

## Your Daily Nutrition Needs

Nutrient	Range	My Nutrition Range	Notes
Fluid			
Phosphorus			
Potassium			
Protein			
Sodium			

### Questions to Support Your Daily Nutrition

- How much fluid is safe for me each day
- How much protein do I need to stay strong
- Which foods raise potassium quickly
- What lower potassium foods should I choose
- Do I need to avoid foods with added phosphorus
- How do phosphate binders work and when should I take them

### Questions to Support Your Daily Nutrition (ESRD/Dialysis)

- What happens if I drink too much fluid?
- How can I control thirst?
- Which foods are high in sodium?
- Which foods are high in added sugar?
- What is my dry weight?

### Managing Meals on Dialysis

- What should I eat on dialysis days
- How can I manage cravings for salty or high potassium foods

- What portion sizes are right for me now
- What are safe drink choices
- What should I choose when eating out
- Which foods are good for me to eat?

### Diabetes and Dialysis

- How does dialysis change how I manage blood sugar
- Which carbohydrate foods are safest for blood sugar and potassium
- What should I eat before and after treatment

### Monitoring Your Health

- Which labs should I review each month
- What do changes in potassium or phosphorus levels mean
- How often should I meet with a renal dietitian
- When should I call if I notice swelling, shortness of breath, or appetite changes

### My Notes

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