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myrenalnutrition.com

NEWSLETTER

WHAT'S INSIDE...

**A FOCUS ON
PHOSPHATE**

**TOP TIPS
WHEN
EATING OUT**

from a patients perspective

RECIPE IDEA

**MINDFUL
MOVEMENT**

**News, stories
hints & tips**

for children with kidney disease and their families



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My Renal Nutrition NEWSLETTER

Welcome to the forth edition of the My Renal Nutrition newsletter - a newsletter devised by Vitaflo™ for children with kidney disease and their family, with content written by individuals who have personal experiences of living with kidney disease as well as healthcare professionals who work alongside patients with this condition.

In this edition of the newsletter you will find information on following a low phosphate diet. There are hints and tips for following specific dietary advice written by an individual who has lived with kidney disease. You will also find a recipe idea, activity ideas and a fun idea with regards to making your own Autumn pine cone owls.

If you have a story to share or even a great recipe idea, please let your dietitian know and we can be sure to include it in future newsletters.

Yours sincerely
The team at Vitaflo



WHAT'S INSIDE....

A FOCUS ON PHOSPHATE

TOP TIPS WHEN EATING OUT

from a patients perspective

RECIPE IDEA

Mockolate Chip Cookies

MINDFUL MOVEMENT

IT'S AUTUMN: MAKE YOUR OWN PINE CONE OWLS



WHAT IS A LOW PHOSPHATE DIET?

You may have been told by your medical team that you need to follow a low phosphate diet. But, what is a low phosphate diet? **Let's start with the basics!**

WHAT IS PHOSPHORUS?

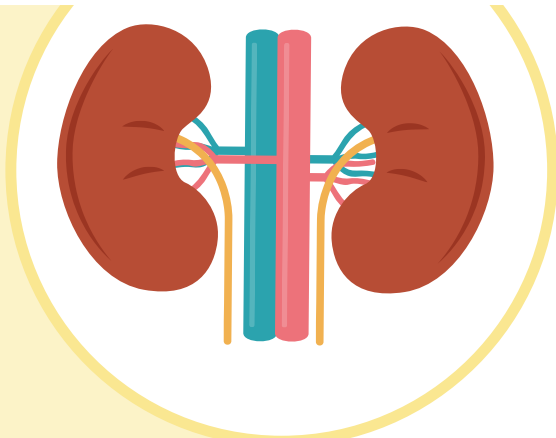
Phosphorus is a mineral and makes up parts of the cells in our bodies. It is found in almost all foods – sometimes in small amounts, sometimes in big amounts.

PHOSPHORUS HELPS:

1. Our bodies use energy.
 2. Make lots of parts of the body work.
- It also forms part of our bones and teeth.

WHAT HAPPENS WHEN THE KIDNEYS ARE NOT WORKING WELL?

Most children get much more phosphorus than they need as it is in so many foods. That's usually ok because the kidneys just get rid of the extra phosphate that we don't need. But, when the kidneys are not working well, it is hard to get rid of the extra phosphorus. Too much phosphorus in the body can cause problems with the bones, skin, heart and other muscles, and it can even make you itch!

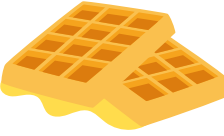


WHAT ELSE CAN I DO TO REDUCE MY INTAKE OF PHOSPHORUS?

Another important way of reducing the amount of phosphorus in your diet is to reduce the amount of those foods which are rich in phosphorus. Here are some ideas to help you with this:



As mentioned, limit any foods that may contain added phosphorus such as cheese, processed chicken, meats, sausages, frozen products such as fish fingers, chicken nuggets and cola-based fizzy drinks.



Limit foods made with baking powder – such as waffles, pancakes, or biscuits. This is because baking powder has an ingredient called sodium phosphate in it to help foods rise when they are baked. So foods made with baking powder have a lot of phosphorus.



Limit your intake of dairy products such as milk, cheese, yogurt and ice cream. Having a small amount of these foods is usually ok, but try to only have one serving per day.



A serving is a cup of milk, a small container of yogurt, a slice of cheese or 1/4 cup of grated cheese. Your dietitian can tell you what serving sizes are best for you!



