

Dialysis Meal Plan

Name: _____ Age: _____ Height: _____ Weight: _____

| Medical history | Restrictions |
|-----------------|--------------|
| | |

Dietary goals

1. Manage sodium intake to maintain healthy blood pressure and fluid balance.
2. Limit phosphorus and potassium to prevent complications associated with kidney disease.
3. Monitor protein intake to support muscle health without overloading the kidneys.
4. Control fluid intake to prevent fluid overload and swelling.
5. Ensure balanced nutrition while considering individual preferences and dietary restrictions

| Day | Time | Breakfast | Time | Lunch | Time | Dinner | Time | Snacks | Notes |
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| Grocery list | | | | | | | | | |
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| Healthcare provider's information | | | | | | | | | |
| Name: | | | | | Signature: | | | | |
| License number: | | | | | Contact number: | | | | |