

2014

The C.A.P.D. Diet



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The C.A.P.D. Diet

Introduction

Continuous Ambulatory Peritoneal Dialysis (C.A.P.D.) is a type of dialysis done each day.

C.A.P.D. helps to clean out many of the waste products that build up in the blood when the kidneys are not working properly.

Diet is an important part of the treatment for C.A.P.D. The main parts of the C.A.P.D. diet are:

- **Protein**
- **Phosphorus**
- **Sodium (salt)**
- **Potassium**

If you are on C.A.P.D., you should limit sugar, sweets, and high fat foods in your diet. The dialysate bags contain a type of sugar called dextrose.

Each time you do an exchange, your body absorbs some of the sugar from the dialysis fluid (dialysate). Over time, this extra sugar supply could cause you to gain weight.

If you have diabetes, it is also important to avoid sugar and sweets because the sugar supplied by the dialysate can make it harder to keep good blood sugar levels.

Protein

What is Protein?

Protein is the building block for cells. It is needed for growth, building new body tissues and repairing injured or broken-down tissues.

Why do I need more protein?

Each time you do an exchange, some protein is drained from your blood into the dialysate solution. You must eat more protein to replace what was lost. If your BUN (blood urea nitrogen) and/or blood albumin level is dropping, this can be a sign that you aren't eating as much protein as you need.

High protein foods

Meat, fish, poultry, eggs, cheese, tofu.

If you cannot eat enough high protein foods, you may have to take a **high protein product** such as:

- › Diabetic Resource®
- › Glucerna®
- › Nepro®
- › Nova Source Renal®
- › Resource Instant Protein Powder®

Your dietitian will help you decide which of these products is best for you.

Common portions of high protein foods

Each of these have about the same amount of protein as 1 ounce of meat:

- 1/4 cup tuna/salmon/chicken
- 1 egg
- *1 oz. cheddar (1 square inch)=1 oz. meat
- *1/4 cup cottage cheese
- 1/3 cup raw tofu
- *2 Tbsp. peanut butter

A 3 oz. portion of meat is approximately equal to:

- 1 medium chicken breast (cooked)
- 1 medium hamburger patty (cooked)
- 1 large pork chop (cooked)
- 1 boneless steak the size of a deck of cards (cooked)
- 1/2 cup raw tofu, firm

*These foods are high in phosphorus and should be used only as a protein at meals with your phosphate binder 2-3 times per week – check with your dietitian.

You need _____ of meat/fish/poultry each day.

Sample meal plan

Breakfast: _____ egg(s)

2 slices white bread (toasted)

2 tsp. margarine

1 orange

1/2 cup beverage of choice

Lunch: _____ cup tuna

2 slices white bread

1-2 tsp. mayonnaise

1 small banana

1/2 cup beverage of choice

Supper: _____ oz. chicken breast (cooked)

1 small potato (baked)

1/2 cup carrots

1/2 cup green beans

2 tsp. margarine/1 Tbsp. sour cream

1/2 cup strawberries

1/2 cup beverage of choice

Snacks:

1 oz. cheddar cheese

6 unsalted crackers

1/2 cup beverage of choice

Phosphorus

Phosphorus and calcium are minerals found in your body. When you have normal kidney function, they keep in good balance.

When your kidneys don't work well, phosphorus in your blood goes up and calcium can go down.

To fix this problem, your body will take calcium from bones to "balance" things again. This can cause your bones to become weak and sore. They may break easily.

If phosphorus in your blood stays high, the calcium in your blood can go into your skin, joints, blood vessels, and other body parts.

This can cause itching, stiff joints and problems with other parts of your body, like your heart.

Here is how you can help keep your phosphorus and calcium in a healthy balance.

1. Avoid high phosphorus foods.
2. Take your phosphate binders with meals and snacks (e.g. Tums®, calcium carbonate, Renagel®, Milk of Magnesia®, Fosrenol®.)
3. Read food labels – choose grain products with less than 6% Daily Value for phosphorus, or not more than 12% fibre (less than 3 g of fibre) per serving.
4. Use a baking powder substitute. Check with your dietitian.

High phosphorus foods to avoid

- Dairy products (milk, yogurt, cheese)
- Nuts, nut butter, seeds, lentils, beans (except green & yellow beans)
- Whole grain breads and cereals, such as: Oat Bran, All Bran®, natural bran, Bran Buds®, Bran Flakes®, Raisin Bran®
- Self-rising flour, baking powder
- Cake donuts, muffins, biscuits, pancakes, waffles (store bought & mixes)
- Chocolate
- Organ meats (such as liver or kidney)
- Sardines
- Canned salmon bones
- Processed foods, such as: hot dogs, sausage, bologna, pizza
- Coke®, Pepsi®, or other “colas”, Dr. Pepper®
- Beer

“Phosphate” added in processing is absorbed quicker by the body than “phosphate” found naturally in foods.

