IMPORTANT MESSAGES:
1. Kidneys take out waste from the food we eat
2. When kidneys are sick waste stays in your blood
3. Eat healthy foods and stay strong
4. Healthy foods and exercise will help your kidneys

TOPICS:
• What's in food
• Learn about food for kidney patients
• Some foods make blood pressure high
• Some foods make diabetes worse
• Some foods have too much fat
• Being overweight
• Bush tucker is good food
• Phosphate and potassium in foods
Good foods make good blood
Bush foods are good foods
Be careful with salt
Watch out for salty foods

Use herbs and spices not salt
Don't have lots of sugar
Being overweight causes problems

- Short wind; bad heart
- High blood pressure
- Tired, slack, no energy
Too much fat; too much sugar
Fast foods; 'junk' foods
Eat breakfast; eat lunch; eat supper
Be active - walk, run, work, play, hunt
Phosphate and potassium in food

Potassium
Phosphate

Kidneys mind phosphate & potassium in your blood
Too much phosphate can give you these symptoms

- Itchy skin
- Red eyes
- Weak heart
- Weak bones
Foods with lots of phosphate

Medicine to manage phosphate
Foods with lots of potassium

Dialysis keeps potassium down
Too much potassium can cause a heart attack
Learn about your special dialysis diet - ask the dietitian
WORDS TO UNDERSTAND:

- fats
- phosphate
- potassium
- waste
- dietitian
- high blood pressure
- high blood glucose levels
- diabetes
- healthy foods
- blood pressure
- unsalted

- no added salt
- salty
- herbs and spices
- fast foods
- junk foods
- special dialysis diet
- overweight
- natural and whole foods
- bush tucker
- exercise
- slow kidney disease
NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

Producer: Gillian Gorham

Project Management: Michael Roseth

Art work: NT Renal Services

Consultants: Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board, Jeannie Devitt

Border art work: From NT Palliative Care Model
Design by Bev Derscho
Painting by Barrapuy Wanambi, Dipilinga Marika, Wayalwanga Marika, Samuel M Assan, Nina Puruntatameri, Karina Napagardi Penhall

Proudly supported by Northern Territory Government

Australian Government Department of Health and Ageing