



Kidney Failure: Eat Right to Feel Right on Hemodialysis

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

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Food gives you energy and helps your body repair itself. Food is broken down in your stomach and intestines. Your blood picks up nutrients from the digested food and carries them to all your body cells. These cells take nutrients from your blood and put waste products back into the bloodstream. When your kidneys were healthy, they worked around the clock to remove wastes from your blood. The wastes left your body when you urinated. Other wastes are removed in bowel movements. Now that your kidneys have stopped working, hemodialysis removes wastes from your blood. But between dialysis sessions, wastes can build up in your blood and make you sick. You can reduce the amount of wastes by watching what you eat and drink. A good meal plan can improve your dialysis and your health. Your clinic has a dietitian to help you plan meals. A dietitian specializes in food and nutrition. A dietitian with special training in care for kidney health is called a renal dietitian. When you start hemodialysis, you must make many changes in your life. Watching the foods you eat will make you healthier. This publication by the National Institutes of Health (Publication No. 08-4274) will help you choose the right foods. Use this with a dietitian to help you learn how to eat right to feel right on hemodialysis.

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