

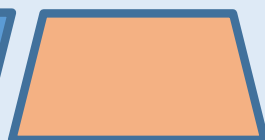
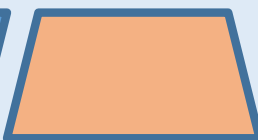


تجمع عسير الصحي - نطاق بيشة

Asir Health Cluster of Bisha Zone



(Diet for kidney patients 1800 kcal)





تجمع عسير الصحي - نطاق بيشة

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❖ What is the function of the kidneys in the human body?

The kidneys perform many important functions including

- Production of hormones that help produce red blood cells and promote bone health regulate blood pressure

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- Maintaining the balance of fluids and salts in the body

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- Purification of the human body from impurities resulting from the digestion of food

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❖ Why should I follow a diet?

When the kidneys are unable to perform their functions, they do not filter the blood from impurities properly, and this may negatively affect the body, leading to :



Fluid retention within the body



High blood urea



Imbalance in the balance of body salts: sodium, potassium, phosphorus, calcium



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Sodium

- A mineral found in most of the foods we eat such as: table salt, canned foods, sauces and fast food

Normal levels of sodium help balance body fluids

❖ Why should you pay attention to the amount of sodium?

Reducing sodium amounts helps:

- ✓ ☐ Prevent the body from trapping more fluids
- ✓ ☐ Reduce the feeling of thirst
- ✓ ☐ Blood pressure control

❖ Ways to reduce sodium in food

- ✓ ☐ Avoid adding salt when cooking
- ✓ ☐ Use fresh meat instead of canned meat
- ✓ ☐ Avoid processed and canned foods
- ✓ ☐ Choose fresh fruits and vegetables or salt-free canned and frozen products
- ✓ ☐ Use spices that do not contain salt such as (use garlic instead of garlic salt)
- ✓ ☐ Limit total sodium content to 400 mg per serving and 150 mg per snack
- ✓ ☐ Read the food label on canned foods

❖ Some foods and their sodium content

Types of foods	Quantity	Sodium/mg quantity
apple	One pill	0
banana	One pill	1
salt	teaspoon	2300
Frozen vegetables	Mug	64
Canned vegetables	Mug	243
Canned tomato sauce	Mug	1482
Salted butter	tablespoon	116
milk	Mug	122
Margarine	tablespoon	134
Parmesan cheese	1/4 cup	465
Cheddar Cheese	Mug	7.1
Orange juice	Mug	2
Diet Cola	box	75



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❖ Some foods and their sodium content

Types of foods	Quantity	Sodium/mg quantity
mustard	tablespoon	129
Ketchup	Like a food lick	156
Unsalted peanuts	Mug	22
Salted peanuts	Mug	626
Oatmeal	Mug	2
Chicken breast	90 g	64
Canned Tuna	90 g	468
Cooked salmon	90 g	55
Hot dog	Piece	504

❖ Potassium

A mineral found in most of the foods we eat such as fruits and vegetables. Normal levels of potassium help the heartbeat regularity

❖ Why should you pay attention to the amount of potassium ?

The inability of the kidneys to remove excess potassium leads to the accumulation of potassium levels in the body and therefore can cause:

Muscle weakness

Arrhythmia



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✚ Ways to reduce potassium in food

- ✚ Limit foods high in potassium
- ✚ Reduction of milk and dairy products
- ✚ Choose fresh fruits and vegetables low in potassium
- ✚ Avoid spices that contain potassium
- ✚ Read the food label on canned foods and avoid potassium chloride
- ✚ Peel the vegetables, cut them into cubes, then immerse them in a large amount of water for at least 4 hours (they can be placed in the refrigerator overnight), then filter the water, wash the vegetables with new water, then cook them

❖ Some foods and their potassium content

High in potassium

Types of foods	Quantity	Potassium/mg quantity
Cooked potatoes	1/2 cup	256
French Fries	1/2 cup	209
Sweet Potato	1/2 cup	210
Canned white beans	1/2 cup	211
Cooked pumpkin	1/2 cup	282
broccoli	1/2 cup	158
spinach	1/2 cup	159
Canned tomatoes	1/2 cup	160
tomato	1/2 cup	273-251
Tomato juice	1/2 cup	269
Carrot juice	1/2 cup	345
Avocado	1/2 cup	549
banana	Piece	225-221
raisins	1/3 cup	363
cantaloupe	1/2 cup	364
Dried prunes	5 Pieces	797
Dried fig	Two	266-258



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High in potassium

Types of foods	Quantity	Potassium/mg quantity
kiwi	Piece	252
Guava	Medium	253
Mango	Piece	254
pomegranate	Medium	255
apricot	Piece	256
date	1/2 cup	258

Average in potassium

Types of foods	Quantity	Potassium/mg quantity
Fresh carrots	1/2 cup	260
Cooked carrots	1/2 cup	261
Beetroot – Beets	1/2 cup	259
Fresh Okra	1/2 cup	264
Iced corn	1/2 cup	265
Zucchini	1/2 cup	173
Green Leaves	1/2 cup	174
Fresh celery	1/2 cup	175
Frozen cabbage	1/2 cup	177
Green turnip	1/2 cup	146
Fresh cauliflower	1/2 cup	125-177
Fresh Orange	One pill	237
Plum (Bukhara)	Two	208
watermelon	one cup	186
cherry	10 pieces	187
Grapefruit	1/2 Piece	188
pear	One pill	189
Pineapple juice	Medium	190
peach	1/2 cup	191
Tangerine	One pill	192
strawberry	One pill	193
Lemonade	1/2 cup	194



