

**Nutrition for Kidney Donation**

It’s important to choose healthy eating habits and lifestyle choices that promote kidney health, before and after you donate.

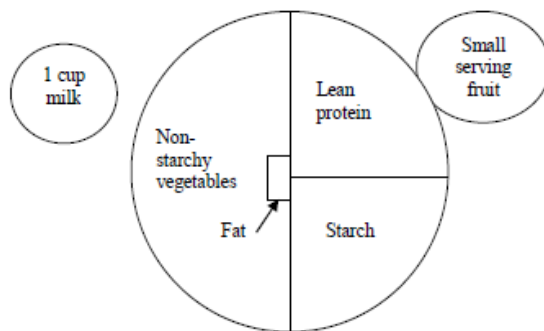
**Diabetes and hypertension are the two main causes of kidney disease.** You can prevent both if you keep a healthy weight, exercise often, and eat a diet low in salt and sugar.

**A Healthy Kidney Diet**

- Eat a plant-based diet rich in fruits and vegetables
- Eat a diet low in salt
- Exercise at least 150 minutes per week
- Maintain a healthy body weight
- Avoid fad diets high in protein

**Build a Healthy Plate**

- **Choose high fiber foods.** Fruits, vegetables, beans, legumes, and whole grains are high in fiber.
- **Include a lean protein.** Low-fat meat, chicken, fish, low-fat cheeses, nuts, peanut butter, and eggs are good sources of protein.
- **Eat smaller portions of carbohydrates.** Starches, fruit, milk, yogurt, and sweets can raise blood sugar and should be eaten in smaller portions.



**Reduce Cholesterol and LDL**

- Reduce saturated and trans fats found in fatty beef, pork, poultry skin, butter, full-fat dairy, palm and coconut oils. These have cholesterol in them.
- Eat a diet rich in fruits, vegetables and whole grains. These foods help lower cholesterol.
- Keep a healthy body weight and exercise often.

**Reduce Triglyceride Levels**

- Control your weight
- Exercise at least 150 minutes per week
- Avoid alcohol
- Avoid added sugars and large portions of simple carbohydrates (white bread, pasta, cereal, crackers)

**Increase HDL**

- Exercise at least 150 minutes per week
- Quit smoking
- Maintain a healthy body weight
- Eat foods rich in healthy fats (salmon, walnuts, avocado, olive oil, safflower oil, chia & flax seeds)

**Remember**

High cholesterol alone will not prevent you from donating a kidney. You still should treat it through diet, exercise and medicine as needed.

To avoid heart disease, make sure you keep normal lipid levels before and after you donate.

### Your Body Weight

Height: Weight: Body Mass Index (BMI): Desired BMI for donation: $\leq 27$	<b>BMI Categories</b> Underweight = $<18.5$ Normal weight = $18.5-24.9$ Overweight = $25-29.9$ Obesity = BMI of 30 or greater
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### Your Diabetes Risk

	Results	Goal
Fasting Blood Glucose		$< 100$ mg/dL
Hemoglobin A1c		$< 6.0$ %

### Your Heart Health

Fasting Lipid Profile	Results	Goal
<b>Cholesterol</b> <ul style="list-style-type: none"> <li>The body needs cholesterol to function normally.</li> <li>The higher the blood cholesterol level, the greater the chances of getting heart disease.</li> </ul>		Desirable: $< 200$ mg/dL Borderline: $200-239$ mg/dL High Risk: $> 240$ mg/dL
<b>Triglycerides</b> <ul style="list-style-type: none"> <li>Triglycerides are another type of fat found in the blood and in food.</li> <li>Triglycerides are produced in the liver.</li> <li>When you drink alcohol or take in more calories than your body needs, your liver makes more triglycerides.</li> </ul>		Desirable: $< 150$ mg/dL Borderline High: $150-199$ mg/dL High Risk: $200-499$ mg/dL
<b>HDL</b> <ul style="list-style-type: none"> <li>HDL cholesterol is known as “good” cholesterol.</li> <li>HDL helps remove cholesterol from the body, to keep it from building up in the arteries.</li> <li>The lower your HDL level, the higher your heart disease risk.</li> </ul>		High Risk: $< 40$ mg/dL Desirable: $40-60$ mg/dL
<b>LDL</b> <ul style="list-style-type: none"> <li>LDL carries most of the cholesterol in the blood.</li> <li>It is often called “bad” cholesterol, because too much LDL in the blood can lead to cholesterol buildup and blockage in the arteries.</li> </ul>		Optimal: $< 130$ mg/dL Borderline High: $130-159$ mg/dL High Risk: $160-189$ mg/dL Very High Risk: $>190$ mg/dL

## **Teach Back**

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition)

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#544