

Class 4 – Food Labs Meds – Help!

1. Why lifestyle choices matter – quality/length of bodily time – personal goals are key
2. What do you allow into your mouth/body?
3. What is the quality of food/drink
4. Blood creatinine, BUN, eGFR MDRD vs. CKD-Epi: What do they mean?
5. How to read your body and your lab results. How to manage too much/too little
 - a. Body sodium vs. blood test sodium
 - b. Blood Potassium levels – avoiding false high during lab draw
 - c. Blood CO2 level
 - d. Body phosphorus/calcium vs. blood iPTH, phos, calcium
 - e. Urine protein – tests that measure, what they mean
 - f. Hgb
 - g. Lipids
6. My plate portions
7. General food categories, sources, examples
 - a. General health: Less processed. More natural. Not too much. More plant than animal

IN CKD:

 - b. Carbs: Brown vs. white question
 - c. Veggies: If blood potassium excess – examples of high K sources that may need portion control
 - d. Plant based proteins with organic sources of phosphorus possible if limits on phos additives
 - e. Fruits – Caution to avoid starfruit/carambola if stage 4+
 - f. Protein
 - g. Milk and dairy
 - h. Fats
 - i. Refined carbs
8. Importance of individualizing plan with 1:1 CKD dietitian and healthcare team
9. Activity
10. How to make lifestyle changes
11. How to maintain motivations
12. Resources for CKD, Food, Dialysis patient recipes

