

# 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**