

# Patient Tips for Healthy Living



Network 8, Inc.

1st Edition

## Learning to Control Your Fluids

Dialysis patients are told by their healthcare team to control their fluids, but do you know what happens when you don't do so? The reason for controlling fluids is to help you feel better before, during and after your dialysis treatment. Dialysis gets rid of the extra fluid, but does not work as well as healthy kidneys because healthy kidneys work 24 hours a day and dialysis patients usually get treatments only 3 times a

week for a certain number of hours. Your body holds on to the extra fluid and waste your kidneys cannot remove. Fluid buildup between dialysis causes swelling and weight gain, and this extra fluid affects your blood pressure and can make your heart work harder. You can have serious heart trouble

from too much fluid in your system. Foods such as soup, Jell-O, and ice cream that are liquid at room temperature also have water. It is okay to eat these foods sometimes, BUT these foods add to the fluid that goes into your body! If too much fluid builds up in between treatments because of bad eating habits, it is harder to get down to your correct dry weight. This can lead to more health problems.



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*Image compliments of sportengland.com*

## How Does Exercise Affect My Fluid Intake?

It is good to be active while on dialysis but exercise could change your fluid limits, especially if you sweat a lot. Before starting any exercise program it is important to **FIRST** talk with your doctor to discuss what is best for you. Also, your dietitian can work with you on how much fluid you need to drink, but do not make any changes to your fluid before talking to your dietitian. The Life Options program has re-released the "Feeling Better with Exercise" video in a DVD format. This is a 30 minute exercise video for dialysis patients. It includes stretching exercises and strength exercises. Many of the exercises can be done while seated, making it easier for those who cannot stand for a long time or are in wheelchairs. The DVD can be ordered online at <http://www.lifeoptions.org> for \$10.00, which includes shipping and handling to all U.S. locations.

## Tips for Controlling Your Thirst

- Salty foods, such as chips and pretzels, will make you thirsty. To help control your thirst, limit the amount of sodium (salt) in your diet. Start reading labels for sodium content and limit foods that have more than 10% sodium for one serving or 33% sodium for a TV dinner.
- Fluid is not just what you drink, it is also what you eat, so limit foods with a lot of water such as watermelon, soup, gravy, and ice cream.
- Use small cups for your drinks.
- Stay cool. This will help reduce your thirst especially in the warmer months.
- Try ice. Many patients have frozen their approved amount of water or fruit juices in an ice tray.
- If you are a diabetic, try to keep good blood glucose levels. High blood glucose levels will make you thirsty.

# Dialysis Friendly Recipes

## Deviled Eggs

The ADA/ADA Family Cookbook

### Ingredients

4 hard-cooked eggs  
4 teaspoons dairy sour cream  
2 teaspoons prepared mustard  
2 tablespoons vinegar  
pepper to taste  
Dash of paprika



Image compliments of jdfoods.net

Slice eggs in half lengthwise. Remove egg yolks; mash with a fork. Add sour cream, mustard, vinegar and pepper. Mix well until smooth. Fill egg whites with yolk mixture. Garnish with a dash of paprika.

Recipe Note: Yield: 4 servings; serving size: ¼ recipe; calories 95; Protein 7mg; Sodium 161mg; Potassium 78mg; Phosphorus 26mg.

## Chicken and Bow Tie Pasta

Kidneytimes.com

### Ingredients

3 cups cooked bow-tie pasta  
2 gloves garlic  
1-1/2 cups chopped broccoli (frozen)  
1 cup chopped red pepper  
¼ teaspoon cayenne pepper  
1 cup low sodium chick broth (or homemade without salt)  
8 ounces chicken breast  
¼ cup olive oil  
½ cup chopped green onions  
1 teaspoon ground basil  
¾ cup white wine



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Sauté garlic in oil in a large skillet. Add chicken breast cut into small strips and brown. Add remaining ingredients and simmer for 15 minutes. Toss with cooked bow-tie and serve immediately.

Recipe Note: Calories: 258; Protein 13g; Fat 10g; Carbohydrates 25g; Fiber 5g; Sodium 50mg; Potassium 338mg; Calcium 43mg; Phosphorus 173mg; Cholesterol 22mg.

## Buttermilk Pie

www.davita.com

### Ingredients

1 cup buttermilk  
2 eggs  
¼ cup butter, softened (1 stick)  
2 tablespoons lemon juice  
1-1/2 cups of sugar  
4 tablespoons all-purpose flour  
one 9" deep-dish pie crust  
1 teaspoon vanilla extract



Image compliments of foodnetwork.com

Preheat oven to 375 degrees, in a large mixing bowl, mix together buttermilk, eggs, softened butter, lemon juice, almond extract, vanilla extract, sugar and flour. Pour mixture into a deep-dish pie crust. Bake for one hour. Let cool and serve

Recipe Note: 8 servings; Serving size: 1/8 slice of pie; Calories 374; Protein 4g; Sodium 149mg; Potassium 91mg; Phosphorus 65mg; Carbohydrates 49g.