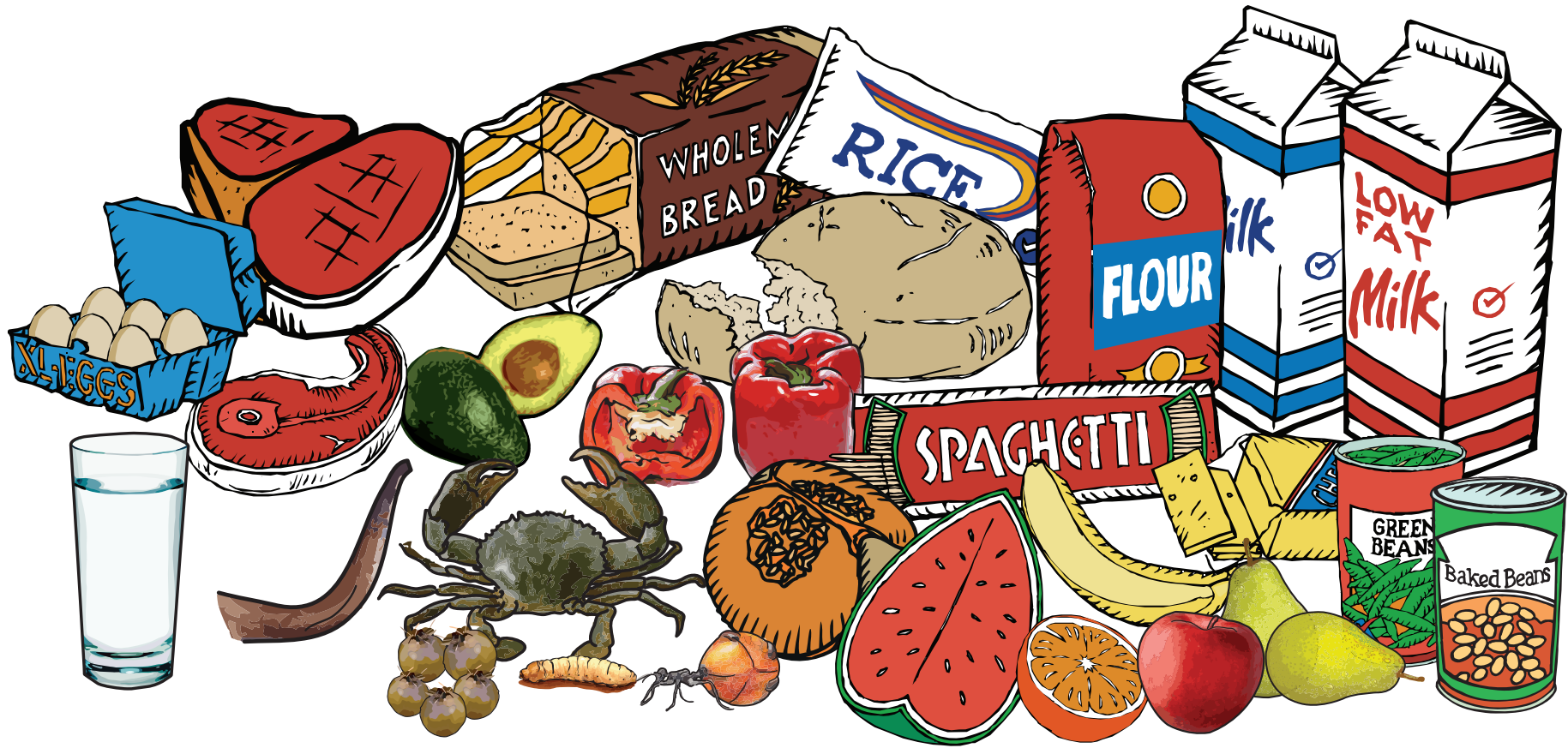


# DIET & KIDNEY DISEASE



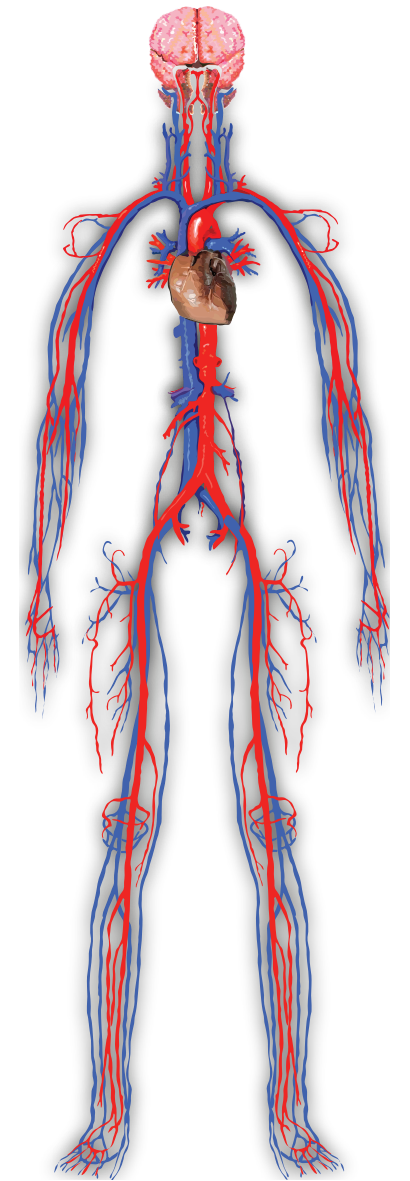
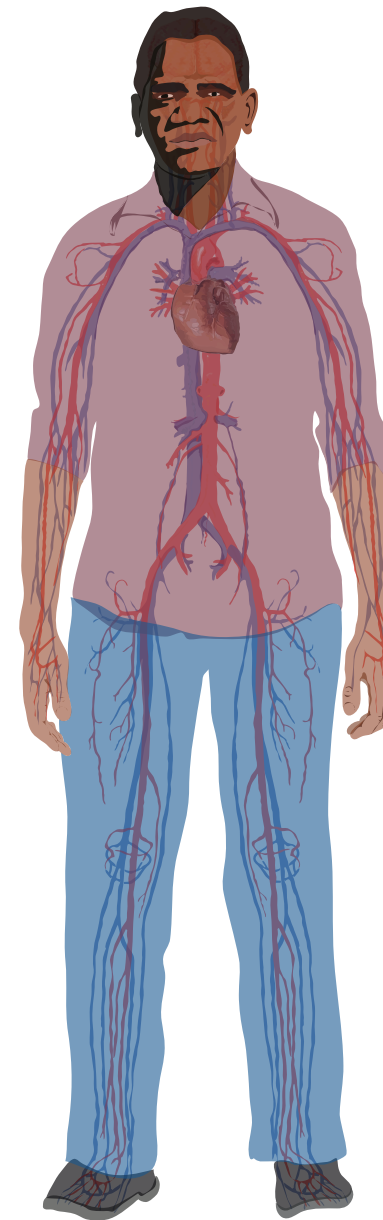
### IMPORTANT MESSAGES:

1. Kidneys take out waste from the food we eat
2. When kidneys are sick waste stays in your blood
3. Eat healthy foods and stay strong
4. Healthy foods and exercise will help your kidneys

### TOPICS:

- What's in food
- Learn about food for kidney patients
- Some foods make blood pressure high
- Some foods make diabetes worse
- Some foods have too much fat
- Being overweight
- Bush tucker is good food
- Phosphate and potassium in foods

