

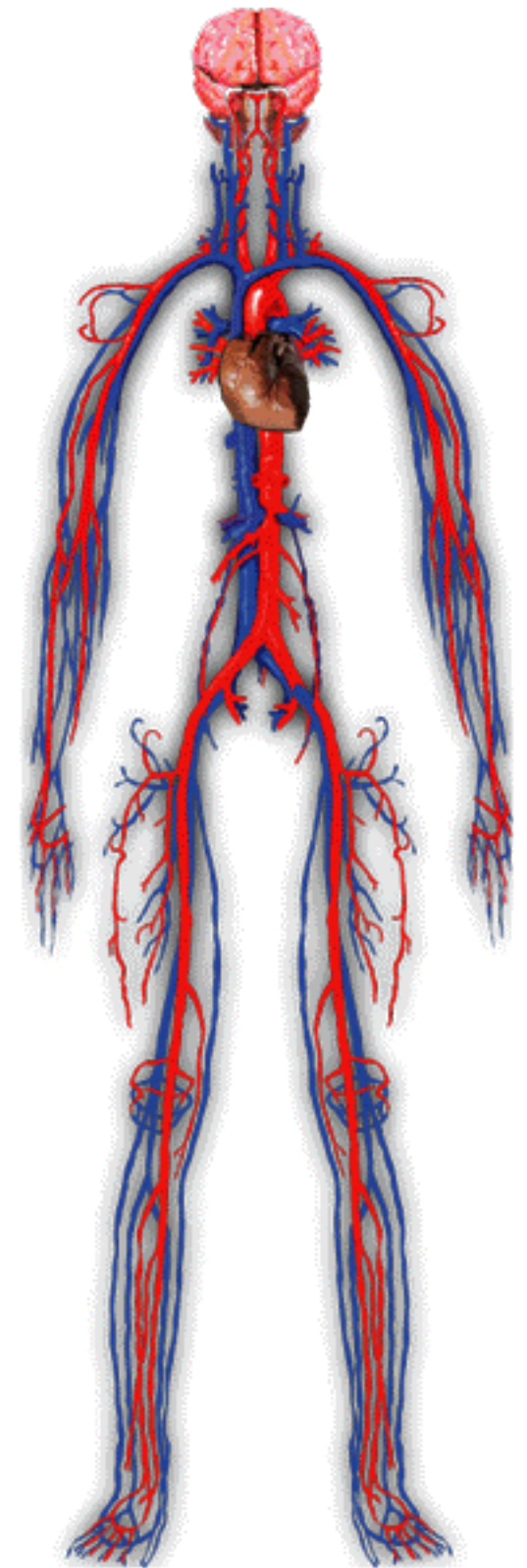
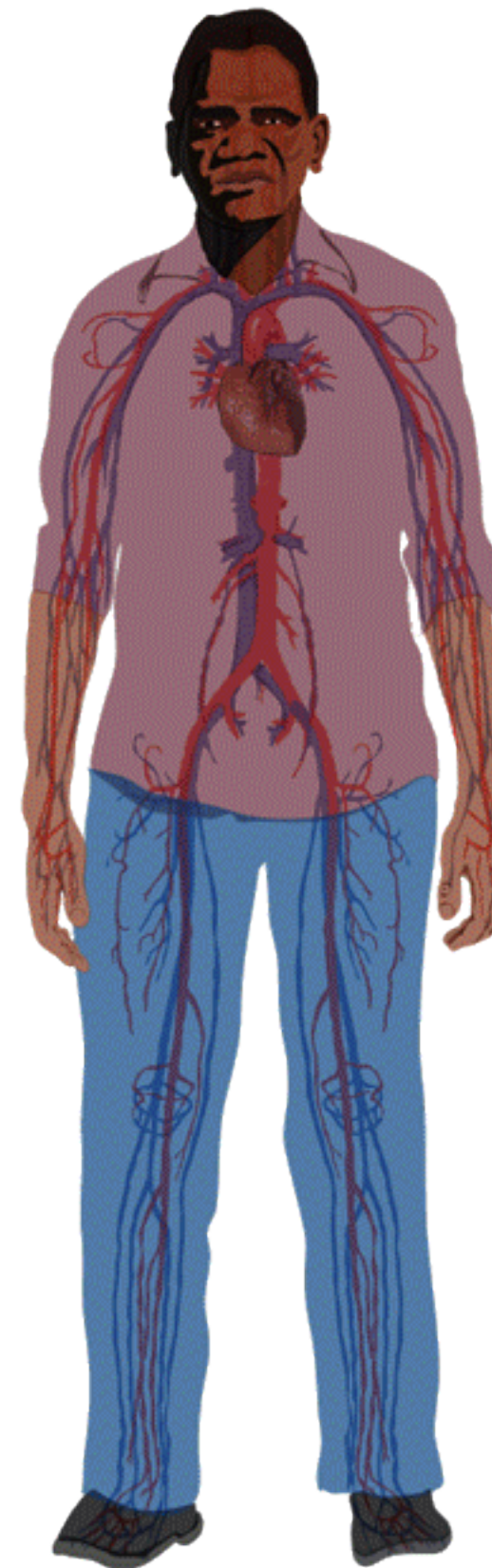
IMPORTANT MESSAGES:

