



Welcome to the Renal Diet Headquarters Podcast with your host, Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hi, this is Mathea Ford and this week we are publishing episode number 10, being

published on February 26th, and you can find show notes and other information at www.renaldiethq.com/010. I am so excited to have this as my tenth podcast. I am so glad that you have been listening. I want you to know, I got a question on the podcast email this week and I have an answer for you, I feel like that is a good question for episode number 10.

The question was, 'Can my stage 3 kidney disease get better with the right diet, or will it still get worse?' They were concerned because they have had family members with continued progress in their kidney disease.

What I say is, nothing is guaranteed, but when you follow the right diet, limit your protein, watch your sodium, get your diabetes under control, get your heart disease under control and take your medicines and all those things, you have a very good chance of slowing down your kidney failure and not progressing. You should be able to live for a long time on your diet. The key is not wrenching down where it becomes very hard to change things. Don't add all the other restrictions.

I get calls and emails from people asking 'Do I need to restrict potassium, sodium and phosphorus?' I say to them, 'What did your doctor say?' Usually they say 'Well my doctor didn't say to do anything.' Well then, protein is the best and everything else should fall into place once you limit your protein and get your salt intake under control.

I would say if you are worried about a family member and thinking they are just going to continue to progress, my answer to that is, yes that is possible, but if you do what you can to take care of yourself you can avoid that.

Thank you so much to the person that wrote in with a great question! Now I want to talk about Heart Healthy Month and being heart healthy. Today I am going to give you 10 tips to heart healthy living. Ten different ways to improve your health and live longer.

#1) Eat more fruits and vegetables.

I know I have said they a hundred times and so have other dietitians. Eat more fruits and vegetables, but the fact is they are low fat / high fiber choices. They are going to keep you filling full. When you eat these they are low in calories. You do have to watch for potassium if your doctor has said too. If they don't, do you best to find yummy fruits and vegetables to eat. If you fill up on those instead of snack foods, you will be making a healthier choice. You will feel good and have added energy later in the day. Eat high fiber/ low fat fruits and vegetables, and if you have a hard time doing that, go for the fresh ones, they are better for you.

#2) Control your portion sizes.

We have a relationship with a company called [PortionMate](#). They make circles that you use to measure out your portions, you fill it up and that way you know you got your portion size. [Choose My Plate](#), on the USDA website is a great place to start. You have to start with your plate and decide to have smaller portion sizes. You might want to eat more mindfully, instead of mindlessly, so what that means is instead of just eating things you see, like a donut that you end up eating before you realize what you have done. What you want to do is, take a minute and a mental break and tell yourself you don't need the donut. It will just make me worse. Those sorts of changes can really help.

#3) Eat more whole grains and avoid white foods.

Obviously if your doctor has told you to watch your phosphorus, then you will need to limit your whole wheat foods. Other than that, eating more whole grains and avoiding the white foods is an excellent way to go. Look for colorful alternatives to put on your plate so you will get more vegetables.

#4) Limit bad fats.

Fats that clog your arteries, fats that solid at room temperature, fats that cause heart problems. Pick unsaturated fats such as Olive oil, Canola oil, even Sunflower oil. Those types of oil are healthier; they are unsaturated because they are liquid at room temperature. Look to avoid things that clog your arteries and cause heart problems such

as trans fats as well. Try to pick the items with the least amount of trans fats because sometimes it is hard to find one with no trans fats.

#5) Choose high quality/ low fat sources of protein.

If you are getting meat, don't choose the meat you have to pound and chew forever. Buy yourself the better choices of meat. If you only have 5 to 10 ounces a day, you should enjoy your protein. Remove the skin from the chicken and remove the fat from your beef and pork. Grill or broil to help remove the fat. I recommend you do those things to get the lower fat/ high quality protein.

#6) Lower your salt intake.

Salt raises your blood pressure. It will also cause swelling. Work on reducing the amount of salt intake by taking the shaker of your table, season with other options. I love to add lemon juice, it is delicious. I add a little butter and lemon juice to my rice and I love it. You can use the no salt seasonings like Mrs. Dash, or other things you have available. Lower the salt intake to as low as you can; try to get below 2000.

#7) Plan your meals.

Here is a big surprise, I provide a meal planning service and I am recommending you plan your meals. Instead of being at the mercy of your hunger, plan your meal and know what you are going to have. When you don't plan, you are planning to fail. Pick a day to do your shopping, plan your day's activities. What I mean is, in my house, I know my kids have activities two nights a week. I know on those nights I won't have time to get home and cook them a decent meal. They will have a sandwich. Why plan for full meal when I know I won't have time to make a full meal. So I buy healthy deli meat and healthy bread and I make sure they have a sandwich when they get home. That is why I plan out my activities, write it out, find items in your pantry and do advanced prep. When you get home from the grocery store and you know this week you need to chop your zucchini, do that when you have the time and energy, and in advance of when you will need it so you can have everything ready. Those simple steps will make planning ahead easier.

#8) Exercise on a regular basis.

It will provide a great deal of benefits. It will strengthen your heart, improves your cardiovascular system, it will help you use your oxygen better by improving your overall circulation. Exercise increases your energy, lowers blood pressure, and helps you reach a healthy weight that also improves your health. Exercise fights depression and improves your sleep and helps you to relax. All these things are great, but mostly what you are going to get out of it when you just do it. Take a walk around the block and see

how much better you feel after you have done that a few times. See how much more you can do and how little will power it took to get there!

#9) Ask about medications to improve your kidney disease.

Your doctor needs to be making sure to check blood pressure and cholesterol, if you need to take a medication for one of those, or a combination to lower your blood pressure and cholesterol, that is healthier than developing kidney disease. Go ahead and ask about the pros and cons, that is always a good idea, but make sure to move forward and make a decision, don't get upset if you didn't choose to use your doctor wisely like getting some statins to help reduce kidney inflammations and help with your kidney tissues and lower your cholesterol.

#10) Take your medications as prescribed.

Your medications can not do their work if you don't take them properly. If you take your medication, like phosphorus binders, they are a perfect example because they go in with meals. You if you eat them two hours after your meal they don't do any good, they can't trap any of the phosphorus that was in your food and kept it out of your system. So you need to take it correctly to improve your heart health.

Let me do a quick recap.

- 1) Eat more fruits and vegetables
- 2) Control your portion size
- 3) Eat more whole grains and avoid white foods
- 4) Limit bad fats
- 5) Choose high quality / low fat sources of protein
- 6) Lower your salt intake
- 7) Plan your meals
- 8) Exercise on a regular basis
- 9) Ask about medications to improve your kidney failure
- 10) Take your medications as prescribed

If you do all those things and you will be in a much better place with your kidney disease. I encourage you to take a minute this week, think good thoughts, calm down, and to just know that if you are dealing with heart disease and are having some problems you need to get those taken care of because you do have a high risk of heart failure or heart disease with kidney failure

Thank you very much for listening this week. Have a great week and I will talk to you next week.