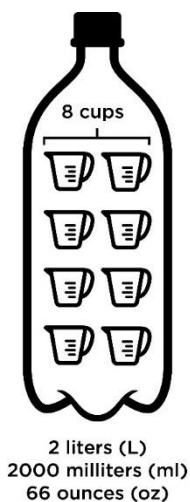


Kidney Transplant Diet

After a kidney transplant, it is important for your child to have a diet that helps keep them healthy and their new kidney working well. Help your child follow these tips to keep their new kidney healthy:

1. Stay hydrated



Most children need at least 8 cups (2 liters) or **more** of fluid per day to keep their new kidney working well. Your child's doctors and transplant nurse will let you know how much fluid your child needs each day. Here are a few tips:

- Keep track of your child's fluid intake during the day.
- Measure out how much fluid your child needs each day. Put this amount in a water bottle (you might need to refill it during the day for your child to meet their fluid goals). Carry the water bottle with you at all times to make sure your child gets all the water they need.
- Milk, juice, popsicles, Jello-O, formula and oral supplements like PediaSure count towards total fluid intake. These drinks may help your child meet their fluid goals, but it is important to focus on water to avoid extra calories.
- Note: Your child's appetite is likely to improve from before transplant, and they will probably be able to get enough nutrition from solid food. Your child might still need formula if their new kidney takes a while to begin working, or if their appetite picks up very slowly. Talk with your child's dietitian if you are not sure if your child still needs formula.

2. Eat foods that have a lot of phosphorus

Newly transplanted kidneys often "waste" phosphorus. This means they do not absorb phosphorus that your child's body needs. Your child may need to eat more phosphorus to help keep the level in their blood normal. Some examples of high phosphorus foods are:

- Nonfat (skim) or low-fat (1%) milk and yogurt
- Natural cheeses (such as regular cheddar or part-skim mozzarella)
- Whole grains, nuts and legumes

Your child may need to take a phosphorus supplement if they are not able to get enough from food.

3. Eat foods that have a lot of magnesium

Immunosuppressive medicines help the body not to reject the new kidney but can cause the body to get rid of magnesium. Your child might need to take a magnesium supplement to make sure they get enough. Use a magnesium supplement only if recommended by your health care provider.

Eating foods high in magnesium is helpful. If your child eats high-magnesium foods, they may be able to avoid or not need to take as many supplements. A few high magnesium foods include:

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To Learn More

- Nutrition - 206-987-4758
- Your child's dietitian

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- Ask your child's healthcare provider
 - seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



- Bran
- Green vegetables, especially spinach
- Nuts and seeds
- Whole grains, quinoa
- Black beans and other legumes

For a full list of high magnesium foods, see our handout “Magnesium Food Sources” at seattlechildrens.org/pdf/PE785.pdf.

4. Choose safe foods

Your child's immune system is not as strong as usual because of the medicines they are taking. For this reason, it is important for them to avoid foods that may make them sick (food-borne illness). Also, pay special attention to hygiene and hand-washing. Foods to avoid include:

- Raw and undercooked meat and seafood, like sushi
 - Foods that contain raw eggs, like salad dressings or cookie dough
 - Cold luncheon and deli meats (deli meat must be heated until steaming to kill bacteria)
 - Unpasteurized juice, milk, or cheese
 - Raw or unpasteurized honey
 - Unwashed raw fruits and vegetables
 - Fruits or vegetables prepared on a counter or cutting board that has had raw meat, fish, poultry, or eggs on it
 - Raw nuts and seeds
 - Sprouts like alfalfa, clover, or mung bean
 - Food that is spoiled, moldy or past its “use by” date
 - Foods purchased from a street vendor in a third world country or that has not been certified by the health department
 - Well water, unless tested
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How long does my child have to follow the diet?

Your child will probably need to follow these diet guidelines for as long as they have their transplanted kidney. Your child's nephrologist or dietitian will let you know if your child's diet needs to change in any way.

Tips to keep your kidney healthy

Be aware of potassium levels

Medicines that affect your child's immune system might also cause the amount of potassium in their blood to be too high. If this is a problem your child's dietitian will give you a list of high-potassium foods to avoid.

Avoid grapefruit and grapefruit juice

If your child is taking tacrolimus or cyclosporine, it is important to avoid eating grapefruit or drinking grapefruit juice. Having grapefruit can make the levels of these medicines to go too high, and cause problems. Check nutrition facts labels for grapefruit; it can be found in drinks like SunnyD, Squirt and Fresca.

Limit sugar and saturated fat

If your child is taking steroids or tacrolimus, it is important for them not to eat too much fat or sugar. This also helps to keep their body healthy. Here are some tips to eat less fat and sugar:

- Limit intake of sweetened drinks like fruit juice and juice boxes, Capri Sun, Kool-Aid, soda pop, Snapple, and Arizona Iced Tea to 8 ounces or less per day.
- Serve fresh fruit or fruit canned in its own juice. Avoid fruit canned in heavy syrup.
- Limit very sweet foods like cookies, cakes, ice cream, pastries, candy, jams, jellies and syrups.
- Choose lean meats and low-fat dairy foods
- Limit fast foods and fried foods

Limit Salt

Eating a lot of salt over time can cause problems like high blood pressure. Here are a few tips to eat less salt:

- Limit intake of fast, frozen and packaged food
- Avoid using the salt shaker and salty seasonings
- Limit intake of condiments and sauces

Be careful of using salt substitutes, or salt-flavored products that say “low-sodium” or “no sodium.” Some of these have a lot of potassium, and this can be a problem if your child needs to avoid potassium.

Your child’s dietitian will tell you how much salt is OK for your child to eat. For more tips visit “Low-Sodium Eating” at seattlechildrens.org/pdf/PE386.pdf and “Lower-Sodium Fast Food” at seattlechildrens.org/pdf/PE272.pdf.

Eat fruits and vegetables

Eat a variety of whole grains, fruits and vegetables. Fruits and vegetables contain fiber, vitamins and minerals that help keep your body strong. Your child should eat at least 5 servings of fruits and vegetables per day. Include a fruit or vegetable with every meal and snack.

For more ideas on how to add more fruits and vegetables to your day, visit doh.wa.gov/Portals/1/Documents/8100/961-178-55Ways-en-H.pdf.

Be active!

Play and exercise like swimming, walking or running, riding a bike, playing on the playground or doing yoga are important to help keep the whole body healthy. Being active can help keep your child’s weight and blood pressure healthy, which will help keep their kidneys healthy too. Your child should try to play for at least 60 minutes every day.