

Order Form

Item	Quantity	Price <small>(as indicated or free to members of Northwest Kidney Centers Medical staff)</small>
Brochures: 50 cents each		
• Salt Content of Foods		
• Potassium Content of Fruits and Vegetables for Hemodialysis		
• Potassium Content of Foods (Spanish translation). Includes accompanying brochure in English.		
• Potassium Content of Fruits and Vegetables for PD and Frequent Dialysis		
• Potassium Content of Exotic Fruits and Vegetables		
• Phosphorous in Your Diet		
• Fluid Guidelines for Dialysis Patients		
• Emergency Diet Plan		
• Protein in Your Diet: For People on Hemodialysis		
• Protein in Your Diet: For People on Peritoneal Dialysis		
• Eating Well for People Not on Dialysis		
Posters: \$3.25 each		
• Sodium		
• Potassium		
• Phosphorous		
• Spell of Spices		
• Basic Food Guide		
Booklets: \$2.25 each		
• Hospital Edition: A Guide to Good Nutrition with Dialysis		
• A Guide to Good Nutrition: After Your Kidney Transplant		
Total:		

Please mail my order to:

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Make checks payable to Northwest Kidney Centers. Send payment and completed order form to:

Sharon Williams
Northwest Kidney Centers
700 Broadway
Seattle, WA 98122

Questions? Contact Sharon on 206-901-8711
or sharonw@nwkidney.org.

NUTRITION

BROCHURES AND POSTERS

The rules about good nutrition change when you have kidney disease, and what's in your food may surprise you. Northwest Kidney Centers offers a selection of brochures, booklets and posters to guide you to healthy food choices to keep your body well-fueled.



For people on dialysis

About minerals

These brochures cover the nutrients of concern to people on dialysis—sodium, potassium and phosphorus—as well as fluid. You'll find recommended serving sizes for foods and great tips to help you be successful with your dialysis diet. Emergency Diet Plan contains modifications that are important if you cannot keep your regular dialysis schedule. 50 cents each.

- Salt Content of Foods
- Potassium Content of Fruits and Vegetables for Hemodialysis
- Potassium Content of Foods (Spanish translation), with accompanying brochure in English
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- Potassium Content of Exotic Fruits and Vegetables
- Phosphorous in Your Diet
- Fluid Guidelines for Dialysis Patients
- Emergency Diet Plan

New to dialysis?

If you are new to hemodialysis, you will want this booklet. It's written especially for people who start dialysis in the hospital and are preparing to go home or to a dialysis unit.

It includes menu planning sections, as well as detailed information on sodium, potassium, phosphorous and protein. \$2.25 each.

- Hospital Edition: A Guide to Good Nutrition with Dialysis

About protein

Getting enough protein can be a challenge when you are on dialysis. These brochures provide protein guidelines, information on portion sizes, and ideas for increasing protein in your diet. 50 cents each.

- Protein in Your Diet: For People on Hemodialysis
- Protein in Your Diet: For People on Peritoneal Dialysis

Posters

The Sodium, Potassium and Phosphorous posters feature foods that have low, medium or high levels of those minerals. Spell of Spices offers ideas and recipes for spicing up food with seasonings. The Basic Food Guide poster provides simplified diet information for dialysis patients about sodium, potassium, phosphorus, protein, calories and portion sizes. All posters are 11"x17" except for the Basic Food Guide, which is 14"x20". \$3.25 each.

- Sodium
- Potassium
- Phosphorous
- Spell of Spices
- Basic Food Guide



For people with kidney disease

If you have progressive kidney disease but are not on dialysis, this brochure will help you understand how to change your diet to stay as healthy as possible while your kidney function is decreasing. 50 cents each.

- Eating Well for People Not on Dialysis

For people who have had a kidney transplant

Structured as a workbook for patients to identify low-, medium- and high-sodium foods, this booklet applies directly to someone who has had a kidney transplant. It includes sections on protein, calcium and counting calories. Cost is \$2.25.

- A Guide to Good Nutrition: After Your Kidney Transplant