

## Diet quiz from [www.edren.org](http://www.edren.org) - answers

1. (d) 9g/day (equivalent to 153mmol Na)
2. (c) 6g/day (equivalent to 102mmol Na)
3. (d) 80-100mmol/day
4. (b) 11mmol
5. False. Salt substitutes contain KCl, and are therefore a rich source of potassium.
6. Phosphate
7. (c) With food
8. Salt
9. False.
  - Not all renal patients are prescribed phosphate binders – depends on biochemistry and dietary intake.
  - If phosphate was just slightly elevated, patients may initially be prescribed a binder with only their main meal.
  - They are not required with meals containing minimal phosphate (e.g.: a breakfast of toast with butter and jam would not need a binder)
10. (b) hyperkalaemia
11. (b) hyperkalaemia
12. True
13.
  - Increased hospital admissions
  - Infections
  - Inadequate dialysis/ acidosis
  - High nutritional requirement
  - Limited fluid intake
  - Intra-abdominal pressure in CAPD
  - Social/ lifestyle
  - Concurrent illness
  - Uremia
  - Drugs
  - Anaemia
  - Restrictive diets
  - Depression
  - Economic factors
14. a. Swap to cereal without nuts etc (eg cornflakes, rice krispies)  
Max of 1 x coffee/day. ?swap to tea?  
Small glass of orange juice only. Could swap to cranberry juice  
Limit fruit to ~2 portions daily.  
Swap banana to lower K<sup>+</sup> fruit such as apple/pear.  
?lettuce in sandwich rather than tomato  
Choose corn based crisps rather than potato (still salty!)  
Swap mushroom for lower potassium veg in casserole.  
Boil vegetables  
Plain or jam/cream filled biscuits rather than chocolate
- b. Give advice on salt intake
  - Cheese and ham are high in salt. Choose lower salt sandwich fillings (e.g. Chicken mayo, turkey)
  - Cup-a-soup very high in salt. Suggest they stop this. Could try homemade soup?
  - Swap packet of crisps. Could use salt and shake crisps (without salt) BUT high in K<sup>+</sup>
  - Stop adding salt at the table. Use as little as possible in cooking.
- c. Could decrease cheese consumption  
Decrease yoghurt to ~3 per week, not daily.  
Probably need to look at increasing phosphate binders