



# Kidney Q&A

0-3 months

Life Options Rehabilitation Program

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[www.lifeoptions.org](http://www.lifeoptions.org)

## Q: Who can help me with questions about what to eat or drink?

**A:** There are three main places you can go to get help with questions about eating and drinking with kidney failure.

- 1. Every dialysis center has a dietitian.** A renal dietitian also knows the dialysis diet. Your dietitian can help you learn which foods to eat more or less of and how much fluid to drink, based on what your doctor has ordered.
- 2. Other patients are living with the dialysis diet.** They may have tips and recipes that help them make the meal plan work. Remember that they may have different food or fluid limits than yours, so ask your dietitian if the ideas you find will work for you.
- 3. Food counter books,** like *Bowes & Church's Food Values of Portions Commonly Used* by Jean A. T. Pennington, PhD, et al. (\$52.95) have answers to some of your diet questions, like "how much potassium is in half a grapefruit?" Your dietitian, the library, or a book store may carry books like this so you don't have to pay full price.

**What I can do to learn what to eat or drink:**

- Ask to meet with my dietitian when I have questions.
- Ask other patients and family members how they solve a tricky problem or what cookbooks they like to use.
- Keep a food diary for a week to learn more about how I like to eat and what my questions are.
- Look for diet resources on my own, like food counter books or cookbooks for kidney patients.
- Visit module 9 of Kidney School™: *Nutrition and Fluids* at [www.kidneyschool.org](http://www.kidneyschool.org) to learn more.