Meat – although fresh meat will provide us with protein which our bodies need, it is rich in naturally occurring phosphorus. Your dietitian may advise you to reduce your portion sizes of meat or replace meat with other foods in some meals.



Ask your dietitian for the family dietary booklets produced by the Paediatric Renal Nutrition Taskforce on the topic of managing phosphate.

HOW DO I GET THE RIGHT AMOUNT OF PHOSPHORUS?

The amount of phosphorus that is absorbed by the body from foods will affect your blood phosphate level. **There are 2 types of phosphorus:**

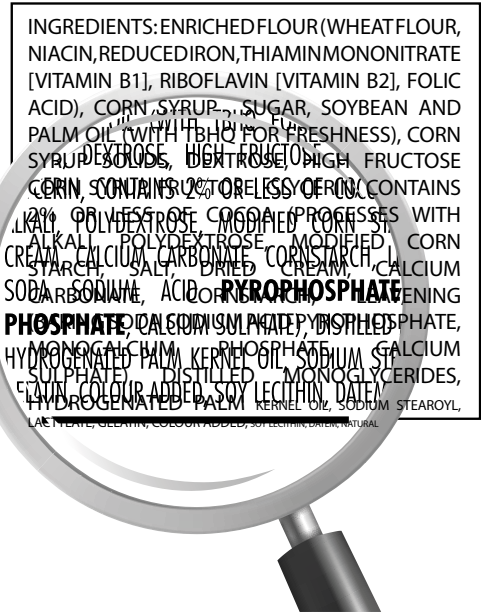
1. Naturally occurring phosphorus in foods

The naturally occurring phosphorus found in fresh meat, fish, fruit, vegetables and grains is only partly absorbed by the body. This is called a 'low to moderate bioavailability'.

2. Phosphorus in added foods

Why is phosphorus added to foods?

When phosphorus is added to food the term that is used is phosphate additives. Phosphate additives are added to avoid spoilage of foods. Whilst this can be a good thing, it means that extra phosphorus is put into everybody's diet, including those whose kidneys are not working very well. Almost 100% of the phosphorus that is added to foods is absorbed, giving these foods a high bioavailability. Therefore, eating a lot of foods with added phosphorus may cause your blood phosphate levels to rise. It can be hard to know if a food contains phosphate additives. However, you can sometimes figure it out if you do some detective work! Look out for the words PHOS in the ingredients list. However, even with the best detective work, it can still be a challenge as phosphate additives are not always listed on the label. The best thing to do is to try to limit your intake of processed foods and try to make meals using fresh ingredients if possible.



HAVING A HEALTHY DIET

Eating a diet with a variety of foods is best. As previously mentioned, try to make homemade meals using fresh ingredients and avoid using packaged or convenience foods. Ask your parents or guardians if they will show you how to make some of your favourite meals using fresh ingredients. Try preparing some fruit or vegetables for the family meal or learn to cook simple meals with only a few ingredients.



Please speak to your dietitian or doctor about your diet and which changes you should make as everyone's needs are different.

Top Tips FOR EATING OUT

when you have kidney disease

by Aphria

Aphria was diagnosed with congenital nephrotic syndrome at one year of age. Congenital nephrotic syndrome is a kidney condition that begins in infancy and typically leads to irreversible kidney failure by early childhood. Both her kidneys were removed at 18 months old, and she was on dialysis until receiving a kidney from her dad. The kidney began failing when she was 17 years old, and after being on dialysis again, Aphria has just received her second successful kidney transplant.

Here Aphria shares her experiences and tips for eating out when you have kidney disease.

"When eating out with kidney disease, it is good to note the importance of socialising and seeing friends and family, as well as enjoying the food."



TIP 1.

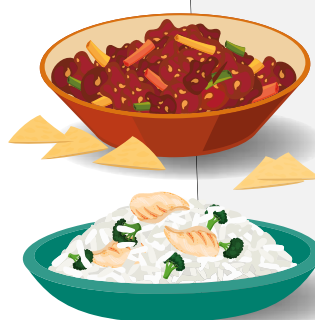
Having a routine when it comes to meals and snacks and knowing what works for you is a good way of having more freedom when it comes to eating out. Talking to your renal team and your dietitian about kidney friendly foods and meals to prepare at home can help you know what to look out for when eating out, eliminating any potential overthinking and enabling you to enjoy socialising with others!

