

Food Choices Are Part of...

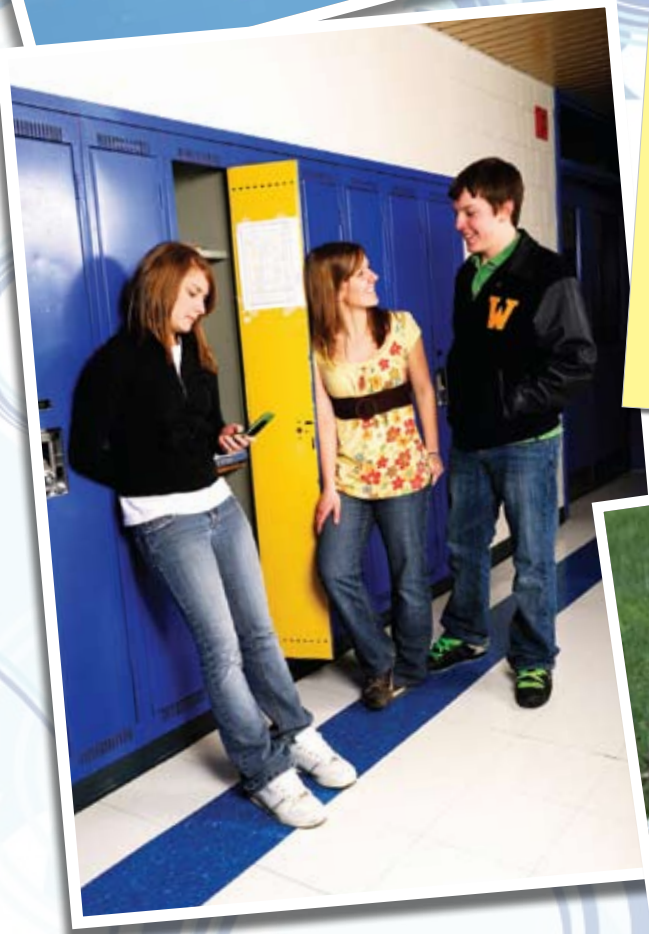
My Health

Tips for Teens
With Kidney Disease



AS A TEENAGER LIVING WITH KIDNEY DISEASE, YOU HAVE A LOT TO DEAL WITH. At the National Kidney Foundation (NKF), we understand that kidneys are not the only things you think about, so we won't be giving you a lot of rules here.

You already know that what you eat helps you grow, stay strong, and do the things you enjoy. But did you know that food choices can also help control the effects of kidney disease? In fact, eating well is like one of your medicines working every day to keep you as healthy as possible.



ABOUT KIDNEY DISEASE

In early stages of chronic kidney disease (CKD), your kidneys don't do their tasks very well. You may not feel sick, but blood tests can show that things are not as balanced as they should be. In more serious kidney disease, you can feel pretty sick at times. You or someone you know may have the most serious stage of kidney disease, where you need dialysis or a kidney transplant.

What You Eat Can Help (or Hurt) Your Kidneys.

A healthy diet has the right amount of vitamins, minerals, protein, and other nutrients. Nutrients are ingredients in food that help you grow, make and repair cells and tissue, and build muscle and bone. No single food can give you the right amount of all nutrients. Eating a wide variety in moderate amounts each day can help you meet your body's daily needs.

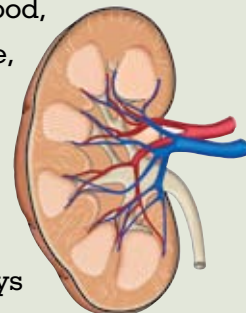


With kidney disease, sometimes you have to cut back on certain foods, because your body is not able to keep the right balance of all the nutrients you eat. To lessen the chances that you will feel sick or that your kidney disease will get worse, you will most likely need to learn about some good eating habits from your dietitian. A dietitian is an expert in nutrition who can help match up good food choices to people's health needs. Have you met with a dietitian yet?

Remember... every teen with kidney disease is different. Some food choices are good for everyone; you will have a plan that is right for you.

KIDNEYS ARE ABOUT THE SIZE OF A FIST.

They do a lot of important jobs, like filtering blood, keeping body fluids in balance, controlling blood pressure, keeping bones strong, and making red blood cells that carry oxygen around the body. Did you know that when kidneys are not working normally you are at risk for heart problems, weak bones, and low energy?



