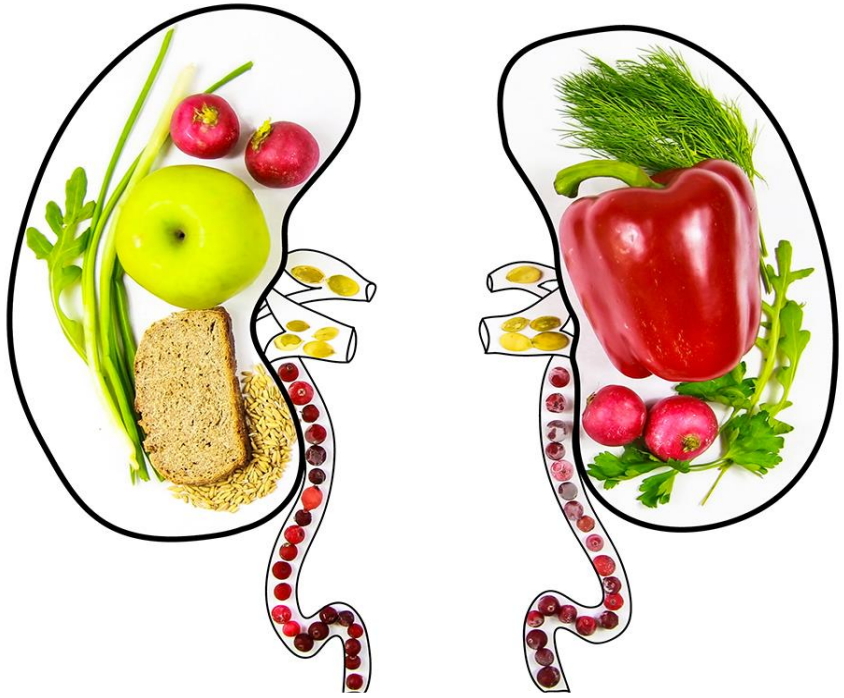
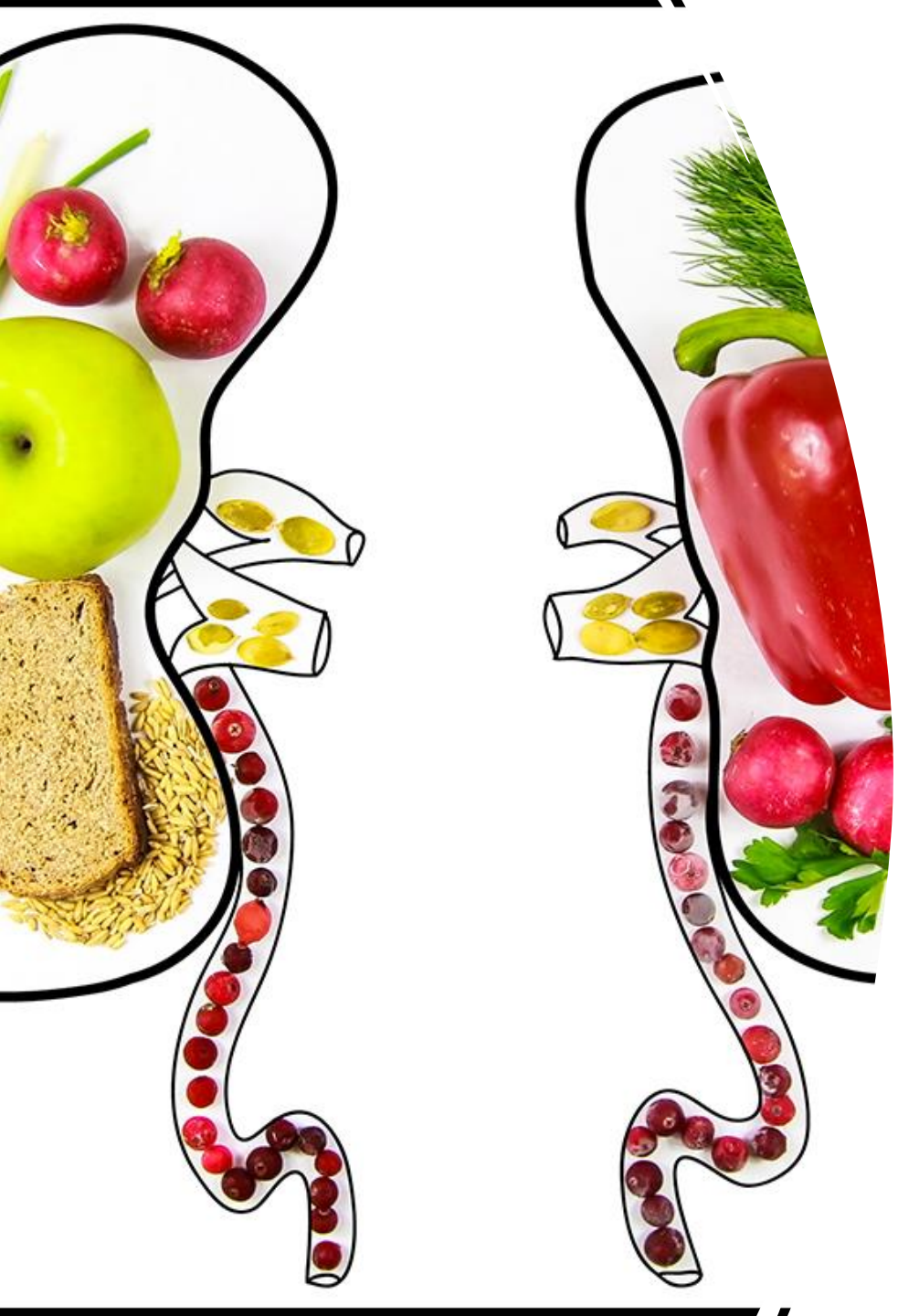
Kidney Health Series

