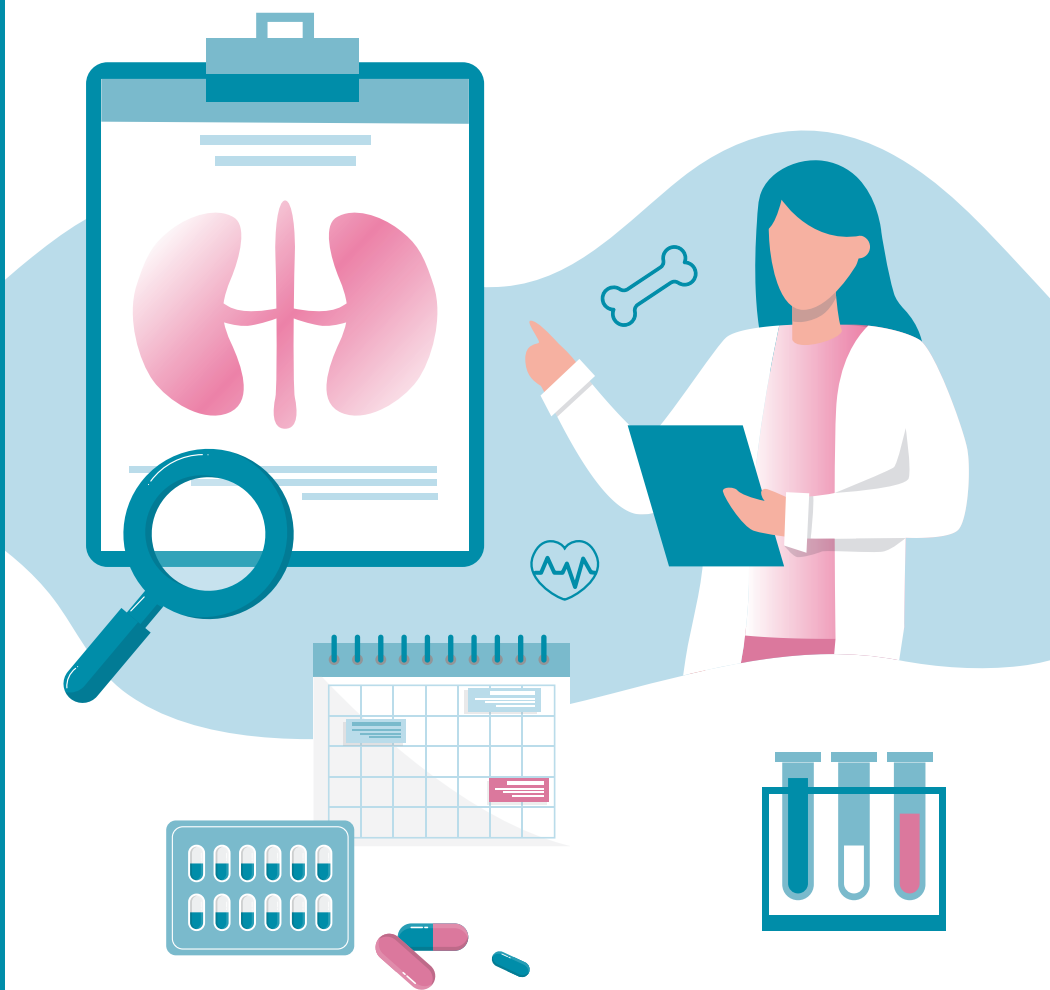


What can a renal dietitian do for you?



Nutrition plays a key role in the management of your kidney disease.

A kidney diet can help:

- Slow down the progression of kidney disease
- Manage a poor appetite
- Achieve a healthy weight
- Improve blood pressure
- Keep potassium and phosphate levels in a safe range

A dietitian can:



Support you to make individualised dietary changes

Provide you with practical supports, meal plans and recipes



Empower you to discover what you can eat

www.irishkidneydiet.ie



Irish Kidney Diet

INDI  **RENAL**
Irish Nutrition +
Dietetic Institute