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

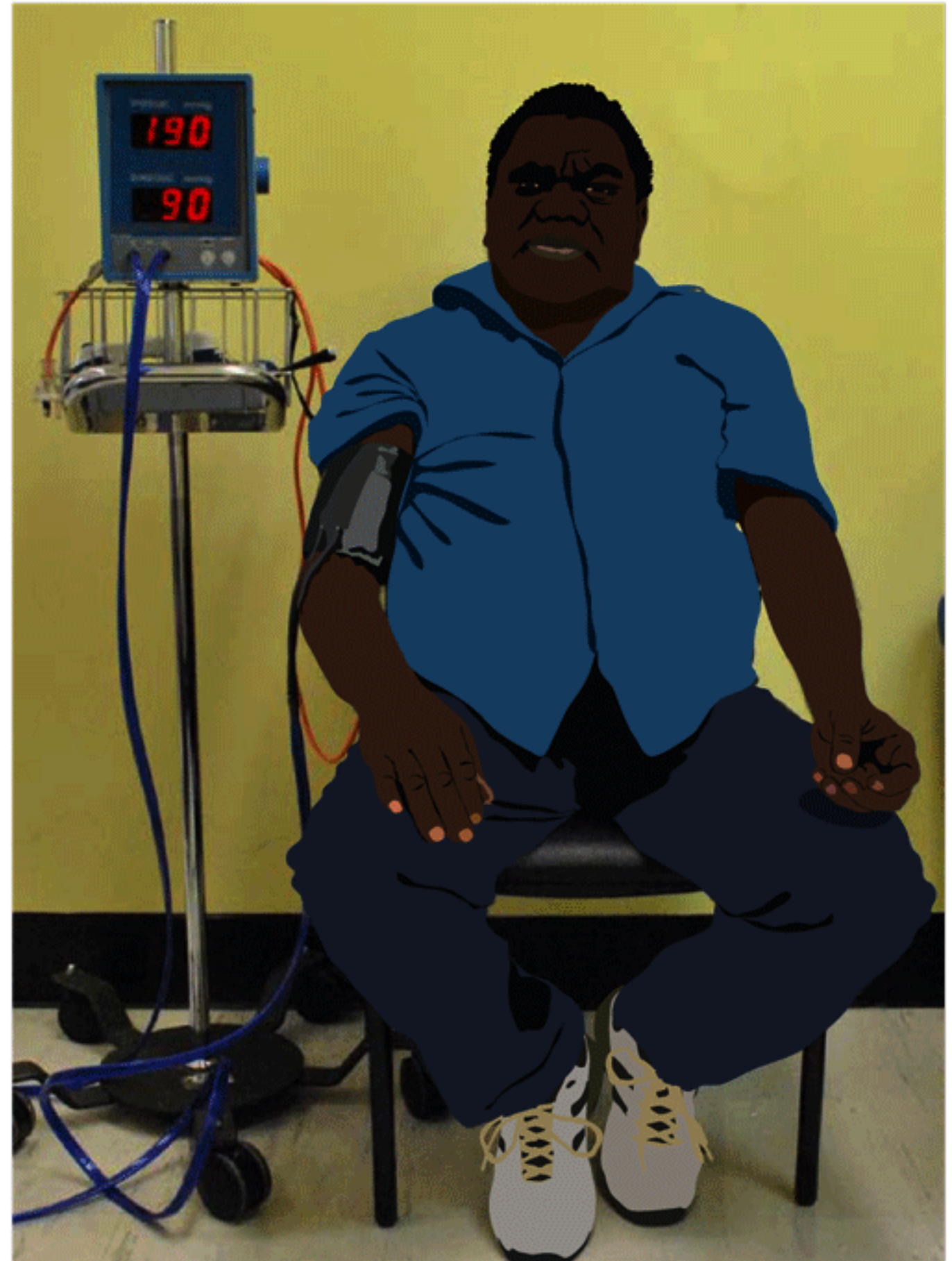
Good foods make good blood



Bush foods are good foods



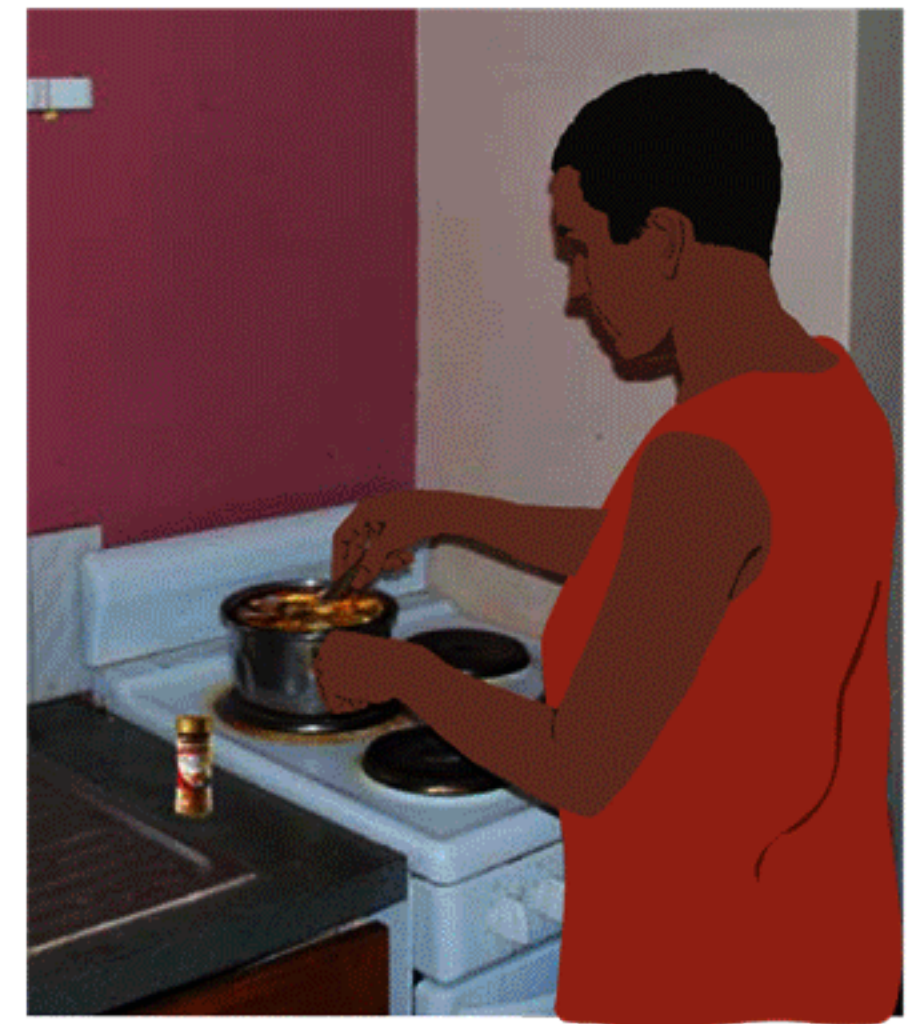