The Importance of Being Kind to Your Kidneys



Your Choice
MANATEE HEALTH PLAN



Topics to be covered

- Kidney Functions
- Hydration & Drinks
- Alcohol Intake
- Sodium Intake

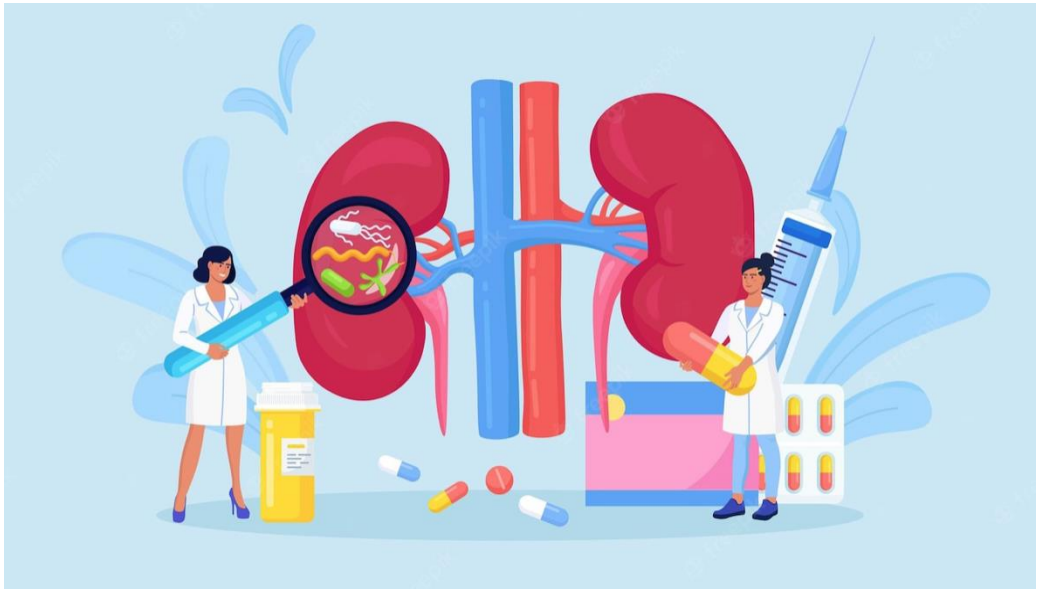
What do our kidneys do for us?