If your blood phosphate level is always **normal**, you may be able to eat some of these foods **occasionally**. Talk about this with your dietitian.

Sodium (salt)

What is sodium?

Sodium is a mineral which controls fluid balance in the body. All plant and animal foods contain sodium; however, the main sources of sodium in the diet are table salt, and the salt added during processing.

Why is it important to control your sodium intake:

Your kidneys can handle only a certain amount of sodium. If you eat too much sodium, you will get thirsty, fluid will build up in your body, and your blood pressure will go up. Most people on C.A.P.D. should follow a low sodium diet.

Guidelines for controlling your sodium intake on C.A.P.D.

1. Do not add salt to your food at the table.
2. Food should be prepared without salt or at most 1/4 teaspoon per day.
3. Read food labels. Do not eat foods containing more than 15% Daily Value for sodium.
4. Choose foods with 5% or less Daily Value for sodium.
5. Try different spices to enhance the flavour of your food.

High sodium foods to avoid

- Salted crackers
- Salted party snacks (chips, peanuts, pretzels, etc.)
- Processed cheeses (Cheez Whiz®, cheese slices)
- Feta and Parmesan cheese

Convenience foods:

- TV dinners
- Frozen meat pies
- Frozen entrees
- Battered frozen fish/chicken
- Kraft Dinner® (or any packaged pasta dinners)
- Scalloped potato mixes
- Pre-seasoned pasta/rice
- Dry packages soup mixes, OXO®, bouillon
- Bottled/canned sauces (such as spaghetti and pasta sauces)
- Canned beans, stews, soups
- Canned meats: KAM®, SPAM®, Flakes of Turkey/Ham/Chicken, devilled ham, potted meats
- Canned vegetables, vegetable juices

Salted, smoked or cured meats:

Bacon, bologna, corned beef, deli meats, Kosher meat, sausages, wieners, salted or dried cod, salted or smoked herring.

Condiments:

Pickles, relish, chili sauce, soya sauce, oyster sauce, meat tenderizers, celery salt, garlic salt, onion salt (powders and flakes are acceptable), seasoned salt, seasoned pepper, **any mixed spice** that has salt in it, Accent®, MSG® (monosodium glutamate).

High sodium foods (can be used in moderation)

Prepared mustard, horseradish, Worcestershire sauce, ketchup.

1 serving = 5 mL (1 tsp.)

Note:

- Canned tuna and salmon can be used if rinsed.
- Canned vegetables/juices/soups with no salt added can be used.

Fluid

Why is it important to control your fluid intake?

Excess fluid builds up in the body when the kidneys are not working properly. Too much fluid may cause tissue swelling and high blood pressure. As a result, you should limit the amount you drink.

The amount of fluid you should drink depends on your urine output.

To help control your thirst:

- Do not eat high sodium foods
- Suck on hard candies
- Use frozen or ice cold drinks (ice chips or popsicles) in place of other beverages
- One ice cube – 1 oz.(30 mL) fluid
- One popsicle = 2 ½ oz. (75 mL) fluid

Recommended fluid intake:

4 cups (1000 mL) plus an amount equal to your 24 urine output unless your doctor advises otherwise

Remember:

- The more salt (or sodium) you eat, the more thirsty you will get.
- Anything liquid at room temperature is a “fluid” (such as ice cream, soup, popsicles, jello, tea, coffee).
- Measure fluids at first so you really know how much you are drinking.

Potassium

Most people on C.A.P.D. do not have a problem with high blood potassium levels. Potassium is usually cleared well by the dialysis.

You **should** be able to eat some high potassium foods in moderation, as long as your potassium level is normal.

Too much or too little potassium in the blood can affect muscle function, including the heart muscle.

If your blood potassium level is **too high**, you should not eat high potassium foods.

If your potassium level is **too low**, it may be a sign that you are not eating well and should eat more high potassium foods and more high protein foods as well.

The following page contains a list of high potassium foods, for your reference.

High potassium foods

Fruits:

- › Apricots (raw)
- › Avocado
- › Bananas
- › Cantaloupe
- › Currants
- › Dates
- › Dried fruit
- › Figs (dried)
- › Grapefruit juice
- › Honeydew melon
- › Kiwi
- › Mangos
- › Nectarine
- › Oranges/orange juice
- › Papaya
- › Persimmon
- › Pomegranate juice
- › Prune juice
- › Raisins
- › Tangelos
- › Watermelon

Vegetables:

- › Artichoke
- › Beet Greens
- › Broccoli
- › Brussel sprouts
- › Dandelion greens
- › Mushrooms
(canned)
- › Mustard greens
- › Parsnips
- › Potato (white & sweet)
- › Pumpkin
- › Seaweed (dried)
- › Spinach
- › Swiss chard
- › Tomato/products
- › Vegetable juice (no added salt)
- › Winter squash
- › Yams

Miscellaneous:

- › Brown sugar
- › Gravy
- › Molasses

If you have any questions, please ask.

We are here to help you.

