



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: How can I afford to buy the foods I'm supposed to eat?

A: Good nutrition is very important when you have kidney disease. Following your meal plan is one way you can be in charge of your health.

Many foods that you will probably eat more of may cost less. Canned fruits often have less potassium than fresh, for example (but rinse them to remove extra salt), and they are often much less money. Meat and other good quality protein may cost more than you are used to. All in all, you may find that your food costs don't change much.

Nutritional supplements, including vitamins, protein bars, and liquid supplements may also be part of your meal plan, and these can be costly. Social workers and dietitians often know places to get help if you can't afford to eat the foods or supplements your doctor suggests.

What *I* can do to pay for the foods *I* need:

- Tell my social worker about any money problems that affect how I take care of myself.
- See if there is a less costly grocery store in my area to help me save.
- Tell my dietitian or social worker if I can't afford to eat the foods I'm supposed to eat.

- Ask my dietitian to suggest some less costly foods that fit my meal plan.
- Ask my dietitian for samples of liquid supplements or information about protein bars.
- Ask my doctor or the dialysis team for samples of vitamins.
- Ask my social worker if there are sources of lower cost supplements.