- Filter and clean our body from toxins and waste

- Return and balance beneficial substances into our bloodstream
  - Amino acids, glucose and hormones

- Maintain the balance of salts, minerals and water

- Powerful chemical factory
  - Produce hormones that play a vital role in our health



That’s why having healthy kidneys is key for a good quality of life.

When does kidney disease occur?

- Kidneys lose their ability to filter out the waste and excess fluid from the blood.
- Accumulation (fluids, minerals, salts and waste) to dangerous levels.
- Gradual loss of kidney function might not be detected until it is in the advanced stages.

Risk factors for kidney disease

- Diabetes
- High blood pressure
- Heart disease
- Smoking
- Obesity
- Abnormal kidney structure
- Older age
- Frequent use of medications

Food & lifestyle habits and choices

Kidney Health

Creatinine (Reference Range: 0.50-0.99 mg/dL)	1.08	1.07	1.16	1.15
eGFR ((Reference Range: > OR = 60 mL/min/1.73m2))	54	55	50	51

Physical Measures

Body Mass Index (BMI) (Reference Range: 18.5-24.9 (calc))	28.7	27.5	26.9	26.8
Blood Pressure (Reference Range: < 120/80 mmHg)	190/84	132/90	147/80	133/88
Waist Circumference (Reference Range: < OR = 35 in)	41	32	39	

Kidney Health

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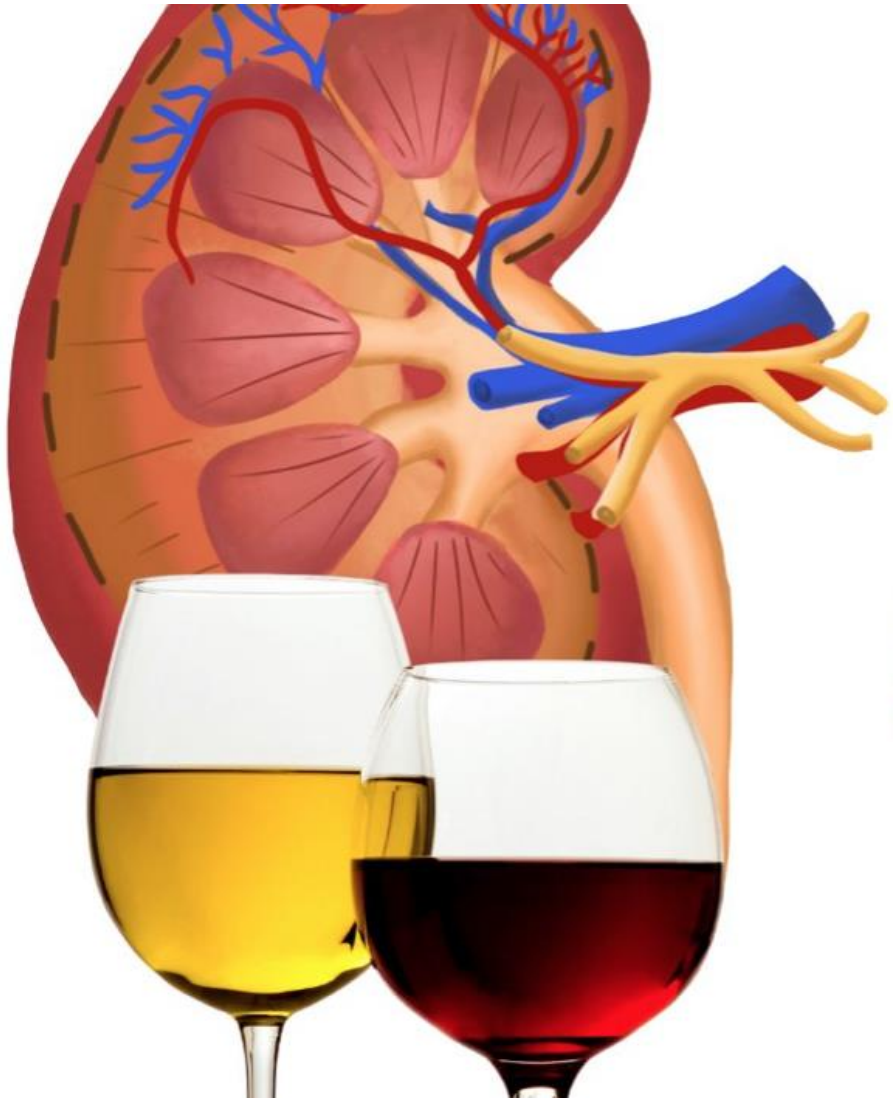
Your kidney health and hydration

