

YOUR REGISTERED DIETITIAN:

Name:

Contact Information:

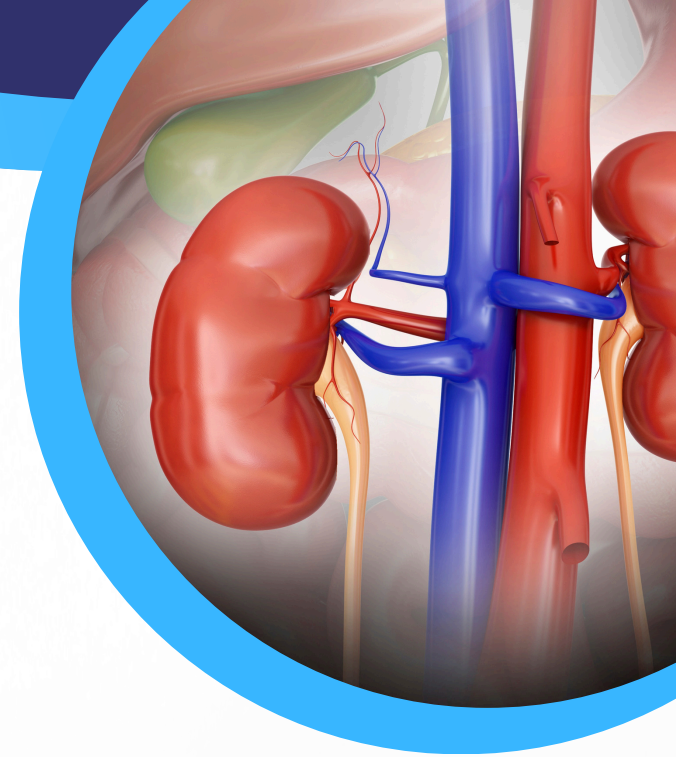
COMMON QUESTIONS

This information sheet is being provided to you by the registered dietitian.

You can read through these questions to see if you have have these questions too.

You can ask these questions, as well as any other questions about eating at your next appointment.

The questions in this guide are from: Lambert et al. "Development and preliminary results on the feasibility of a renal diet specific question prompt sheet for use in nephrology clinics." BMC nephrology 20 (2019): 1-8



Meet your **Registered Dietitian**

Registered dietitians have education and skills to help you learn about healthy eating for your kidney disease

RENAL DIETS

- Why do I need a special diet?
- How does this diet help my kidney disease?
- What symptoms will the renal diet help me with?
- How long do I need to follow this renal diet for?

ABOUT THE DIET

- What foods can I eat?
- Are there any foods I need to avoid?
- How is the renal diet different from other diets?
- How do I combine my renal diet with my diabetic diet?
- Will I still be able to eat my favourite foods?
- Will you give me a menu?
- Where can I get some recipes for my renal diet?
- Can I eat out if I need to follow the renal diet?
- Can I drink alcohol?
- Do I need to take any vitamin supplements when I am on the renal diet?
- Do I need to cook differently for the renal diet?

MONITORING MY HEALTH

- How will I know if I am following the diet correctly?
- Finding more information about the renal diet
- What should I look at on the food label?
- Where can I get more information about the diet?

My own questions for the dietitian: