



Dietary principles of Hemodialysis 血液透析飲食原則 (英文)

Goal:

This diet allows patients to intake adequate nutrition and to avoid further deterioration of the kidney, with an aim to achieve health.

General principles:

1. Calorie: Calorie are different according to patients' age and physical condition; they intake a variety of food to keep up with sufficient calories required to maintain the principle of ideal body weight.
2. Protein: protein may lose during dialysis of protein; patients should pay attention to the demand and the intake of 1 / 2 or higher quality protein, such as milk, eggs, fish, meat and soybeans. Consume less food supplying poor quality protein like beans, stone fruit, and gluten products.
3. Vitamins: dark green color vegetables and fruits contain vitamins. If necessary, take multi-vitamin supplement with the instructions of doctors and Dietitians.
4. Minerals:
 - Phosphorus: Hemodialysis cannot remove excessive amount of phosphorus, patients should avoid food with excessive phosphorus, please refer to the principle of low-phosphorus diet.
 - Sodium: When patients suffering from renal insufficiency, their body cannot drive out much sodium, they need to abide by dietary sodium restriction and avoid all kinds of pickled products, and canned and processed foods. Avoid intake of chicken and beef essence because both of them contain high levels of sodium and potassium.

- Potassium: Avoid high potassium food because too much of it could result in arrhythmia; do refer to the principle of low-phosphorus diet for instruction.
- Iron: Intake food with high iron content such as red meat, blood pudding, duck blood, oysters, dark green color vegetables like grapes, cherries, and many more.
 - Eat food containing vitamins such as fruit especially after a meal.
 - Must have red meat in meals.
 - Do not drink tea or coffee with meals.
 - Avoid processed products like conditioned packs; eat fresh food with multiple selections.
- Zinc: Take zinc to stimulate appetite and increase taste sensitivity like oysters and other seafood.

5. Water: When there is edema, you should watch out for the intake of water which should not exceed 500 to 750 c.c. compared to yesterday's your urine volume.

- If you are thirsty, add a small amount of ice cubes in your drink or drink lemonade.
- Containers providing a fixed amount of water to precisely supply water intake required for a good day.
- Eat less salt and processed products.
- Chewing gum.

6. Taboos for fruit

- Don't eat star fruit.
- Melons, kiwi, bananas, and citrus contain high potassium. Don't eat too much. Adjust serum potassium level: avoid eating food with high potassium and to maintain normal level, twice per week is highly recommended with half of the regular amount like half an orange.

7. Cooking methods

- To enhance flavor, fried food with green onions, ginger, and garlic.
- Use of sugar and white vinegar to elevate flavor.
- No restrictions over use of pepper, star anise, cinnamon, five-spice, coriander, lemon juice, and other seasonings.
- With substitution of fried rice and noodles to increase calorie intake.
- Add cornstarch in the soup.

- Do not use low sodium sold from general grocery store for it is often sodium.

Chronic renal failure for the low potassium fruit

Fruit	Each fruit weight (grams)	Potassium content per fruit (mg)
Pineapple	125 (Peeling, about 1 bowl)	36
Mangosteen	90	54
Mango	150	80
Apple	125	100
Persimmon	75	105
Grape	100	120
Passion fruit	130	120
Xiaoyu Watermelon	210	126
Pomelos	115	127
Peaches	145	135