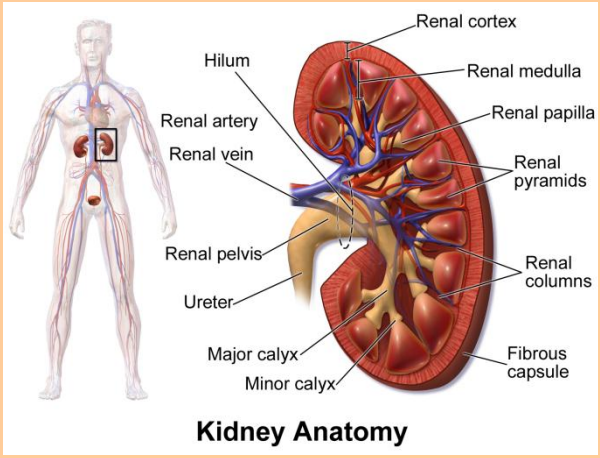
Chronic Kidney Disease

Healthy Disease Management



Kidney Anatomy

FLUID AND ELECTROLYTE BALANCE

Because your kidneys can no longer, or have a diminished capacity, to do their normal job it is important to monitor how much fluid and electrolytes you are consuming. The electrolytes you should watch include sodium, potassium, and phosphorus.

Midtown Health System

SODIUM

Salt is commonly used synonymously with sodium when talking about food. However, salt is actually made up of sodium and chloride molecules. Sodium can cause changes in your body.

What does salt do in my body?

- Controls blood pressure and blood volume
- Controls fluid entering and leaving the body's tissues and cells
- Helps transmits impulses of nerve function and muscle contraction
- Helps maintain balance of blood and body fluids.

Why does salt need to be controlled?

With Chronic Kidney Disease, your kidneys cannot eliminate excess amounts of sodium and fluid in your body. Excess amounts of sodium and fluid will accumulate in your tissues and blood stream, which will increase your blood pressure. This will do further damage to your kidneys. Other symptoms of extra fluid and sodium include edema, heart failure, and shortness of breath.

FOOD SOURCES LOW IN SODIUM

- ½ cup Canned Peaches, 5 mg
- ½ cup Spinach, 65 mg
- 1 medium Sweet Potato, 50 mg
- 1 cup Milk, 100 mg
- 1 Egg, 70 mg
- 1 oz Pork, 25 mg
- ½ cup Oatmeal, 5 mg

POTASSIUM

What does potassium do in your body?

- Helps the muscles to contract
- Helps the heart beat at a normal rhythm.
- Necessary to maintain fluid and electrolytes, and pH level.

Why does potassium need to be controlled?

Kidneys remove excess amounts of potassium in the urine to maintain balanced blood levels. When kidneys fail they no longer remove excess potassium. Excess potassium will cause nausea, vomiting, irregular heartbeats, heart failure, fluttering feelings of the heart, and sudden death. Keep potassium within a healthy range can decrease these risks.

FOOD SOURCES LOW IN POTASSIUM

- ½ cup Applesauce, 90 mg
- ½ cup Blueberries, 60 mg
- ½ cup Raspberries, 90 mg
- ½ cup Cucumbers, 45 mg
- ½ cup Green Beans, 90 mg
- 1 oz Cheese, 20-30 mg
- 1 Tbsp Hummus, 32 mg
- ½ cup Oatmeal, 80 mg
- ½ cup White/Brown Rice, 50 mg
- 1 slice White Bread, 30 mg

PHOSPHORUS

What does phosphorus do in your body?

- Helps form strong bones and teeth
- Helps transfer oxygen to tissues
- Changes fat, protein, and carbohydrates into energy
- Produces hormones
- Allows muscle movement
- Develops connective tissues and organs

Why does phosphorus need to be controlled?

Your kidneys typically remove extra phosphorus in your blood. In Chronic Kidney Disease, your kidneys can't remove phosphorus well from your body. This phosphorus builds up and causes damage to your body such as calcium deposits in blood vessels, lungs, eyes, and heart. Therefore, let's make it a goal to control and keep your phosphorus levels controlled!

FOOD SOURCES LOW IN PHOSPHORUS

- ½ cup Fruit Juice, 15-30 mg
- 1 piece/1/2 cup Fruit, <30 mg
- 1 medium Sweet Potato, 60 mg
- ½ cup Brussels Sprouts, 45 mg
- ½ cup Corn, 65 mg
- 1 oz Cream Cheese, 30 mg
- ½ cup Sherbet, 38 mg
- 1 oz Pork Sausage, 40 mg
- 1 cup Popcorn, 30 mg
- 1 slice White Bread, 25 mg