

# DIET ADVICE FOR SENIORS WITH KIDNEY HEALTH PROBLEMS

CAREGIVERS



Kidney-Healthy Diet

## How to Follow a Kidney-Healthy Diet

*Many seniors experience kidney trouble at one time or another. In such instances, it is important to adjust seniors' diets to protect kidney health.*

Over time, the kidneys tend to perform less effectively. As a result, seniors are at greater risk of kidney problems and kidney failure. A kidney-healthy diet can help.

The kidneys are organs that filter the blood. They filter wastes and extra fluid to form urine. Other functions include hormone production and body fluid regulation. Since kidneys serve as filters, what seniors eat affects their function. A kidney-healthy diet can reduce strain on the kidney and improve health.



### Nutrients to Limit for Kidney Health

Seniors facing kidney problems should limit their intake of nutrients like:

- Sodium
- Potassium
- Phosphorus
- Protein

## Dietary Tips for Kidney Health

Generally, protecting the kidneys or reducing strain on them involves limiting the intake of sodium, potassium, and phosphorus. Limiting these nutrients is commonly referred to as "the renal diet."

These tips can help seniors follow the renal diet:

### Reducing Sodium

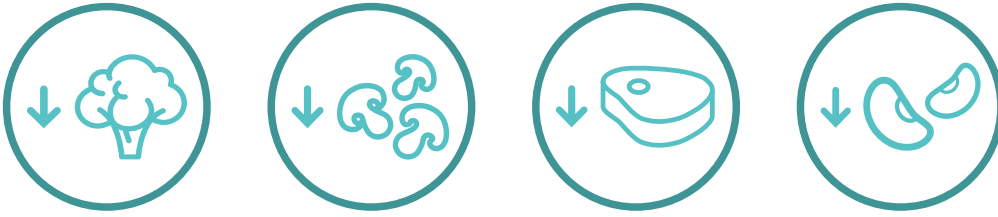
- Never add salt to food
- Only consume reduced-sodium soups or broths
- Avoid frozen meals
- Don't eat foods with 300mg or more sodium per serving
- Check labels to be sure no salt is added
- Do not buy foods preserved in a "solution"

### Reducing Potassium

- Avoid melons and bananas
- Do not drink orange, prune, or grapefruit juice
- Limit tomato-based foods like pasta sauce
- Never eat dried beans
- Don't eat cooked greens, spinach, collards, or swiss chard
- Always wash and peel potatoes



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## Reducing Phosphorus

- Reduce dairy intake to 1 cup per day
- Limit broccoli, mushrooms, and brussel sprouts to 1 cup per week
- Cereals like bran or oatmeal should be eaten no more than once a week
- Do not drink soft drinks or beer
- Choose white bread over whole grains

Since protein should also be limited if the kidneys are having trouble with filtration, the consumption of foods like meat and nuts should be reduced too.

([Cleveland Clinic](#))

## Kidney-Friendly Foods

Given the many limitations a renal diet requires, many seniors are at a loss about what they can eat. These foods are generally safe for seniors with kidney problems to consume:

- Veggies like bell peppers, cauliflower, cabbage, radishes, and turnips
- Seafood rich in Omega 3 fatty acids
- Low-potassium fruits like blueberries, red grapes, cranberries, and pineapples
- Easier-to-digest proteins like egg whites or skinless chicken
- Unsalted seasonings like garlic and onion
- Light grains like bulgur and buckwheat

([Healthline](#))

## Signs of Kidney Problems

Watch for these signs of renal issues:

- Blood in the urine
- Weak or reduced urine output
- Pain near the kidneys
- Loss of appetite
- Puffiness in the legs or ankles
- High blood pressure

([Better Health](#))

## Types of Kidney Disease

- Polycystic Kidney Disease
- Kidney Cancer
- Acute Kidney Failure
- Nephronia/Nephropathy
- Secondary caused by diabetes, lupus, etc.

([Medbroadcast](#))



## Home Care Tip

Many seniors grow discouraged by restrictive diets like the renal diet. One way to encourage them is to make their favorite meals or treats using kidney-friendly alternative ingredients.