Be careful with salt



Watch out for salty foods



Use herbs and spices not salt





Don't have lots of sugar

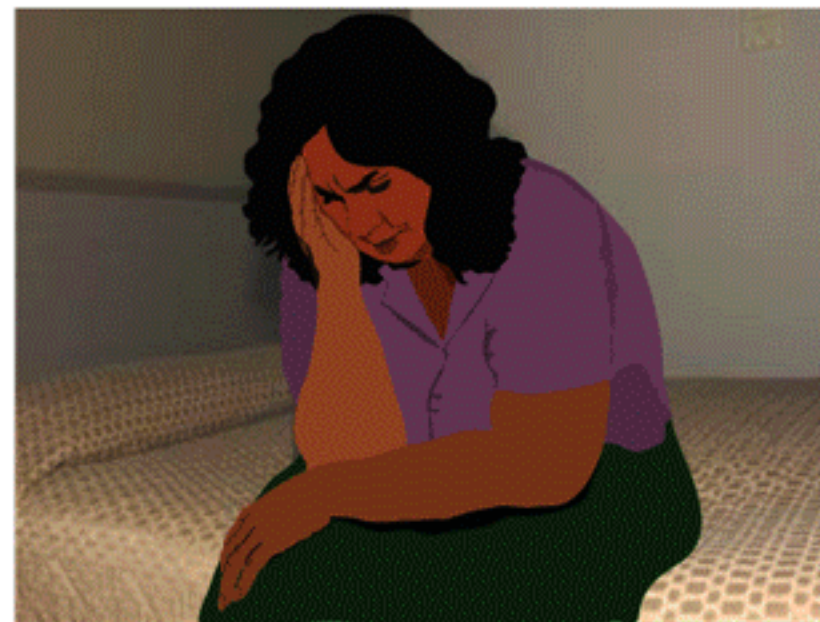
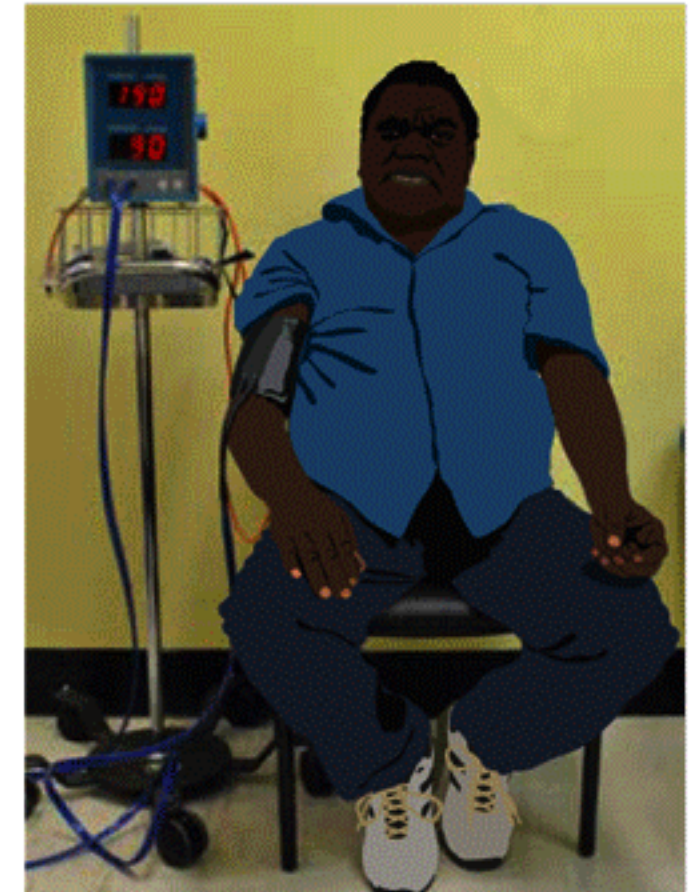