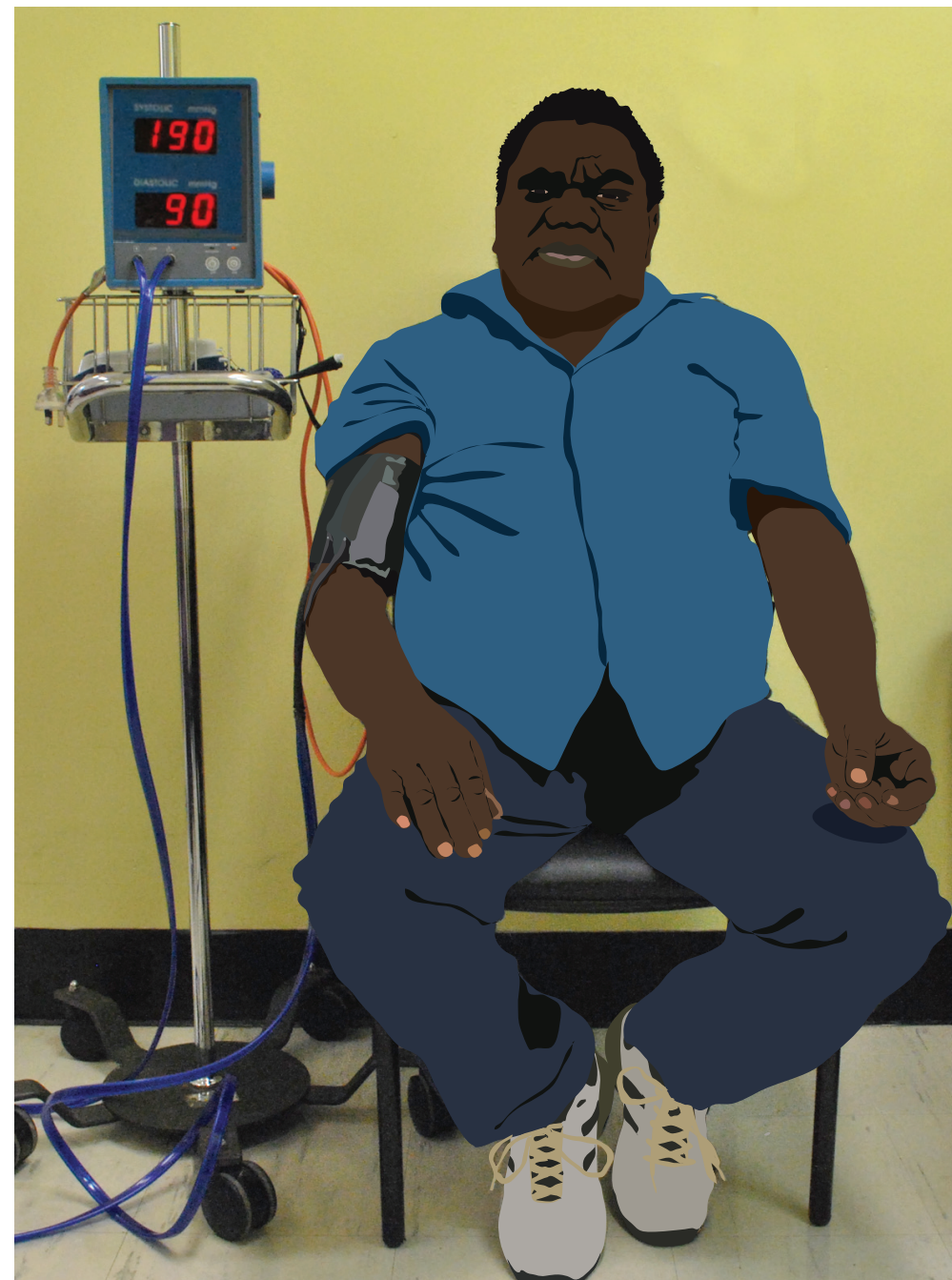
# Good foods make good blood



# Bush foods are good foods



Be careful with salt



Watch out for salty foods



unsalted



NO ADDED SALT