- Drinking enough water is crucial for Kidney and overall well-rounded Health
- General rule ~ ½ your body weight in fluid oz or more!
- Be kind to your kidneys by **not chugging water**. Rather, sip water throughout the day.

Key hydration habits

- Water is best – avoid artificial sweeteners and colors
- Start the day ~ 10 oz before coffee
- Drink ~ 4-6 oz every 30-45 minutes
- Alarms on phone?

Drinking alcohol can affect your kidneys



Regular alcohol consumption has been found to DOUBLE THE RISK of chronic kidney disease.

When alcohol dehydrates the body, the drying effect can affect the normal function of cells and organs, including the kidneys. In addition, alcohol can disrupt hormones that affect kidney function.

Sodium and your kidney health

- Aim for less than 500mg sodium per meal for less than 1500mg sodium per day

- Sodium from whole unprocessed foods is very different from sodium found in processed packaged foods & snacks

Calories: 510
Fat: 2.5g
Carbs: 99g (1g gram of fiber...)
Sugar: 67g
Protein: 13g

Calories: 290
Fat: 9g
Carbs: 32g (with 10g of fiber!)
Sugar: none added
Protein: 25g

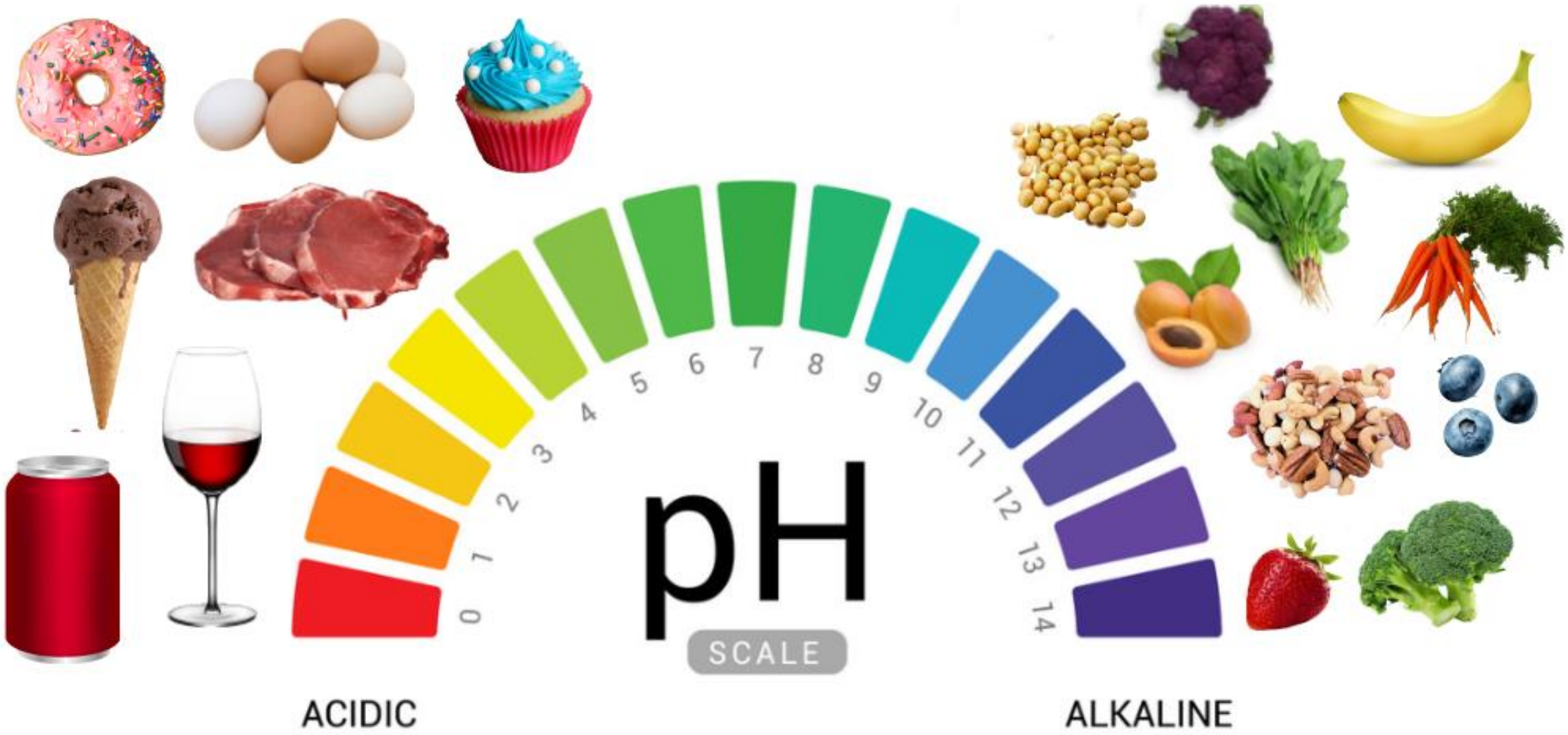
Treat KIDNEY DISEASE with Food and Lifestyle