Being overweight causes problems



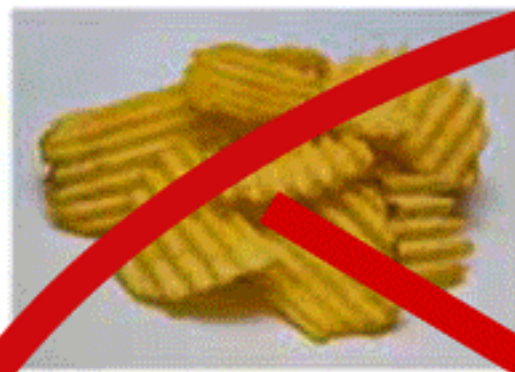
- short wind; bad heart

- High blood pressure

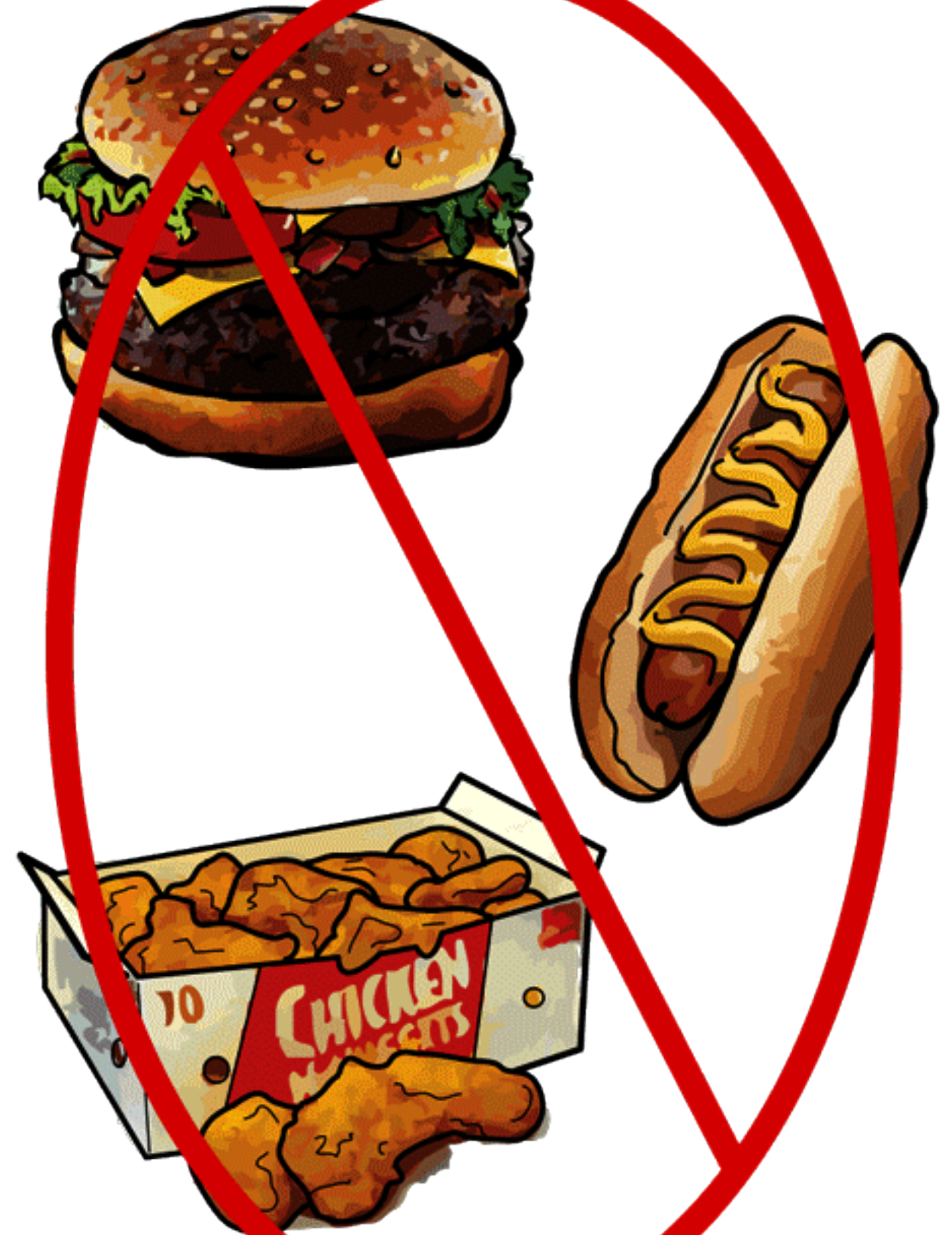


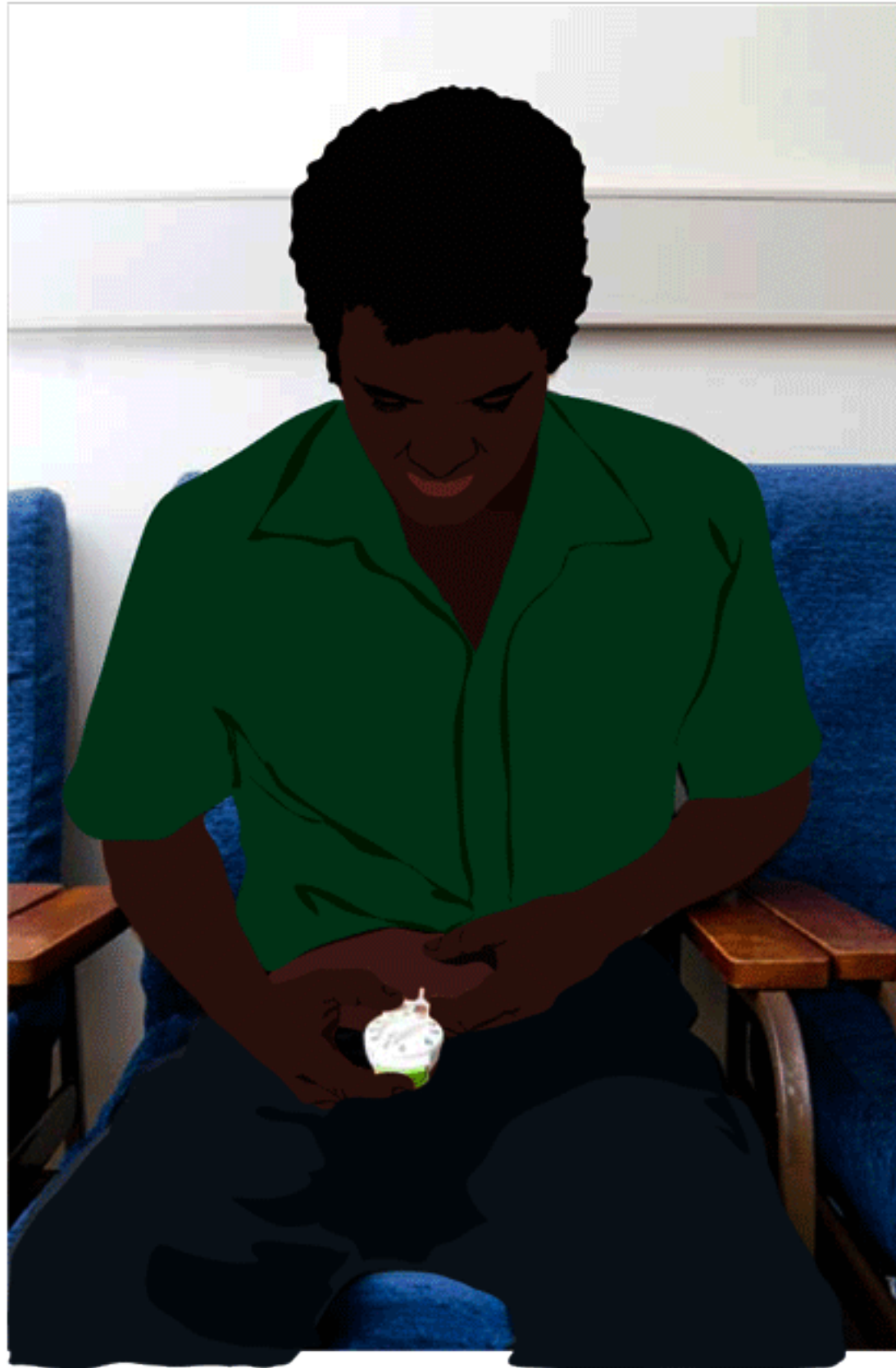
- Tired, slack, no energy

Too much fat; too much sugar