No Added Salt



Unsalted

Use herbs and spices not salt



NO ADDED SALT





Don't have lots of sugar

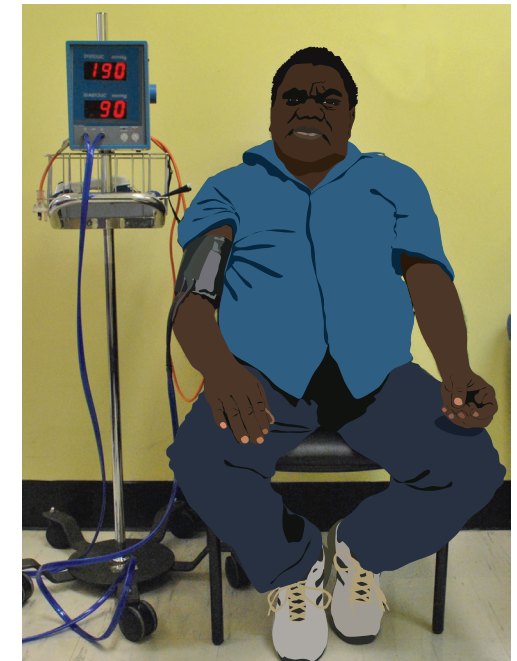


## Being overweight causes problems



- short wind; bad heart