PROTEIN IS IN MANY FOODS and is important at every age to build and keep your muscles, bones, skin, organs, and blood healthy. Some proteins help fight disease and heal wounds after an accident or an operation. When proteins are used by the body, they break down and are removed from the blood by the kidneys. Some teens with kidney disease may need to eat less than normal amounts of protein. Some need to eat more.

For example, if you are on dialysis you will probably have a protein plan that is different from someone whose kidney disease is not so serious. This is also true if you are removing too much protein in your urine. Sound confusing? Don't worry. A dietitian can help you make food choices to get the right amount of protein for your age and situation.



Check out how much protein is in these foods.

Food	Amount or Serving Size	Grams of Protein
Tuna sub (avoid adding tomato that can raise the potassium)	6-inch sub	30
Hamburger with condiments (mayo, mustard)	1 large patty	26.8
Peanut butter, smooth, reduced fat	100 grams	25.9
Sunflower seeds, dry roasted, no salt	1 cup, hulled	24.7
Chili con carne	1 cup	24
Fast food taco	6 oz. taco	20
Chicken nuggets	6 nuggets	16
Chicken breast tenders, oven cooked	100 grams	15.7
Hotdog on a bun With chili	1	10.3 13.5
Yogurt	8 oz. container	13
Milkshake, thick, vanilla (Ask about non-dairy types if you have to limit phosphorus!)	11 oz.	12.08
Baked beans, canned, no salt added	1 cup	12
Burrito with meat and beans	1 burrito	11
Macaroni and cheese	1 cup	8.52
Milk Reduced fat, 2%, vitamin A added Whole, 3.25% milkfat	1 cup/8 oz. 1 cup/8 oz.	8.0 7.8
Cheddar cheese	1 slice	6.9
Egg Scrambled Hard-boiled Fried	1 large	6.7 6.2 6.2
Pizza, Domino's® cheese, thin crust	1 slice	5
Nuts Almonds Cashews (dry roasted without salt)	1 oz.	6 4.3
Noodles – Chinese chow mein	1 cup	3.7
Candy Jelly beans Reese's Pieces® Twizzler®, Strawberry, 8 oz. pack	10 large 10 pieces 4 pieces	0 1 1.1

TIP:

Good protein choices from non-animal foods can be loaded with potassium, so check with your dietitian if you have been asked to limit your potassium.

TIP:

A dry cup is about the size of an iPod or tennis ball.



POTASSIUM keeps the heart beating properly and helps muscles work correctly. It is found in many fruits and vegetables, like bananas, potatoes, avocados, and melons. Potassium is also in chocolate, potato chips, and yogurt. Healthy kidneys keep the right amount of potassium in your body. With kidney disease, you may be passing less potassium in your urine. You might have to eat less of the foods that are high in potassium, because they can make the potassium level in your blood too high. Ask your dietitian about low and high potassium foods.

PHOSPHORUS AND CALCIUM are two important minerals needed for bones to grow and strengthen. Healthy kidneys help keep the right balance of these minerals in your blood and bones. You probably heard about this before, because getting these levels right can be pretty hard when you have kidney disease. But getting the right balance is important to make sure you grow and don't end up with weak bones that can be painful. Believe it or not, abnormal phosphorus and calcium levels can also lead to heart and blood vessel disease. Sound strange? It has to do with calcium and phosphorus moving in and out of your bones and your blood stream, and around your body.



Do you already take a medicine called a phosphate binder with your meals? BINDERS can be helpful if your kidneys are not able to keep your blood phosphorus level in the normal range. Binders help lower the amount of phosphorus that your body absorbs from food and drink. Then, to help get the calcium level just right, some teens take vitamin D because it is connected to calcium balance. Your doctor and dietitian will let you know

if you need these types of medicines. As we said before, every person with kidney disease is different and needs different things over time.

VITAMINS AND MINERALS help the cells in your body do their job. Examples of minerals are iron, copper, and zinc. Vitamins are known by a letter: there are vitamins A, B, C, D, E, and K. Kidney disease changes your body's need for certain vitamins and minerals. Even some medicines can affect vitamin levels. If you need to boost your levels of these important nutrients, your dietitian will help you make sense of the vitamin alphabet.

WHAT ABOUT DRINKS?

