

# How to Prevent Renal Disease

## What is Renal Disease?

**\*Renal Disease-** abnormal kidney function, kidneys are unable to adequately excrete toxic waste products from the body



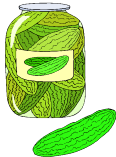
## Suggestions:

**\*Eat a Balanced Diet-** increase fresh fruits and vegetables and whole grains

**-Meats-** increase chicken (no skin) and fish

**\*Eat Small Amounts-** fried foods, bacon, ham, sausage, cream cheese, sauces, gravies, pizza, lasagna, macaroni and cheese, french fries, olives, pickles, chips, crackers, snack foods, pretzels, rich cakes, pies, pastries, ice cream, tomato, cheeses, products that are canned, soups, broths, tomato juice, corned beef, brisket, ground beef, rib roast, sirloin steak, T-bone steak, porterhouse steak, lamb chop, Boston butt, ribs, ham hock, pig's feet, shoulder steak, luncheon meats

**\*Choose a lower Fat-** milk, cheese, cream cheese, dairy products, salad dressing, sour cream, mayonnaise, margarine, cream, peanut butter



## Facts:

**\*Can Cause Chronic Kidney Damage-** high blood pressure, diabetes, urinary tract obstruction, glomerulonephritis, autoimmune disorder (systemic lupus erythematosus), kidney abnormalities (polycystic kidney disease)

**\*Creatinine-** a waste product; measures the kidney clearance

**-Normal-** 0.6 to 1.2 mg./dL



## What can I do?

**\*See your Physician-** check blood pressure, urine analysis, blood sample; talk with your physician about what you need to do to prevent renal disease

**\*See RD-** for help as needed

**\*See FFF RD-** on line for help

**\*Control-** blood pressure, diabetes, weight

**\*Limit-** sodium if hypertension/high blood pressure, monitor blood sugar/glucose if diabetes

**-Suggestions-** lightly salted nuts, unsalted cracker tops, lower sodium cheeses, sauces, gravies, soups