- High blood pressure

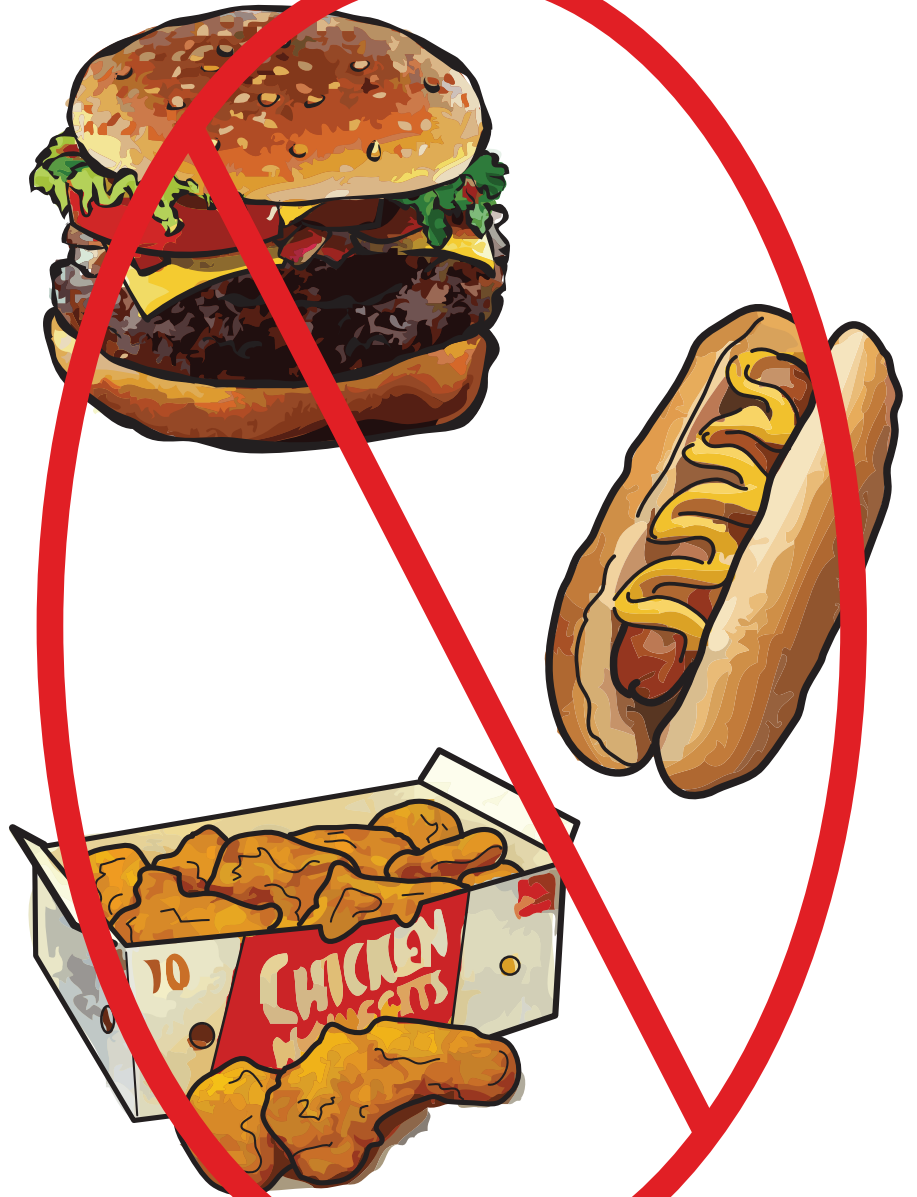


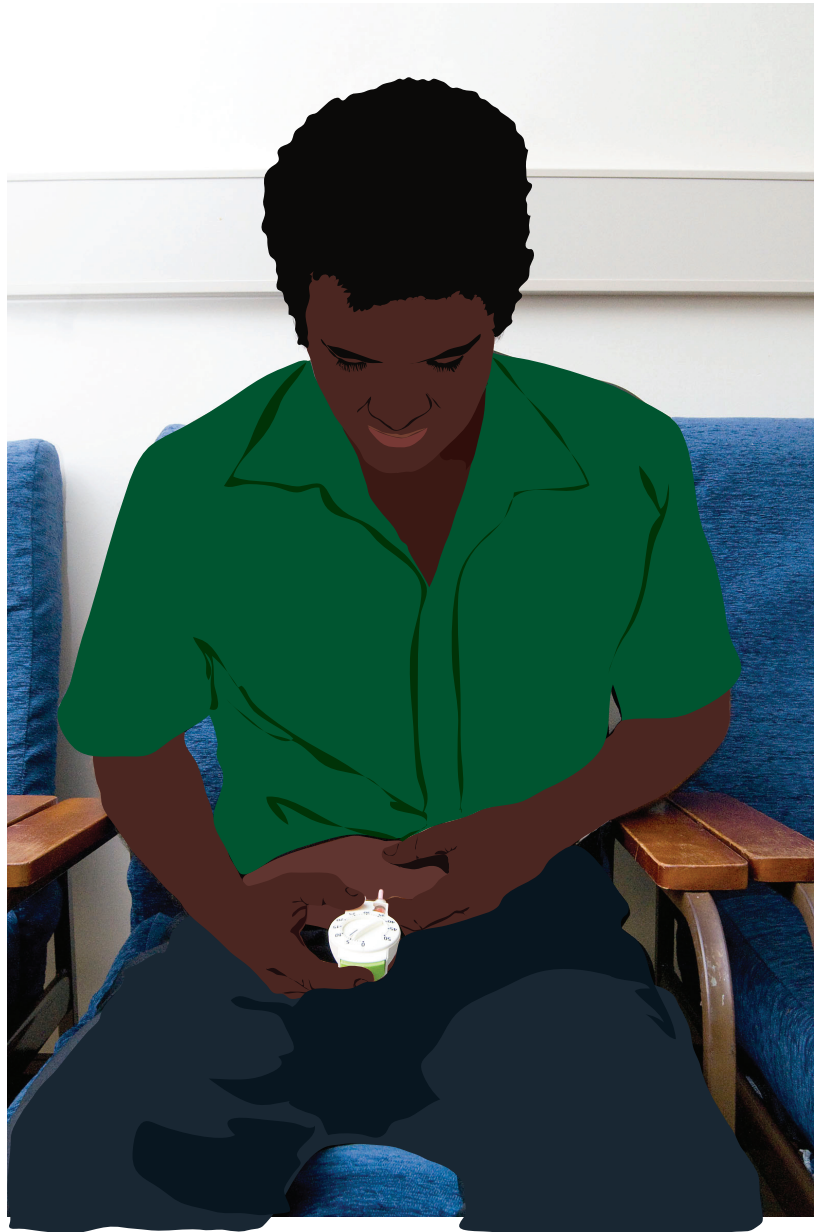
- Tired, slack, no energy

Too much fat; too much sugar