TIP 2.

If your appetite is reduced, tapas style dining or ordering side dishes, small plates or sharing platters, can be good, alternative options rather than committing to a main meal. If you are feeling overloaded or not hungry, but have an upcoming occasion or meal out, remember it is still completely ok to have something at home and not order food or drink at the restaurant - just being in the company of others is a great occasion!

TIP 3.

When eating out you will not always know how the food is prepared; in particular, how much salt is used in the preparation of the dish. Due to this, you may want to consider having smaller portions or ensure you follow your dietary restrictions very carefully at your other mealtimes, to enable you to have a 'treat'.



TIP 4.

If you are undergoing dialysis, you could try to organise your meals out around your dialysis sessions.



TIP 5.

I know this can be hard but try not to feel pressured into anything! Having kidney disease is unique to you and therefore something those around you are not likely to fully understand - but that's ok! Just make decisions that are good for you, which won't always be the same as those you made before you knew you had kidney disease.

Please speak to your dietitian or doctor about your diet and which changes you should make as everyone's needs are different.

Mockolate Chip Cookies

Serves
18

Ingredients

225g unsalted butter (at room temperature)

110g caster sugar

275g plain flour

100g low potassium chocolate substitute, chopped into chips

Method

1. Preheat the oven to 170°C/150°C Fan/340°F/Gas 3.
2. Cream the butter in a large bowl or in a food mixer until soft. Add the sugar and beat until the mixture is pale and fluffy.
3. Sift in the flour, add chopped low potassium chocolate substitute and bring the mixture together to form a firm dough.
4. Using your hands, roll the dough into walnut sized balls and place them slightly apart on a baking tray (No need to grease or line).
5. Flatten them slightly with the back of a damp fork and bake in the oven for 13-15 minutes, or until they are light golden brown and slightly firm on top.
6. Carefully transfer the cookies to a wire rack to cool.

Tip

Try melting some low potassium chocolate substitute and drizzle over the top!

Try making this recipe



This recipe is taken from the Kidney Friendly Cookbook produced by dietitians and Dietetic Support Workers at a Paediatric Renal Unit in the UK. Please check with your dietitian or Doctor that this recipe is suitable for you.

MINDFUL MOVEMENT

Exercise provides many benefits for children and adults alike. Regular participation in physical activity during childhood and adolescence can help:

- ✓ Build and maintain healthy bones, muscles, and joints
- ✓ Control weight
- ✓ Build lean muscle
- ✓ Reduce fat
- ✓ Prevent or delay the development of high blood pressure
- ✓ Reduce feelings of depression and anxiety

ACTIVITY: MINDFUL WALKING

Mindful walking is a way to bring awareness to your walking routine. You can do this with a friend or by yourself. Start by walking slowly, taking slow deep breaths in through your nose and out through your mouth. Begin to look around and notice what you see. Then, slowly bring awareness to things you can see, smell, hear, or feel.

Do you hear birds chirping or leaves crunching below your feet? Do you smell flowers blooming? Do you see different colors of leaves? You can also play a game looking for the different colors of the rainbow.

For Example:

Red: A stop sign

Orange: Leaves

Yellow: Flowers or leaves

Green: Grass or bushes

Blue: Sky

Purple: Flowers

Feel free to repeat this exercise as you continue your walk. When you're finished walking, stand still and take a couple of deep breaths.

ASK FRIENDS TO JOIN – MINDFUL MOVEMENT IS MORE FUN IN GROUPS!

A FEW TIPS FOR BECOMING ACTIVE:

Pick activities you like i.e. tennis, walking/running, zumba, yoga, dancing, or aerobics.

Choose moderate kinds of activity like brisk walking.

Meet your goals gradually – it will take about a few weeks to build your endurance.

Spread your weekly total over at least 6 to 7 days per week.

Pair exercise with enjoyable activities (TV, listening to music, podcasts or audiobooks, talking with a friend).