- Reduce the acid-producing foods for optimal kidney health
- Include more alkaline foods for optimal kidney health

NOTE: Foods that are acidic are

not the same as acid-producing foods!

Example, an orange or a tomato are acidic and might not be good for people with heartburn, but these acids are neutralized during digestion and do not produce acids during metabolism.


0 1 2 3 4 5 6 7 8 9 10 11 12 13 14
pH
SCALE
ACIDIC
ALKALINE

KIDNEY DISEASE
ALKALINE & ACIDIC FOODS

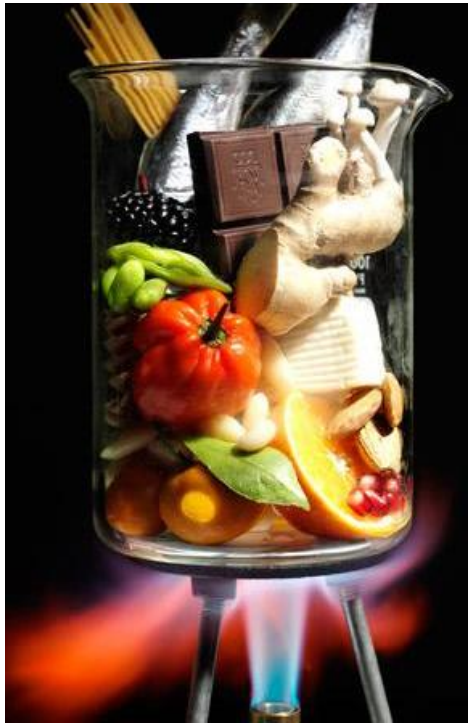
THE ACIDIC "WAY OF EATING"

- High in animal products and added sugar
- Alcohol
- Convenient, processed foods
- Processed animal foods: bacon, sausage, cheese, meats

If too much acid is the byproduct of poor eating choices, the kidneys can't get rid of this extra acid ---- Builds up in the bloodstream = ACIDOSIS

Acidosis can lead to osteoporosis, muscle loss, exacerbate heart disease, fatigue, headaches, taste changes, aggravate and accelerate kidney disease.