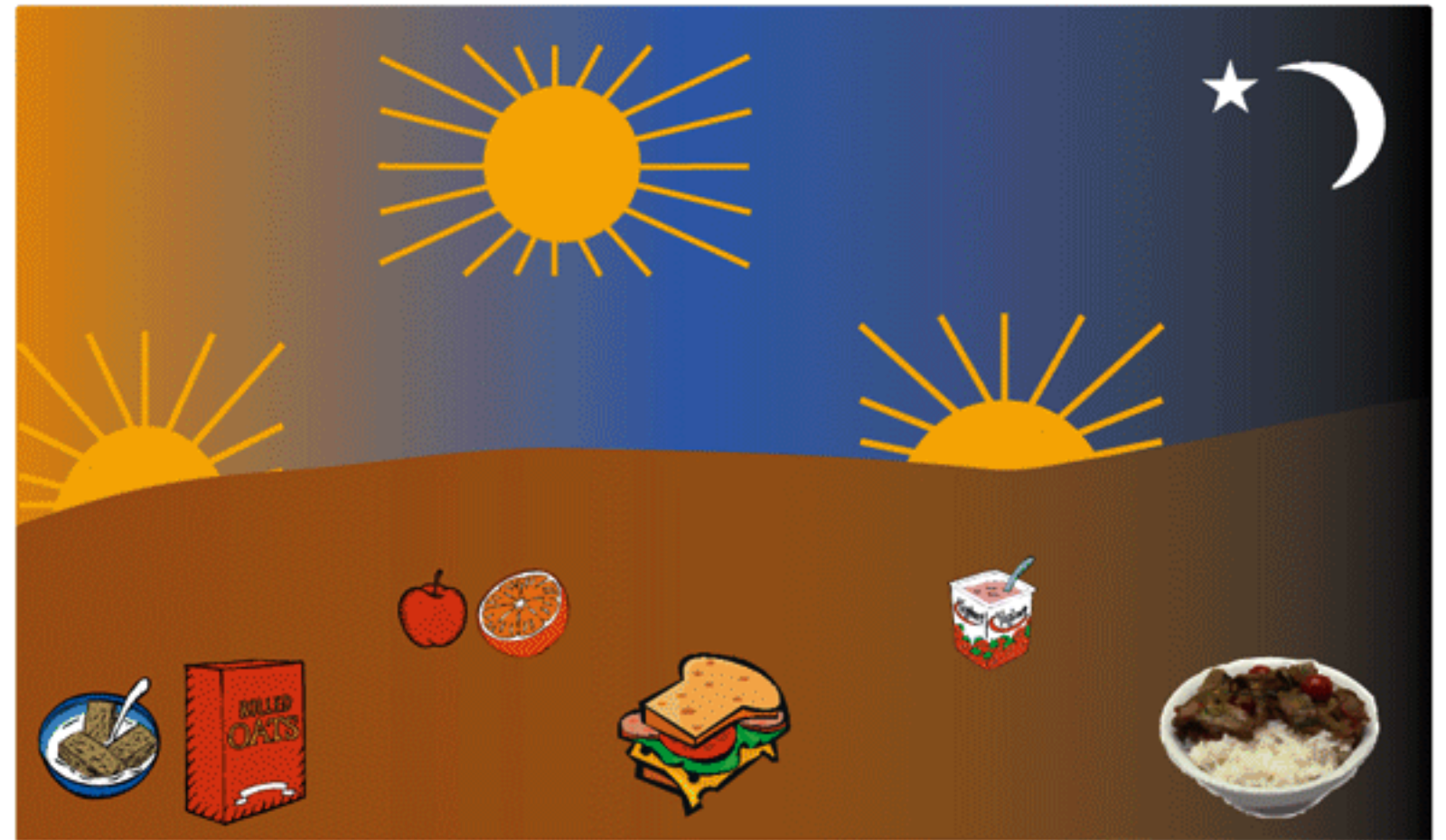


Fast foods; 'junk' foods





Eat breakfast; eat lunch; eat supper



Be active - walk, run, work, play, hunt