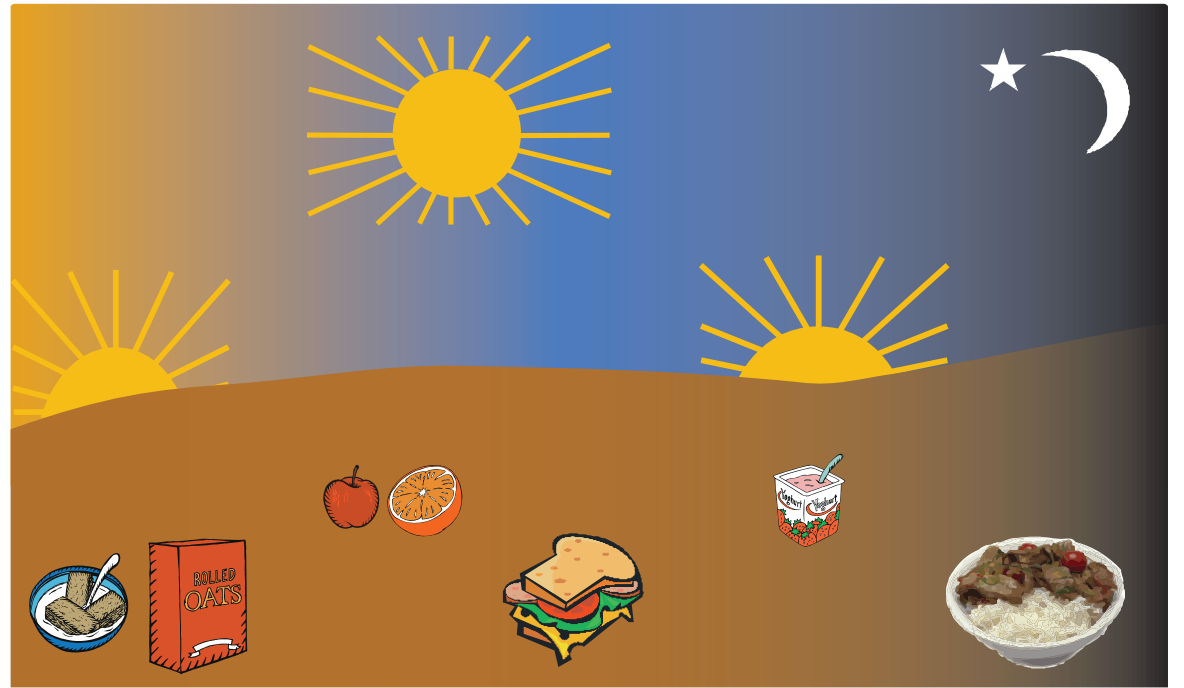


Fast foods; 'junk' foods





Eat breakfast; eat lunch; eat supper



Be active - walk, run, work, play, hunt



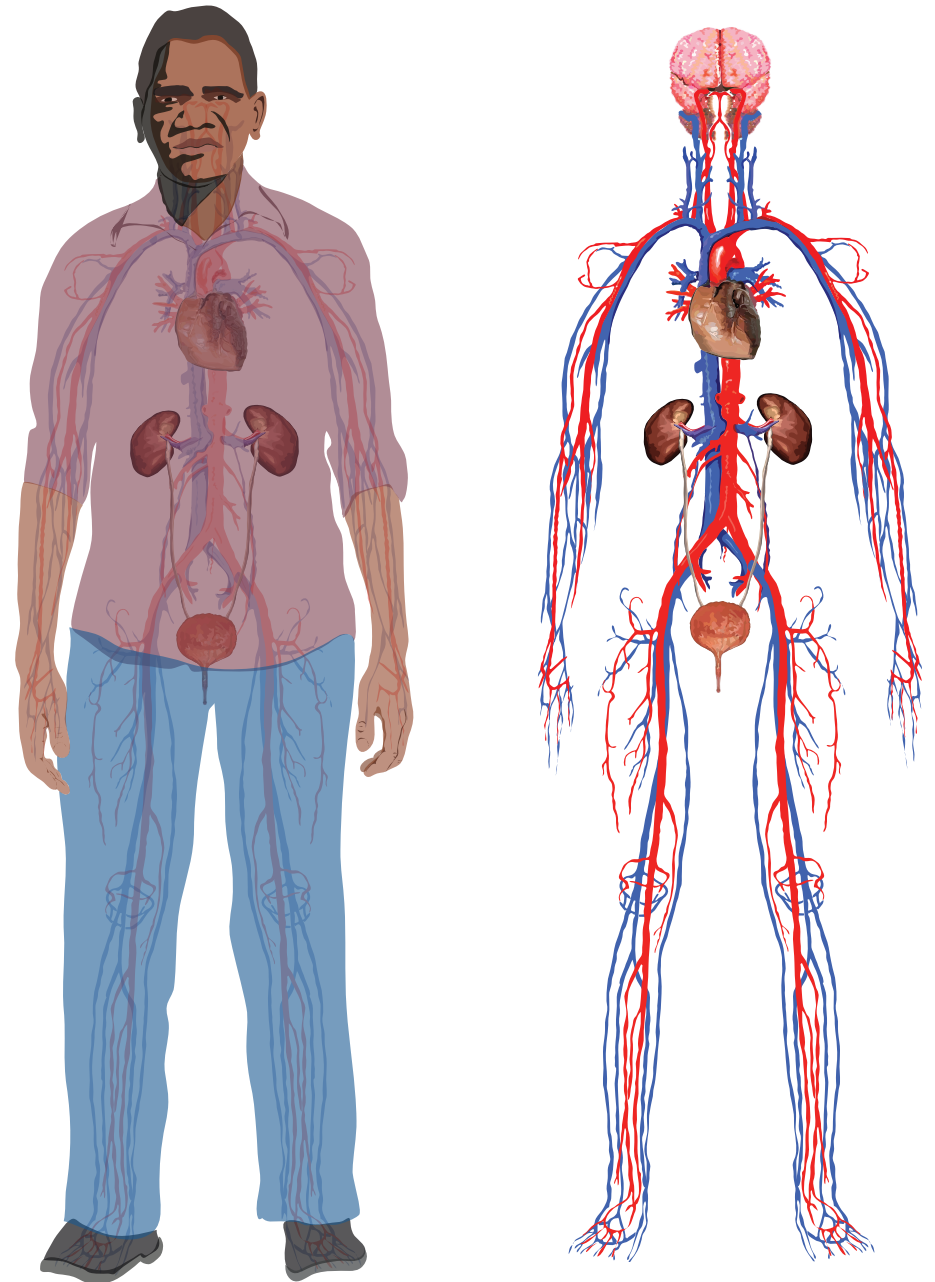
# Phosphate and potassium in food



potassium

phosphate

# Kidneys mind phosphate & potassium in your blood



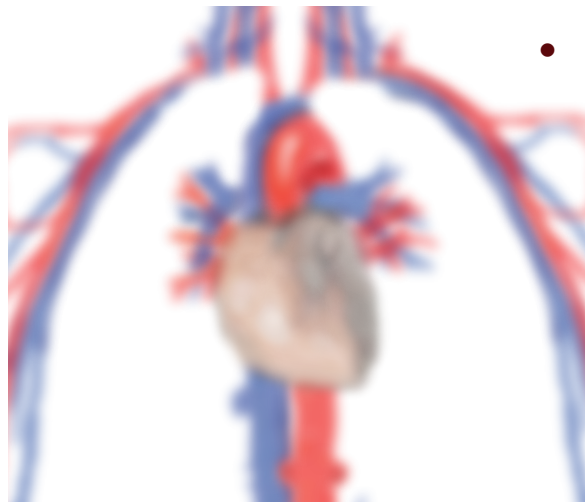
Too much phosphate can give you these symptoms