THE POWER OF PROTEIN



Muscle mass

Satiety

Optimal Metabolism

Ability of ones' body to burn calories

NOT ALL PROTEINS ARE CREATED EQUAL

Volume, Quality, Nutrition

Vegetables and fruits

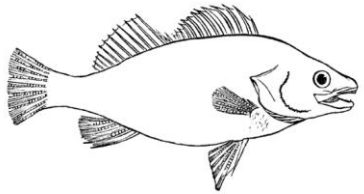
- EAT MORE - weigh less (low calorie density)
- High in fiber
- NUTRIENT DENSE: amount of nutrients in a food compared to the number of calories in the food

400 calories of oil | 400 calories of fried chicken | 400 calories of vegetables

½ plate vegetables and fruits = recipe for weight loss & maintenance

ANIMAL PROTEIN FOODS

<u>The fewer the legs the better!</u>

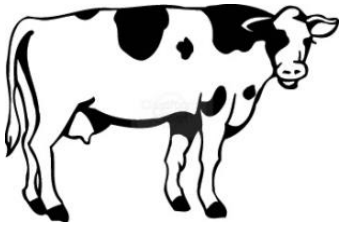


Choose

- Most are great
- Salmon, trout, herring are rich in omega-3 fats

Choose

- White meat
- Boneless, skinless
- Breast and thighs



Choose

- Round steaks and roasts
- Top loin, top sirloin
- 90% lean ground beef

Choose

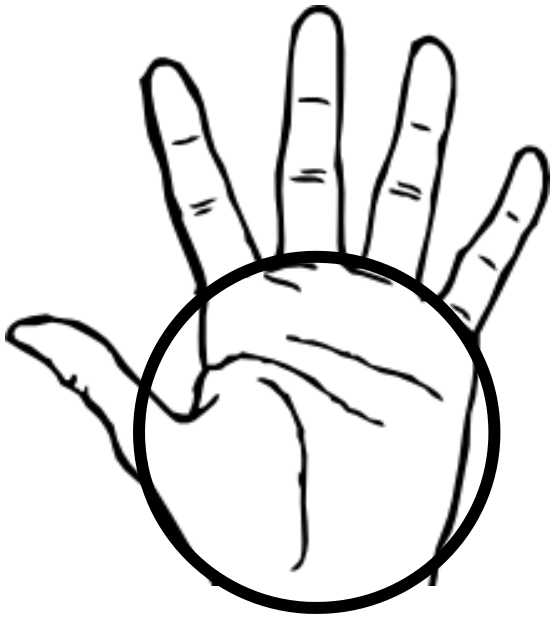
✓ Seafood at least 2X/week as the main protein food

✓ Beans, peas, lentils as part of a meal often

Watch Out for:

✓ Marbling
✓ Fried & breaded
✓ Sauces and gravies

How much protein with Kidney Disease?



1. Your body's need for protein is proportional to the size and the thickness of the palm of your hand
2. More DOES NOT EQUAL better

3. OPTIMAL QUALITY, AMOUNT and EVEN TIMING of protein intake IS KEY

Protein Content in Common Foods

Lentils, 1 c ckd	18
Other legumes, 1 c ckd	14-18
Hempseeds, ¼ c	13
Pumpkin seeds, ¼ c	10
Kamut, spelt, wheat, 1 c ckd	10-12
Amaranth, 1 c ckd	10
Quinoa, 1 c ckd	8
Nuts, most, ¼ c	5-8
Oatmeal, 1 c ckd	6
Spinach, 1 c ckd	5