Engage in a variety of planned activities:

- Hiking
- Bicycling
- Swimming
- Dance Party
- Scavenger Hunt

AT HOME

- Walking up and down stairs
- Using a treadmill or elliptical machine
- Interactive video games, such as tennis or a dancing game
- Using exercise bands or performing calisthenics like pushups or sit-ups
- Yoga or stretching

OUTSIDE OF THE HOME

- Swimming
- Jogging
- Playing football, tennis, ultimate frisbee, or other team sports
- Playing tennis
- Going for a bike ride
- Lifting weights at a gym
- Taking a yoga or pilates class
- Hiking or rock-climbing



IT'S AUTUMN: MAKE YOUR OWN OWL PINE CONE DECORATION



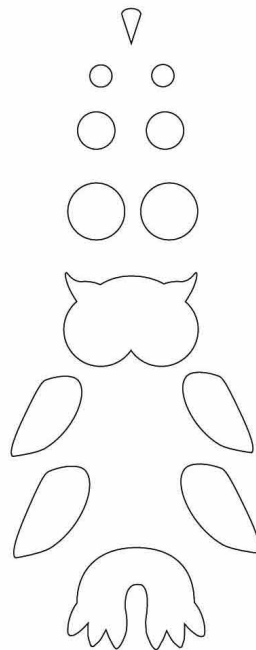
YOU WILL NEED:
COLOURED FELT ✓
PEN ✓
SCISSORS ✓
GLUE ✓
PINE CONES ✓

This Autumn, how about making your very own owl pine cone decorations!



STEP 1.

Print out the template on page 4 and cut out the shapes, these will be your guides.



IMPORTANT: You MUST check with a parent or guardian before using scissors.



STEP 2.

Place the paper shape guide on top of the coloured felt and using a pen, draw around each of the shapes. Then cut out the felt shapes following your pen line.



STEP 3.

Add a small amount of glue to the felt feet. Stick the feet to the bottom of your pine cone.



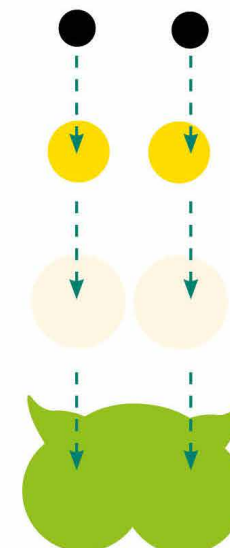
STEP 4.

Next let's make the wings. Stick the bigger wing shapes to the sides of the pine cone. Once in place stick the smaller wing shapes on top.



STEP 5.

Now let's build the face! Stick the big circles onto the head, then add the medium circles and then the smallest circles to make the face shown.



STEP 6.

Lastly glue the beak onto your owls face.



STEP 7.

Stick the completed owl face to your pine cone.

STEP 8.

Now your owl decoration is complete, repeat the instructions with different colourful felts to create your very own parliament of owls.

Feeling creative? Why not add extra decorations. You can also hang your pine cone owl up. Just tie some cotton to the top of the pine cone and watch your owl fly!



IMPORTANT:
You MUST check with a parent or guardian before using scissors.

Cut around the shapes and use these as a cutting guide.

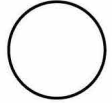
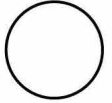


Beak

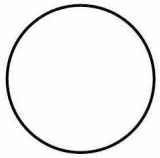
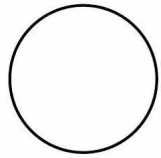


Eyes:

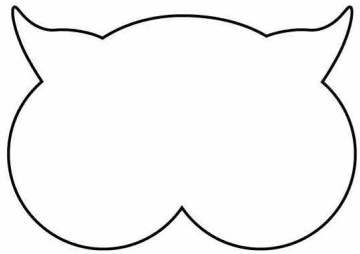
Small



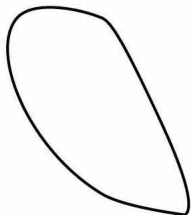
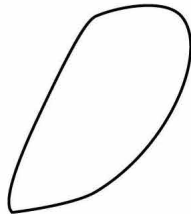
Medium



Large



Face

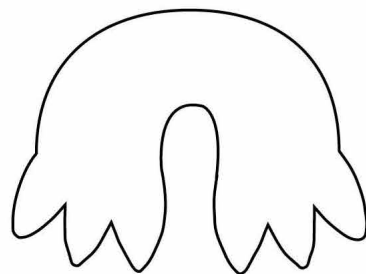


Wings:

Small



Large



Feet

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