Body fluids may be out of whack if your kidneys are making more or less urine than normal. Also, the amount of salt (sodium) you eat can have an effect on the amount of fluid in your body by making you feel thirsty. (Remember how thirsty you feel when you eat foods that have a lot of salt, like pizza or chips?) You will have to limit fluids and salt if your kidneys don't make enough urine to keep your body fluids in balance. If you are on dialysis, weighing yourself is another way to see how well you are doing with fluids.

TIP:

Life Savers® mints or breath sprays keep breath fresh and help moisten the mouth!

DID YOU KNOW that Jell-O®, pudding, and ice cream count as fluids even though you eat them with a spoon?

ASK YOUR DIETITIAN for some tips about how to keep your fluids in balance, especially in hot weather.

CHOOSING A SODA OR SPORTS DRINK is not just about the amount of fluid—it's about phosphorus as well. Fruit drinks can contain lots of potassium, too. Talk to your dietitian about which drink choices are good ones.

Drink	Amount	Phosphorus (mg)
Dr. Pepper-type, with caffeine	12 oz. can	40
Cola, with caffeine	12 oz. can	37
Gatorade®, fruit flavor, ready-to-drink	8 oz.	24
Grape	12 oz. can	0
Root beer	12 oz. can	0
Vitamin Water®	8 oz.	0



If you have high blood pressure or have ever had swelling in your legs and feet, you have probably heard about trying to cut back on salty food. That can be hard to do. But high blood pressure can make kidney disease worse and cause heart disease, so it really makes sense to get blood pressure under control...

NEED TO LIMIT SODIUM? TRY THESE TIPS:

- Don't shake salt on your food at the table.
- Choose fresh instead of canned food.
- Cut down on fast food.

Have you ever read a food label on a can or package? See if you can find a food with less than 140 mg of sodium in each serving. This would be a low-sodium food.





KEEPING ON TRACK

WITH KIDNEY DISEASE



- **REGULAR BLOOD TESTS** show how your kidneys are working, and if you are getting enough nutrients in your body. Ask how you are doing with your blood test results for potassium, phosphorus, and calcium.
- **YOUR HEIGHT AND WEIGHT** will be measured to make sure you are growing properly and not under- or overweight.
- **CALORIES** mean the amount of energy in food. How many calories do you need each day? The answer depends on how old you are, your body size, and how much activity you do. Your weight and growth show your dietitian and doctor if you are getting the energy you need.
- **DO SOME PHYSICAL ACTIVITY** every day. Even a little bit helps to keep you healthy, so get away from the computer and TV and get outside!
- **TAKE YOUR MEDICINES** at the right time every day to help manage your kidney disease.



You may be wondering how often you have to have a nutrition checkup. Well, some teens need one about every six months, but some need to check-in more often, like every month or two. Why? Because if your kidney disease is getting worse, your kidney team will probably want to keep an even closer eye on your treatment and how you are feeling. This helps decide whether changes in the foods you eat or the medicine you take would be helpful for you.

COULD MY NUTRITION PLAN CHANGE?

Sure. It will change as you get older and if:

- Your kidney disease gets worse
- You get sick and need to go into the hospital
- You start dialysis
- You get a kidney transplant
- You are very underweight or overweight





GOOD NEWS AND BAD NEWS ABOUT FAST FOOD

IT'S A FACT that some of the fast foods everyone enjoys are not such a good fit when your kidneys are not working well. And if you are trying to keep **salt, fats,** and **sugar** under control, fast food is really going to challenge you!

Fats in the blood are called **cholesterol** and **triglycerides**. Even during teenage years, you need to keep the levels of fats and sugar in your blood just right so you can lessen your chances of having heart disease and becoming overweight.

Fast food is mostly not nutritious. Remember, they don't call it "junk food" for nothing! You may need to cut back on eating some of these foods. It's okay to eat small portions on occasion or at special events, as long as you eat healthy foods *most* of the time.



Keeping a Food Diary

To help find out if you are getting the right nutrition, you may be asked to keep track of what you eat over a few days. This is called a food diary. A dietitian can show you how to use a food diary as a way of learning about food choices that are right for your situation.

TIPS:

- If you enjoy hamburgers, choose a single with lettuce instead of cheese.
- Split your order of french fries with a friend and share a side salad.
- Choose a grilled chicken wrap over fried chicken.
- Snack on unsalted tortilla chips if you need to limit sodium.



WHO IS ON MY NUTRITION TEAM?

- Me
- My parents
- My kidney doctor
- My dietitian
- My nurses



National Kidney
Foundation®

LOVE YOUR KIDNEYS™

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