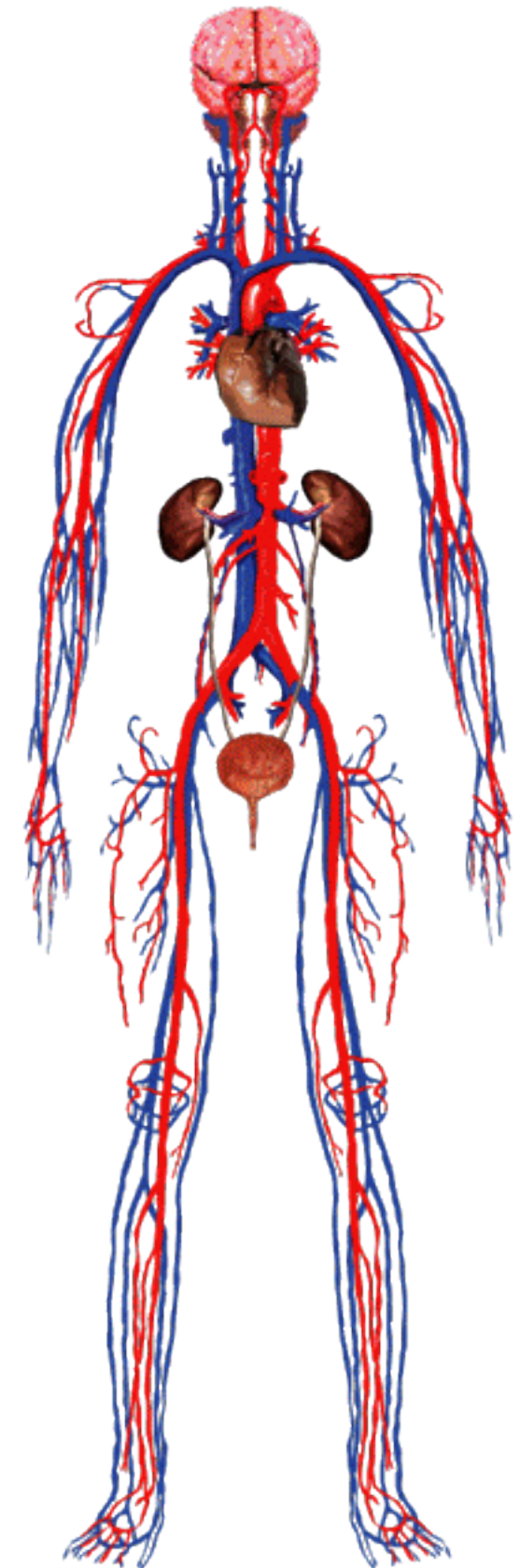
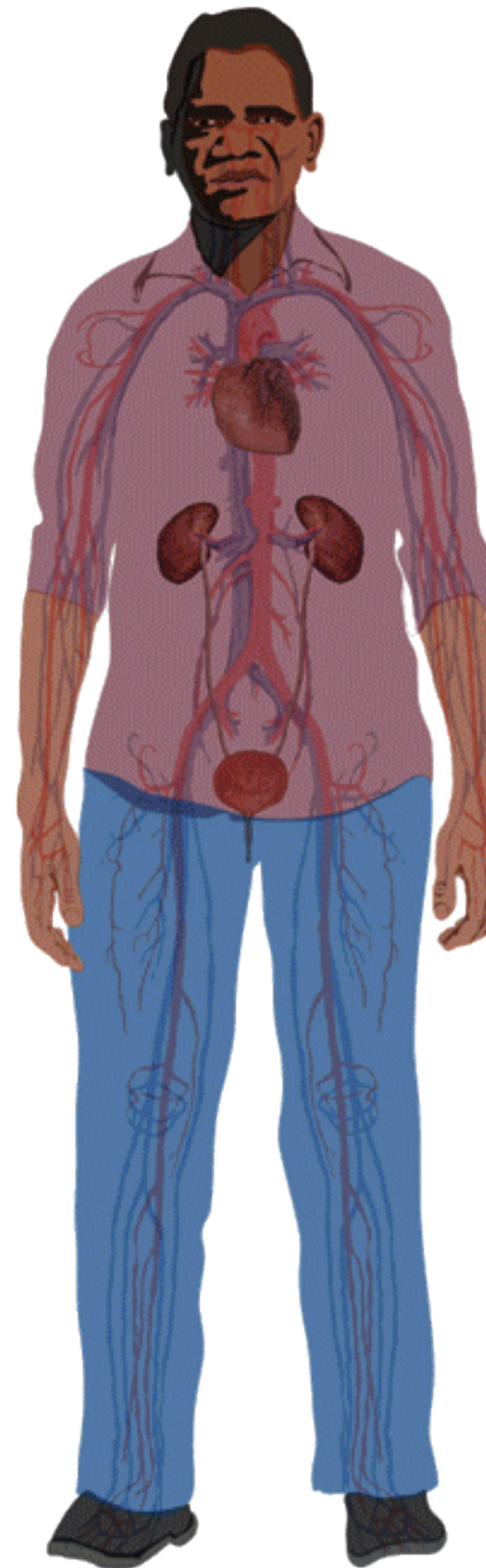
Phosphate and potassium in food



