

Dialysis Meal Plan

Patient Information

Patient Name:

Date:

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.

Meal Plan Recommendations

Breakfast

Protein:

Carbohydrates:

Fruit:

Beverage:

Snack

Low-phosphorus snack option:

Fluids:

Lunch

Protein:

Vegetable:

Grain/Starch:

Beverage:

Snack

Low-potassium snack option:

Fluids:

Dinner

Protein:

Vegetable:

Grain/Starch:

Beverage:

Snack

Low-sodium snack option:

Fluids:

Additional Recommendations

Notes