



## Food allowed.

It is extremely important to understand that if you are undergoing CKD treatment, your nutritional needs will be different to those you had before starting, and your diet will progressively be changed to slowly adapt to it.

When you start haemodialysis, your nutritional needs are different and, therefore, some diet changes and eating habits are required.

You need to understand that your nutritional condition depends on what you eat and trying to keep up an adequate physical activity. Thus, changing your diet is not only recommendable, together with dialysis and the prescribed medication, it is vital in your treatment.

## Vegetables.



To avoid an excess of potassium, you should eat them frozen, if they are fresh, then chop them and freeze them.

- Whole tomato, peeled.
- Asparagus, preserved.
- Tinned mushrooms.
- Lettuce of your choice: Iceberg.
- Limit the consumption of raw vegetables to once a week.

### **\*Important:**

Anything packed must be cleaned under the tap and drained.

## Fruits.



Two a day, choosing small pieces such as:

- Mandarin.
- Apple.
- Pear.
- Mango.
- Lychee.
- A slice of watermelon.
- Pineapple in its juice.

## Legumes.



- Normal or toasted white bread.
- Pasta, white rice.
- Biscuits (not puffed or toasted. Eat with moderation).
- Puffed pastry palmier, croissants. Occasionally.
- Wheat flour, couscous (wheat semolina).
- Puff pastry.

### **\*Important:**

Packed legumes must be washed under the tap and drained.

## Proteins.



Lean meats and eggs.

- Lean beef.
- Chicken, turkey, rabbit.
- Pork, sirloin, fillet or chop.
- Lamb, ribs or chop.
- Whole egg and egg white (the egg white can be used more frequently, since it does not have phosphorous and is rich in HBV proteins).

## Fish.



### White.

- Skate, cod, gilthead, sauger.
- Squid, baby squid, octopus, cuttlefish.
- Haddock, hake, conger grouper.



### Blue.

At least twice a week due to the high contents in Omega3 and its heart-protection effect.

- Salmon, trout, pompano.
- Mackerel, anchovy, tuna, horse mackerel.
- Clams. Making sure they are cooked properly, sporadically.

#### **\*Important:**

Do not eat mussels.

## Others.



- Sugar-free marmalade.
- Fruit compote.
- Cooked ham low in phosphates.
- Cured ham low in salt. Looking after HTA patients.

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