



Hello!

Welcome to the October newsletter for Renal Diet Headquarters.

As the fall comes in, warmer weather leads to cold days that make us long for soups and stews. This month, we also have Halloween with all its temptations. Candy can be a good thing for renal patients within reason and certain types - mainly hard candy - for those who are not diabetic.

This month is also about eating a vegetarian diet. Less meat means less protein for kidney patients, and that is a great thing for those who are pre-dialysis. But patients on dialysis can also follow a vegetarian diet as long as they are careful to get the needed protein and calories to keep their albumin levels up.

Making a meal or two a week vegetarian can be a way to keep protein in the diet without giving up all the calories. Not to mention, some vegetarian foods are great to take along for snacks.

Thanks for being there with us as we work on our newsletter. Let us know if you have any ideas or things you would like to see in the newsletter.

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Our website: www.renaldiethq.com

VEGETARIAN RENAL DIET: WORTHY OR NOT?

A vegetarian diet is composed of different categories. One can go vegan, lacto-vegetarian, lacto-ovo-vegetarian, pescatarian, or flexitarian. Here are the differences between these categories of vegetarian diets:

Vegan – consumes only plant-based foods and no animal-based foods

Lacto-vegetarian – consumes only plant-based foods + milk/dairy-based foods

Lacto-ovo-vegetarian – consumes only plant-based foods + milk/dairy-based foods + eggs

Pescatarian – consumes only plant-based foods + fish (may or may not allow milk/dairy-based foods and eggs)

Flexitarian – or semivegetarian, primarily consumes plant-based foods but may allow a variety of meats from time to time.

To make it more simplified, we shall focus on the lacto-ovo vegetarian type as our reference. In this article, we shall look into the advantages and disadvantages of being on a vegetarian diet.

The Advantages of Eating Vegetarian:

The nutritional contents of vegetables vary significantly, but some have more potassium or phosphorus than others. One main advantage of vegetables over animal-based foods is the protein content. Though not
(continued on next page)

all plants have protein, vegetable-based protein is also as complete as that found in animal protein when combined. Once an individual goes vegetarian, the possibility of lowering protein intake is almost always there. He can choose from a wide range of vegetables without taking in much protein. However, if the diet is incorporated with protein according to the nutritional requirement, a vegetarian can always choose from a variety of meat analogs (plant-based protein foods). The addition of milk and dairy almost always lead to the necessary intake of protein, although they can be high in phosphorus and must be carefully watched.

The low protein content of most plant-based foods can decrease the so-called “proteinuria” or protein in the urine. This in turn benefits the kidneys by reducing their load to remove the waste products of protein.

Vegetarians can also enjoy the benefits of lipid profile improvement of the blood, as well as less kidney tissue damage and reduced growth of kidney cysts through the improvement in the diet as long as too many calories are not consumed.

You should also note that the nutritional needs of the renal patient can be fulfilled without any compromises as part of a vegetarian diet. Kidney disease is also known to slow down its progression in response to a vegetarian diet. This is due to the benefits of lowering the protein intake from consuming vegetables or plant-based foods as already mentioned.

The Disadvantages of Eating A Vegetarian Renal Diet:

As in all diet plans, there are always disadvantages. A catch 22 of the diet is that the lower protein can be a problem as well as a solution. This becomes a downside when dialysis is required for the renal patient. Renal patients requiring dialysis are expected to take in more protein to replace the losses from the dialysis.

Analog meat products can sometimes contain high

amount of sodium, and so does cheese. Canned vegetables can also contain higher amounts of sodium that can likewise damage the kidneys and raise blood pressure. All renal patients should be cautious of the nutritional values of what he or she consumes, but it is especially important based on the need to consume the right amount of protein without eating too much potassium or sodium.

Okay or Not To Eat A Vegetarian Renal Diet?

In summary, the only pitfall that can hinder a renal patient is when the nutritional requirement is not met for protein and calories. Besides the fact that vegetarian diets are healthy, the only consideration is to be watchful on the other nutrients that could not be provided by certain plant-based foods. Earlier, we discussed how nutritious vegetables are, but not all of these plant sources contain each of the nutrients a renal patient needs and must be carefully reviewed for completeness in the diet.

In order to achieve the full potential of a vegetarian diet, you should be cautious about the nutritional values of each plant-based food in your diet. Eating a vegetarian renal diet is very worthy as long as you combine a variety of plant food sources in balance. If supplementation should be needed, consult your health professional about it. And on top of it all, make sure that your diet meets the daily recommended intake of nutrients as prescribed by your nutritionist.

Treats for Halloween

Some types of candies are low in potassium and phosphorus which are “okay” for people with kidney failure to eat.

Snack size portions and chocolate covered candies without nuts are best.

If you have diabetes – check for “sugar free” items or make sure these items fit in your meal pattern for the day.

HARD CANDIES

Life Savers™, candy canes, lemon drops, butterscotch, Werther Originals™, Lollipops, cinnamon balls, sour balls, rootbeer barrels

GUMMY CANDIES

Dots™, Jujubes™, Gummi bears/worms, jelly beans, spearmint leaves

MARSHMALLOW CANDIES

Halloween pumpkins
Rice Krispies™ Treats
Marshmallow Crème Harvest Mix

CHEWY CANDIES

Tootsie Roll™, Bit-O-Honey™, chewing gum, bubble gum, Starburst™ Fruit chews, Charleston chews™, taffy

CHOCOLATE COATED CANDIES

Mints: Junior Mints™, York Peppermint Patty™, Thin Mints, 3 Musketeers™, Skor Toffee Bars™

Candy To Avoid

Lots of candies are high in potassium and phosphorus. Many are made with solid chocolate, nuts, peanuts, peanut butter, coconut, and dried fruit

You should avoid eating these candies to ensure your potassium and phosphorus levels are not increased.

SOME EXAMPLES:

5th Avenue Bar™
Almond Joy™
Baby Ruth™
Butterfinger™
Cadbury™ chocolate bars
Chocolate coated nuts, raisins, pretzels, caramel
Heath™ bar
Hershey™ chocolate bars or kisses
Kit Kat™
M&M's™
Milky Way™
Mounds™
Nestle™ chocolate bars
Oh Henry!™ Bar
Peanut Brittle or peanut chews
Pralines
Reese's™ peanut butter cups
Rolo™ caramels
Snickers™
Twix™
Yogurt Covered raisins, nuts or pretzels

(Thanks to Renal Dietitians Dietetic Practice Group for the tricks and treats)

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