



Nutrition

Brochure and Workbook Order Guide

PRICING

Brochures

1 brochure: Free

2 or more brochures: \$1.00 each

Posters

11 inches x 17 inches, full-color:
\$5.00 each

Workbooks

Hospital, Transplant, and CKD
Editions: \$5.00 each

Nutrition Art of Good Eating,
Hemodialysis or Peritoneal Dialysis
Editions: \$15.00

A discount price may be offered to
non-profit organizations.

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, workbooks, and posters to guide you to healthy food choices to keep your body well-fueled.

For people on dialysis

These brochures cover hemodialysis and peritoneal dialysis with nutrients of concern like sodium, potassium, and phosphorus, as well as fluid and protein. You'll find recommended serving sizes, great tips, and emergency guidelines to follow if you are not able to get to your dialysis center.

For people with chronic kidney disease

If you have chronic kidney disease (CKD), but are not on dialysis, the workbook will help you understand how to change your diet to stay as healthy as possible while your kidney function is changing.

For people with a kidney transplant

A workbook for people who have had a kidney transplant or preparing for a transplant. It includes sections on food safety, protein, calcium, sodium and counting calories.





Hemodialysis

Catalog	Title	Description	Qty	Price	Total
Brochures					
Nut-202	Limiting salt in your diet: dialysis	Ways to reduce intake of salty foods		x \$1.00	
Nut-202.2	Eating away from home	Ideas when eating at restaurants		x \$1.00	
Nut-204.1	Potassium in fruits and vegetables: Hemodialysis	Lists high, medium, and low potassium foods		x \$1.00	
Nut-204.3	Potassium in exotic fruits and vegetables	Lists potassium foods from around the world		x \$1.00	
Nut-204.4	Potassium Content Spanish	Spanish (2 free English translations with order)		x \$1.00	
Nut-206	Protein in your diet: people on HD	Protein suggestions for people on hemodialysis		x \$1.00	
Nut-205.1	Phosphorus in your diet: HD	List of ways to cut down high phosphorus foods		x \$1.00	
Nut-203	Fluid guidelines: for dialysis patient	Ideas to help with thirst and limiting fluid		x \$1.00	
Nut-207	Emergency diet plan	What to do if you cannot dialyze due to a natural disaster, snow storm, or power outage		x \$1.00	
Posters					
Nut-302	Sodium content of foods poster	Lists milligrams of sodium in common foods		x \$5.00	
Nut-304	Potassium content of foods poster	Lists milligrams of potassium in common foods		x \$5.00	
Nut-305	Phosphorus content of foods poster	Lists milligrams of phosphorus in foods		x \$5.00	
Nut-308	Spell of spices poster	Recipes for spicing up foods without salt		x \$5.00	
Nut-300	Basic Dialysis Food Guide (large type) - patients or nursing home staff	Simplified diet information about sodium, potassium, phosphorus, fluid and protein.		x \$5.00	
Workbooks					
Nut-100	Nutrition the Art of Good Eating, A Workbook For People on Hemodialysis	Learn to track salt and sodium intake, potassium, protein and phosphorus, plus resources.		x \$15.00	
Nut-100.2	Hospital Edition: A Guide to Good Nutrition (for people on dialysis)	For people who are new to dialysis and will soon be going to a dialysis clinic.		x \$5.00	
Nut- 100.3	After your Kidney Transplant: A Guide to Good Nutrition	A workbook for people with a kidney transplant. Includes sections on protein, calcium, calories, sodium, exercise and food safety.		x \$5.00	
				Total	



Peritoneal Dialysis

Catalog	Title	Description	Qty	Price	Total
Brochures					
Nut-202	Limiting salt in your diet: dialysis	Ways to reduce intake of salty foods		x \$1.00	
Nut-204	Adding potassium to your diet: PD & Frequent hemodialysis	Lists high, medium, and low potassium foods; how to increase potassium intake		x \$1.00	
Nut-206.9	Protein in your diet: people on PD	Protein suggestions for people on peritoneal		x \$1.00	
Nut-205.1	Phosphorus in your diet	Lists ways to cut down phosphorus foods		x \$1.00	
Workbook					
Nut-100.1	Nutrition the Art of Good Eating, A Workbook For People on Peritoneal Dialysis	Learn to track salt and sodium intake, potassium, protein and phosphorus, plus resources.		x \$5.00	
				Total	

Chronic kidney disease (without dialysis)

Catalog	Title	Description	Qty	Price	Total
Workbook					
Nut-100.4	Eating Well For Kidney Health, A Workbook For People With Chronic Kidney Disease	For CKD stages 3-5 without dialysis. Learn to track salt and sodium intake, protein content, plus potassium and phosphorus.		x \$5.00	
				Total	

Make checks payable to Northwest Kidney Centers.

Send payment and order form to: Katie Huff, Northwest Kidney Centers
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 SeaTac, WA 98168
katie.huff@nwkidney.org

Mail to:

Name: _____
 Address: _____
 City, State, Zip: _____