potassium

phosphate

Kidneys mind phosphate & potassium in your blood



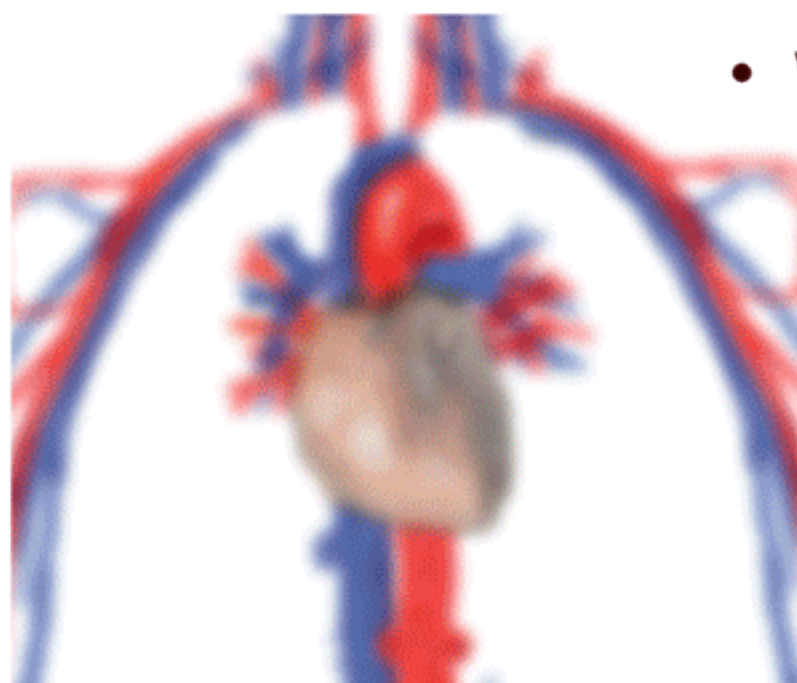
Too much phosphate can give you these symptoms



- 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

DIET & KIDNEY DISEASE

RESOURCE TOPICS:



THE WORK OF YOUR KIDNEYS



WHEN YOUR KIDNEYS GET SICK



LIVING WITH KIDNEY DISEASE



DIET AND KIDNEY DISEASE



TREATMENT OPTIONS & PATHWAYS



PERITONEAL DIALYSIS



HAEMODIALYSIS



FISTULA AND CATHETER



PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS



TRANSPLANT BOOKS 1 - 4

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.

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