometimes feel daunting, but you're not alone. Whether you need practical guidance or a bit of encouragement, this PDF and webinar are here to help you.

**This webinar is part of a series of informational events produced by Kidney Wales. All our informational events are recorded and available on our YouTube channel.**



**[Click here for our Youtube Channel.](#)**

# Questions to Ask Your Nutritionist

## General Questions

1. What foods should I focus on to maintain energy and overall health?
2. How does my current stage of kidney disease affect my nutritional needs?
3. Can you help me understand how diet affects my blood test results (e.g., potassium, phosphate, sodium levels)?

## Managing Key Nutrients

1. How can I reduce my salt intake without losing flavour in my meals?
2. What are some tips for managing fluid intake and avoiding dehydration or fluid overload?

## Meal Planning and Practical Tips

1. Are there any kidney-friendly substitutes for common ingredients I love?
2. What should I look for on food labels when shopping for groceries?



# Questions to Ask Your Nutritionist

## Lifestyle and Special Situations

1. How can I balance eating out or travelling while sticking to my renal diet?
2. Are there any supplements or vitamins I should take (or avoid)?
3. How can I manage cravings for foods that aren't recommended for my condition?

## Personalised Advice

1. Are there any cultural or personal preferences you can incorporate into my meal plan?
2. How do I handle dietary restrictions alongside other health conditions, like diabetes or high blood pressure?

## Follow-Up and Long-Term Management

1. What signs should I watch for that might indicate my diet needs adjusting?
2. How often should I check in with you or my healthcare team about my diet?

# FAQ's

- Are fruit and vegetables bad for people with kidney disease?

No, as they provide essential vitamins, minerals and fibre. Some fruit and vegetables however are high in potassium and you may be asked to reduce these, but it's important to still get your '5-a-day'. A dietitian will be able to help you navigate what fruit and vegetables are best for you.

- Should I drink more or less fluid?

Some people with more advanced kidney disease may need to drink less fluid, especially if they are not producing as much urine anymore, but your doctor or dietitian should be able to advise you on this. If you're not on a fluid restriction then it is important to keep hydrated by having 6-8 glasses of fluid per day

- How can I still enjoy food with my friends and family?

Yes! It can be very isolating when people feel like they can't enjoy food with their loved ones, it is possible to still enjoy meals together by making small changes such as not adding salt to food and boiling vegetables. Recipe ideas can be found at [www.kidneykitchen.org](http://www.kidneykitchen.org)

# FAQ's

- Can I still out?

Yes! It is important to be wary of portion sizes as food eaten outside the home can be high in things such as salt and additives, however meals out or takeaways can still be enjoyed in moderation. Support on choosing 'kidney friendly' menu options can be found at: [kidneycareuk.org/get-support/healthy-diet-support/eating-out-or-taking-out-on-a-kidney-friendly-diet/](https://kidneycareuk.org/get-support/healthy-diet-support/eating-out-or-taking-out-on-a-kidney-friendly-diet/)

- Do I need a set meal plan?

No, meal plans can be restrictive and repetitive. It can be hard to work out what's best to eat, that's where dietitians can come in to help support you make the best food choices for you and your kidneys. Meal ideas can be found at: [www.kidneykitchen.org](http://www.kidneykitchen.org)

# Myth busting

## **Myth: "All CKD Patients Should Avoid Protein."**

**Fact:** While excessive protein can strain the kidneys, the amount of protein a CKD patient should consume varies based on their stage of disease and individual health status. A nutritionist can help determine the right balance to meet nutritional needs without overburdening the kidneys.

## **Myth : "It's Too Late for Dietary Changes to Make a Difference."**

**Fact:** While CKD is a progressive disease, dietary changes can still be beneficial at any stage. Proper nutrition can help slow disease progression, manage symptoms, and improve quality of life. Early intervention with a nutritionist can be particularly effective.

## **Myth : "All Fruits and Vegetables Are Safe for CKD Patients."**

**Fact:** While fruits and vegetables are healthy, some CKD patients need to limit those high in potassium, like bananas, potatoes, and oranges. A nutritionist can provide alternatives and guide patients on safe and enjoyable choices to ensure adequate nutrient intake without overloading the kidneys.

## **Myth: "Only Patients on Dialysis Need Dietary Help."**

**Fact:** Nutritional counselling is beneficial at all stages of CKD. In the early stages, diet can help slow progression, while in later stages (including dialysis), dietary adjustments are essential to manage complications and maintain health.

# Helpful Resources

[Kidney Wales financial assistance awards Food and wellbeing voucher.](#)

[Kidney Wales information Webinars](#)

[National Kidney Federation Diet and food](#)

[National Kidney Federation healthy eating for people with CKD](#)

[Kidney Kitchen](#)

[Order Kidney Kitchen magazines \(for patients\)](#)

[Order Kidney Kitchen magazines \(for professionals\)](#)

[Kidney Kitchen YouTube \(recipes\)](#)

[Kidney Kitchen YouTube \(skills\)](#)



# Helpful Resources

[Home - Healthy Weight Healthy You](#)

[Food Active | Interview: Obesity through a different lens](#)

[British Dietetic Association Food Facts](#)

[British Heart Foundation - taking-control-of-your-weight](#)

[NHS weight loss support](#)

[Welsh Kidney Network Living well with Kidney Disease](#)

[Swansea Bay renal website](#)