



## Emergency Diet Guidelines: Tips for People on Dialysis

### Fluid

Fluids need to be restricted further. A total of 2 cups a day for three days should prevent symptoms of shortness of breath and fluid buildup.

Drink only 4oz of fluid with meals (total 1.5 cups fluid). This leaves  $\frac{1}{2}$  cup to take with medications  
Incorporate phosphate binders into fluid allowance.

Chew gum for thirst.

Limit fresh fruit and vegetables. Keep a supply of canned fruit and vegetables on hand. Drain extra fluid from canned products. Always purchase "no salt added" canned vegetables, and if you have diabetes, purchase light or no-sugar added products.

### Sodium

Avoid table salt and salt substitutes

Flavor/Season foods with fresh or powdered onion, garlic, spices, herb blends, vinegar or lemon juice.

**Remember: Many products marked "low sodium" can also be high potassium. When buying packaged food, use the Nutrition Facts label to check salt/sodium content. Use the % DV to look for foods that are low in sodium and low in potassium (potassium is not always listed on food labels). Avoid "low sodium" foods which list "potassium chloride" on the ingredients label.**

### Potassium

Avoid fruits and vegetables high in potassium.

Keep a list of high potassium foods on your refrigerator.

**Avoid high potassium fruits:** e.g., apricots, bananas, dates, honeydew melon, kiwifruit, nectarine, oranges, orange juice, prune juice, prunes, and raisins.

**Avoid high potassium vegetables:** e.g., artichokes, avocado, fresh beets, brussels sprouts, chard, "greens" (beet, collard and mustard), okra, parsnips, potatoes, pumpkin, rutabagas, spinach, sweet potatoes, tomatoes and tomato sauce, winter squash and yams.

**Other foods to avoid:** bran, dried beans & peas, nuts, potato chips, salt substitute, soy or nut milk, yogurt.

**Tip:** Purchase light or no-sugar added fruit such as pineapple, pears, mixed fruit (drain extra fluid from can). Read the labels carefully (for low salt/sodium and low potassium) on any canned vegetables. Good choices are: string beans, corn, carrots, peas, cauliflower or canned beets.