- Itchy skin



- Red eyes

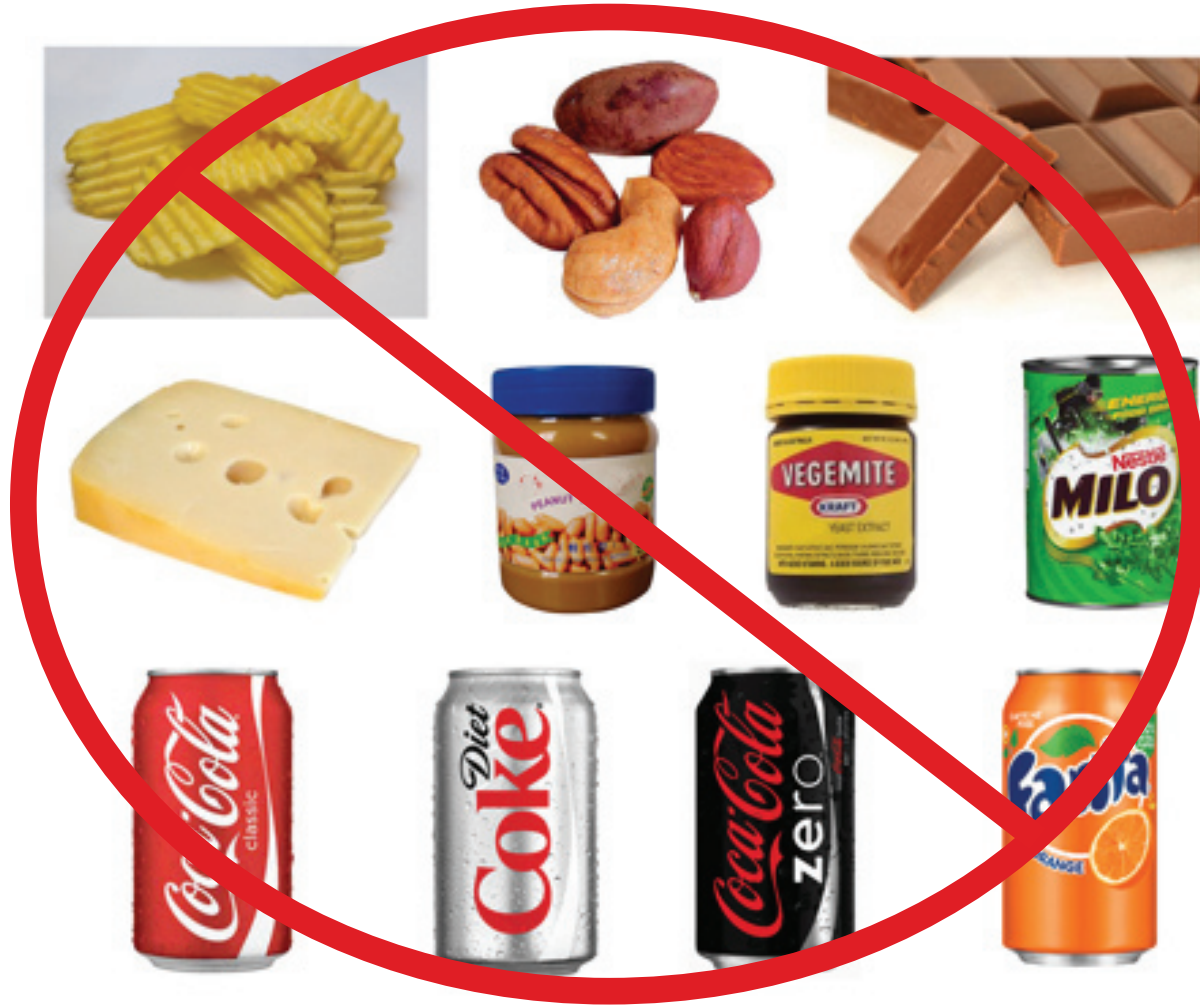


- Weak heart



- Weak bones

## Foods with lots of phosphate



Medicine to manage phosphate

Foods with lots of potassium



Dialysis keeps potassium down

Too much potassium can cause a heart attack



Learn about your special dialysis diet - ask the dietitian



## WORDS TO UNDERSTAND:

- fats
- phosphate
- potassium
- waste
- dietitian
- high blood pressure
- high blood glucose levels
- diabetes
- healthy foods
- blood pressure
- unsalted
- no added salt
- salty
- herbs and spices
- fast foods
- junk foods
- special dialysis diet
- overweight
- natural and whole foods
- bush tucker
- exercise
- slow kidney disease

# DIET & KIDNEY DISEASE

## RESOURCE TOPICS:



*THE WORK OF YOUR KIDNEYS*



*WHEN YOUR KIDNEYS GET SICK*



*LIVING WITH KIDNEY DISEASE*



*DIET AND KIDNEY DISEASE*



*TREATMENT OPTIONS & PATHWAYS*



*PERITONEAL DIALYSIS*



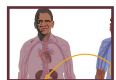
*HAEMODIALYSIS*



*FISTULA AND CATHETER*



*PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS*



*TRANSPLANT BOOKS 1 - 4*

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

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