



Food to be avoided.

It is extremely important to understand that if you are undergoing CKD treatment, your nutritional needs will be different to those you had before starting, and your diet will progressively be changed to slowly adapt to it.

When you start haemodialysis, your nutritional needs are different and, therefore, some diet changes and eating habits are required.

You need to understand that your nutritional condition depends on what you eat and trying to keep up an adequate physical activity. Thus, changing your diet is not only recommendable, together with dialysis and the prescribed medication, it is vital in your treatment.

Food to be avoided.



- Full, powder, condensed milk.
- Goat and sheep milk.
- Vegetable, almond, soya drinks.



- Cured cheese.
- Chocolate.
- Dried fruits.



- Melon, avocado, banana. In general, fruit with a high/moderate content of potassium.
- Commercial snacks: crisps, salted biscuits, etc.



- Cold meats.
- Pickles: gherkins, cocktail stick...
- Industrial cakes.



- Soft drinks (especially Coca Cola).
- Fruit juices.
- Ultra-processed food: pre-cooked dishes, commercial sauces, fast food...



- Smoked fish, mussels.
- Whole-grain products.
- Borlotti beans, butter beans, broad beans.



- Dried soya.
- Concentrate meat or fish stock cubes.



- Brown sugar.
- Salt low in sodium for sale at chemists, specific for hypertension.

Additives with phosphorous that should be avoided:



- E-338 phosphoric acid.
- E-339 sodium phosphates.
- E-340 potassium phosphates.
- E-341 calcium phosphates.
- E-343 magnesium phosphates.
- E-450 diphosphates.
- E-451 triphosphates.
- E-452 polyphosphates.

Advice to reduce potassium.



Frozen vegetables should be defrosted in a lot of water for four hours, and then eaten, discarding the water.

Cooked fruit has approximately half the amount of potassium of fresh fruit. If you have high potassium levels, we recommend you eat one portion of raw fruit and another in compote or roasted.

You can use spices, aromatic herbs and oils to flavour your food. However, you should be careful with curry and paprika since they are used with higher frequency.

Preserved food loses potassium during its preparation, yet it remains in the juice, which should be totally discarded, and the food rinsed under the tap.

Avoid whole-grain products due to their high P (phosphorous) and K (potassium) content.

Potatoes do not lose potassium when left in water, so instead:

- Peel and chop into large quarters.
- Boil for 6–7 minutes. It should be “al dente”.
- Then leave in water for 3–4 hours and cook as you wish.

Food composition.

Food 100g	Water (g)	Cal (Kcal)	Prot (g)	Hc (g)	Fat (g)	Na (mg)	K (mg)	Ca (mg)	P (mg)	Fe (mg)
Avocado	68	205	1.9	0.4	23.5	3	503	10	38	0.6
Apricot	85.3	44	0.9	9.9	0.1	2	278	16	21	0.65
Guinda	82.8	62	0.9	14.2	0.3	3	229	17	20	0.35
Cherry	80.7	57	0.8	13.5	0	1	243	13	25	1.14
Coconut	15.6	474	3.3	47.6	32.2	256	316	14	100	1.8
Strawberry	89.5	33	0.8	6.5	0.4	3	147	26	29	0.96
Figs (fresh)	80.2	60	1.3	12.9	0.5	2	240	54	32	0.6
Kiwi	83.8	52	1	10.8	0.6	4	295	38	31	0.8
Lemon	90.2	40	0.7	8.1	0.6	3	149	11	16	0.45
Tangerine	86.7	45	0.7	10.1	0.3	1	210	33	20	0.3
Mango	81.7	65	0.5	17	0.3	2	156	10	11	0.13
Apple	85.3	54	0.3	12.4	0.4	3	144	7	12	0.05
Peach	87.5	41	0.8	9.4	0.1	1	205	8	23	0.48
Cantaloupe	87	53	0.9	12.4	0.1	20	330	6	21	0.2
Orange	85.7	42	1	9.2	0.2	1	177	42	23	0.4
Nectarine	81	62	0.8	14.8	0	7	282	4	24	0.5
Papaya		26.5	0.5	6.3	0.1	3.4	211		16.4	
Loquats	75.08	80	0.8	22.3	0.8	6	258	22	24	0.35
Pear	84.3	55	0.5	12.7	0.3	2	126	10	15	0.26
Pineapple	85.3	55	0.5	13.1	0.2	2	173	16	9	0.4
Banana	73.9	91	1.2	21.4	0.2	1	393	9	28	0.55
Watermelon	93.2	37	0.6	8.3	0.2	1	158	11	11	0.4

*Important:



The information provided in this document is for informative and generic purposes only. Please remember that each patient undergoing dialysis is different and recommendations will vary depending on their situation and needs at every given time, depending on the evolution of their disease, associated pathologies, etc.

Please contact your local doctor, nephrologist, nurse or nutritionist, who will help you to customise your diet.

Doing exercise is also necessary to ensure that you are healthy.

Avericum recommends you eat as naturally as possible, avoiding pre-frozen food, soft drinks, mass-produced pastries, etc.

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