

Weight Loss for a Healthier You

Weight Loss Tips and Strategies for Dialysis Patients



Talk to your healthcare team before you start a weight loss journey. Work with your dietitian and doctor to make sure your diet and exercise plan is right for you. Your renal dietitian is a licensed professional that specializes in the nutritional needs of people with chronic kidney disease. The kidney diet is highly specialized. Renal dietitians have more training in how diet affects kidney function, bones, and the heart.



Benefits of Weight Loss

- Better control of blood sugar for diabetics
- More energy
- Better control of blood pressure
- Approval for kidney transplant



Weight Loss Tips

- Be aware of your shopping and eating habits
- Make sure your exercise plan is approved by your doctor
- Reduce calorie and fat intake
- Be aware of your portion sizes
- Reward yourself



Difficulties While on Dialysis

- Anemia
- The effects of dialysis treatment
- Peritoneal dialysis
- Not getting enough protein
- Emotional eating



Ways To Stay on Track

- Keep a daily diary of the food you eat
- Eat well balanced meals
- Keep a regular exercise routine
- Set goals that are attainable

For more information or to file a grievance, please contact:

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