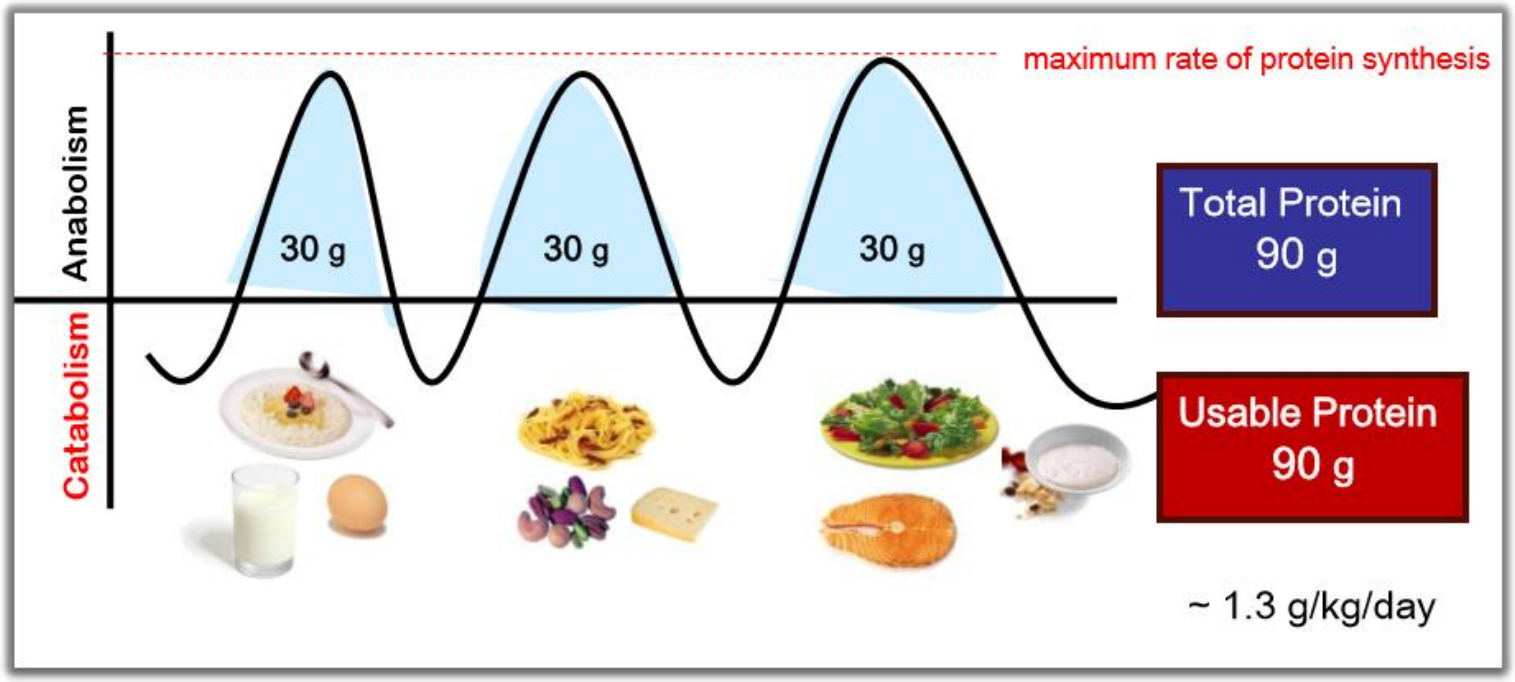
Animal Food	Protein per serving (g)
Meat, 3 oz	20-25
Poultry, 3 oz	20-25
Fish , 3 oz	20-25
Eggs, 2 large	12
Milk, 2%, 1 c	8
Cheese, cheddar, 1 oz	7

Sources: USDA Nutrient Database Release 27
(Manitoba Hemp Hearts Product Label)

How Can I eat more PLANT BASED PROTEIN Foods?

- Meatless chili
- Legume based pasta – no need to add meat
- Veggie and legume centered meals: salads - soups
- Homemade smoothies – plant-based protein sources?
- Plant based dairy alternatives
  - Coconut yogurt
  - Coconut milk – watch out for added sugars

OPTIMIZING PROTEIN CONSUMPTION



Paddon-Jones and Rasmussen, ***Curr Opin Clin Nutr Metab Care.***, 2009

- Recommendation: ~ 20 gm protein per meal – protein needs are individualized
- Space your protein intake evenly throughout the day.

Show Your Kidneys Some Love

Decrease inflammation via:

- Anti-inflammatory pattern of eating:
  - Mediterranean Style
  - Plant-Strong meals

Now it’s time to take the kidney quiz!

https://www.classmarker.com/online-test/start/?quiz=avm6372748bf1840