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قليلة في البوتاسيوم

Types of foods	Quantity	Potassium/mg quantity
cucumber	1/2 cup	84
Fresh onion;	1/2 cup	85
Cooked onions	1/2 cup	86
radish	4 Lovers	87
Green Beans	1/2 cup	85-73
Cauliflower (flower)	1/2 cup	88
lettuce	1/2 cup	89
Molokhia	1/2 cup	45
Bell pepper	1/2 cup	113
Canned peas	1/2 cup	114
Fresh peas	1/2 cup	115
Fresh cabbage	1/2 cup	72-86
Apples without peel	Piece	63
lemon	Piece	64
Fresh pineapple	1/2 cup	65
Canned pineapple	Slices	66
Canned pear	1/2 cup	105-93
grapes	10 pieces	65-94
Berries of all kinds	1/2 cup	31
Cranberry juice	1/2 cup	31

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❖ Phosphorus

A mineral that is important in the formation of bones and organs of the body and helps in muscle movement

❖ Why should you pay attention to the amount of phosphorus?

✚ High levels of phosphorus lead to:

- ✓ Withdrawing calcium from the bones, making them weak, and this also leads to calcium deposits in blood vessels, lungs, eyes and heart
- ✓ Itchy body

❖ Ways to reduce phosphorus in food

- ✓ Limit foods with a high phosphorus content
- ✓ Adhere to the amount specified for you of protein, as phosphorus is found in abundance in protein-rich foods
- ✓ Eat low fresh fruits and vegetables with phosphorus
- ✓ Avoid packaged foods containing added phosphorus
- ✓ Read the food label on canned foods and look for phosphorus or words that carry the word: PHOS, PHOS

❖ Some foods and their content in phosphorus

Types of foods	Quantity	Phosphorus/mg quantity
flesh	85 g	412
chickens	145g	286
Fish	Half Fillet	370-491
Tuna	Mug	365
Eggs	one	100-115
Skimmed milk	Mug	247
Whole milk	Mug	205
Low fat milk	Mug	224-234
Skimmed yogurt	Mug	356
Full cream yogurt	Mug	216
Low-fat yogurt	Mug	327
Mozzarella and cheddar cheese	30g	149
Milk Chocolate	40 g	108
Bran and oats	Mug	690
malt	Mug	442
soybeans	Mug	412



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Types of foods	Types of foods Quantity	Phosphorus/mg quantity
lentils	Mug	365
Red and white beans	Mug	233-263
peas	Mug	117
nuts	30g	132-147

❖ Protein

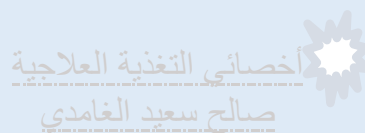
- Protein is an important nutrient in building many body tissues, protein is found in many foods, but in varying quantities
- It is found in large quantities in animal products such as: meat, chicken, fish, eggs, dairy products and some plant products such as: legumes
- It is found in small quantities in: starches and vegetables



Why should you pay attention to protein amounts?

- ❖ When kidney function is affected, it loses its ability to remove protein waste products that result from the process of breaking down protein inside the body and these residues begin to accumulate in the blood .
- ❖ **The body's need for protein varies from person to person depending on weight and health status, so consult a nutritionist to determine the appropriate amount of protein for you**

Protein is present in most foods, in a simple way you can calculate the protein in your food and thus maintain the amount of protein you eat



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How protein is calculated in food

Protein Group	30 grams of meat 30 grams of chicken 30 grams of fish one egg;	Each substitute contains 7 grams of protein
Milk Group	cup milk Cup of milk Yogurt box	Each alternative contains 8 grams of protein
Starch Group	Toast slice A quarter of a loaf of bread Third cup of rice Third cup pasta 1/2 cup starchy vegetables	Each substitute contains 2 grams of protein
Vegetable group	cup uncooked vegetables 1/2 cup cooked vegetables	Each substitute contains 2 grams of protein

■ Liquids

✚ The amount of fluid needed varies from person to person and is determined by the attending physician

✚ Liquids include all drinks and foods that are liquid at room temperature such as: water, tea, coffee, jelly, ice cream, ice cream and soup.

❖ Why should you pay attention to fluid intake ?

If you build up too much fluid in the body, it can have harmful effects such as :

✓ Swelling of the feet, ankles and wrist

✓ Hypertension

✓ Arrhythmia

❖ Ways to reduce the feeling of thirst

✓ ☐ Stay away from hot weather

✓ ☐ Reduce salt in food

✓ ☐ Eat cold allowed fruits

✓ ☐ Snow pieces absorb

✓ ☐ Use mouthwash



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❖ Diet for kidney patients 1800 calories

Breakfast

1/2 cup milk or whole milk
Two slices of white toast or half a white flat loaf
45 grams (3 tablespoons) low-fat and low-salt white cheese
1/2 cup cucumber
Two medium lettuce slices
One fruit

Snack

One and a half fruits

Lunch

75g chicken, meat or fish breast
1/2 cup cooked vegetables without fat
Cup (12 tablespoons) rice, pasta or half a flat white loaf
tablespoon olive oil
One serving of fruit

Snack

2 slices white bread + 2 tablespoons honey or strawberry jam

Dinner

75g chicken, meat or fish breast
1/2 cup cooked vegetables without fat
Cup (12 tablespoons) rice, pasta or half a flat white loaf
tablespoon olive oil

Snack

One fruit

❖ Important..

The optimal diet is the one that is under the guidance of a therapeutic nutritionist so that there is no imbalance and deficiency in the necessary nutritional components that are necessary for the body and when organizing meals, take into account the size of the body and the level of activity and for help communicate through this application with the specialist to provide you with your accurate diet according to your health condition...

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