

# Q FOR A RENAL DIET QUICK STARTS

- Your diet restrictions will vary depending upon your current stage of renal disease.
- You may need to limit the amount of protein you eat to avoid excess of urea in your body.
- Sources of protein include: chicken, beef, fish, eggs, cheese, and 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.
- Take only vitamins and minerals your doctor orders for you.

