

Good Food Helpers

Nutrition is a very fundamental thing. It's something that is relevant every waking hour. These simple cards are your good food helpers. You can carry them along, for example in your wallet, or keep them handy in your kitchen – and consult them whenever you feel unsure about something.

You can also use these cards to support your knowledge about important aspects regarding your nutrition. Take them out every now and then, and read through them. You will feel safer and more confident about nutrition, and you will soon find your new way of shopping, cooking, and eating absolutely normal.

When I shop, I ...

- ... prepare a shopping list to get everything I need, and to avoid temptations.
- ... shop for fresh food instead of ready prepared/processed food. For example meats and sausages, fresh from the counter.
- ... read the labels on food packs to avoid “E numbers” and ingredients that sound like “phosphate” and “potassium”.

When I cook, I ...

- ... cook fresh as often as I can.
- ... reduce salt as much as possible, and I switch to herbs and spices.
- ... avoid salt substitutes or low-sodium products.
- ... use 1/3 cream and 2/3 water instead of milk, and I make freshly brewed coffee instead of instant coffee to lower my potassium uptake.

When I am out for the day, I ...

- ... still have my breakfast at home so I leave with sufficient energy.
- ... take a snack along, like a sandwich.
- ... take my medication, such as phosphate binders, with me.
- ... choose a restaurant where I can find suitable dishes.

When I want to snack, I ...

- ... snack on cucumber and carrot sticks with a freshly prepared dip.
- ... choose unsalted popcorn, pretzels, rice crisps, or crackers.
- ... try bread sticks instead of chips.
- ... enjoy a hard candy if I am looking for a sweet treat.

Good Food Helpers

When I feel thirsty, I ...

- ... use small cups and glasses and drink slowly.
- ... rinse my mouth or gargle with lukewarm water.
- ... put a half slice of lemon in my mouth up to 4 times a day.
- ... use sugar-free chewing gum.
- ... prepare ice cubes with droplets of lemon or sour fruit juice.

On my weekends, I ...

- ... take a cup of tea rather than a cup of coffee, as this is lower in potassium.
- ... choose rice or pasta instead of potatoes.
- ... favour cooked vegetables, and only eat small portions of salad.
- ... eat compote rather than fresh fruits.
- ... do not choose soups and sauces/gravy.

When I enjoy my meal, I ...

- ... make sure I get enough energy.
- ... only eat small amounts of dishes which are not ideal for my diet.
- ... do not add extra salt and pepper to my food.
- ... remember to take my phosphate binders as prescribed.

On my dialysis day, I ...

- ... make sure I get three meals and two snacks.
- ... take along a suitable snack, like a sandwich.
- ... eat my snack preferably during the first hour of dialysis.
- ... drink maximum one cup of liquids during treatment.
- ... watch my phosphate and potassium intake – dialysis days are not an exception!

When I prepare vegetables and potatoes, I ...

- ... dice and soak them in lukewarm water for 2 hours and change the water once during cooking.
- ... discard the soaking and cooking water and don't use it to prepare sauces or other dishes.
- ... do not salt the cooking water, as it makes it harder for potassium to diffuse into the water.

If I need to gain weight, I ...

- ... treat myself with fat rich foods.
- ... can afford to add an extra spoonful of oil to my dishes.
- ... prepare energy rich snacks, like pancakes or French toasts.
- ... add a third snack after dinner.