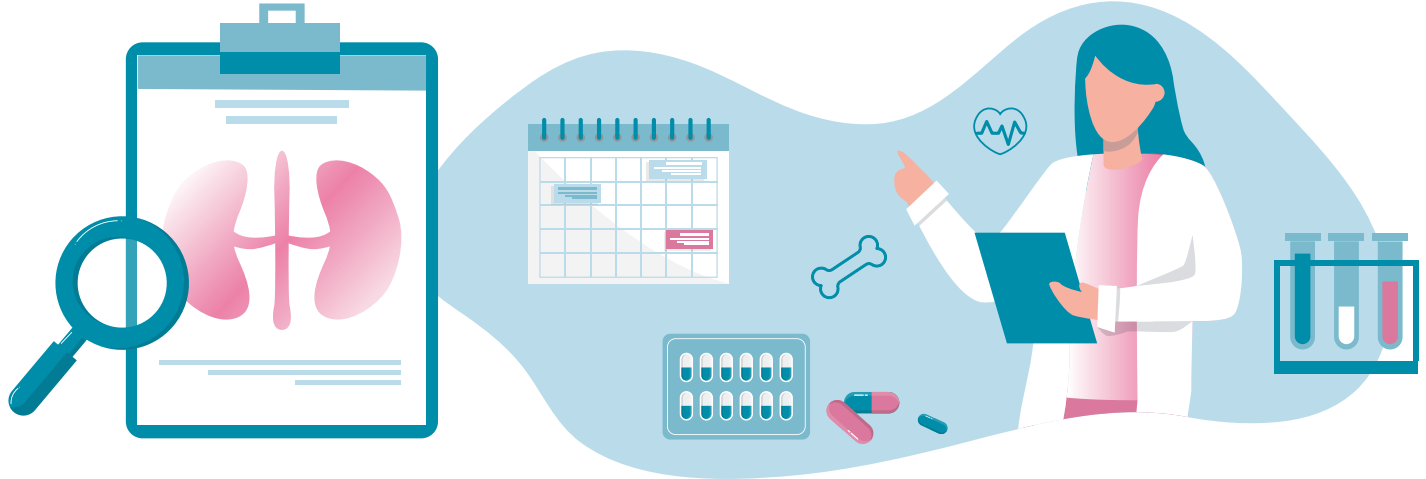


What can a renal dietitian do for you?



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



Irish Kidney Diet

www.irishkidneydiet.ie



Irish Nutrition +
Dietetic Institute