Is Rice Beneficial For Kidney Patients?

An individual with poorly functioning kidneys is always advised to have a diet low in protein and other minerals. Minerals, just like protein, can overtax the already impaired kidneys in renal failure. Moreover, the failing kidneys can only do so much to filter the blood of these nutrients and as a result, the nutrients can accumulate in the body and cause more complications if taken inappropriately. Thus, these macro- and micronutrients are usually and should be taken at minimum.

Sodium, Phosphorus, Potassium, Protein (And Their Abundance In Foods We Eat):

Protein and minerals are found in almost every food we eat. Basically, nearly all foods that contain protein can have phosphorus in them. Sodium and potassium on the other hand, are minerals abundant in our daily meals in the variety of foods we eat, whether added or naturally occurring. These nutrients are indeed needed by the body daily; however, as earlier stated, a renal diet should include restricted amounts of these nutrients.

In order to prevent such event from occurring, renal diets should include low levels of these nutrients. Fortunately, plain white rice is one of the best foods included in diets intended for renal patients.

(continued on next page)
The Benefits of Plain Rice:

Being low in protein, sodium, phosphorus and potassium, plain white rice is probably one of the wisest choices for kidney diets. Listed below is the estimate of half a cup of cooked plain white rice in regard to nutritional value:

- Protein: 2 grams
- Sodium: 2 to 3 mg
- Phosphorus: 11 to 45 mg
- Potassium: 12 to 50 mg
- Fats: 0 gm
- Calories: 100 to 200 calories

Just by meeting the required daily caloric intake of an individual, plain white rice can provide the much needed macro nutrients that a kidney patient needs without jeopardizing the condition of his or her kidneys.

For kidney patients with diabetes or high blood sugar, an adjustment should be focused on the carbohydrate content of plain white rice. The approximation to how much of a cup he or she should take will be based on the required carbohydrate content. Usually, the serving is about 1/3 cup cooked rice for these patients (diabetic kidney patients); the risk of affecting the kidneys goes down as well.

Note that it is plain white rice that is the choice that is best for kidney patients in the later stages of kidney failure or on dialysis. Brown rice tends to have higher potassium and phosphorus than white rice, so better not to take the risk of replacing white rice with brown rice, especially if you are struggling with getting the low potassium and phosphorus levels you need.

Don’t forget that it is important to read labels with white rice, because the more processing that is done (minute rice versus conventional) leads to more risk of added phosphorus and potassium. The additives and preservatives can add up the “unwanted” nutrients for a renal diet. Be careful not to include rice-based products from the supermarket because more often than not, they contain high amount of sodium, phosphorus and other nutrients. These include rice noodles, rice mixes, seasoned rice, rice cereal, rice cakes, rice bread and the like. Not all foods with “rice” written on the label are as good as plain white rice.

Finally, it is recommended that a dietitian should be consulted for the exact and balanced diet that must be created for any patient with kidney failure. Always have in mind that not all combinations are beneficial. Plain white rice may have the low amounts of the restricted nutrients, but it does not follow that a kidney patient can combine unnecessary foods with it. Make sure you are following a good meal plan that can help you manage your diet the best.

Check out our latest title on Amazon! Go to www.renaldiethq.com/go/rdhqbook
September is "National Rice Month"

Facts about Rice:

Rice is a grain that is used extensively as an early solid food for babies because it is very “non allergenic”. Rice is also gluten free, so it’s a safe food for people with wheat intolerance or gluten intolerance. Even though a person with kidney failure in the later stages should avoid eating brown rice, because it has extra potassium and phosphorus, if you have stage 1 or stage 2, you should eat brown rice to increase the amount of whole grains in your diet.

Rice has been grown in the US for over 300 years, especially in the states of Arkansas, California, Louisiana, Mississippi, Texas and Missouri. They collectively grow over 85% of the rice we eat in the US and grow about 24 billion pounds per year.

A portion of rice is usually thought of as ½ cup, and it is for people who do not have diabetes. If you have diabetes, a portion of rice is only 1/3 cup. Both of those are cooked portions. Rice has no fat or cholesterol naturally. And it is a complex carbohydrate that fuels your body and doesn’t add to your electrolyte imbalance in kidney failure. More reason to celebrate.

Rice provides folic acid as an enriched product, great for patients to help them maintain their levels. Rice also contains only about 100 calories in a ½ cup serving, so it’s an easy way to get extra calories if you are losing weight or can’t maintain your weight. You can feel full and have the calories you need. You can add a little olive oil and lemon pepper and have a great side dish without much work either.


Lemony Rice Pilaf

Portions: 8     Serving size: 3/4 cup
Ingredients
1/4 cup butter
1 cup onion, chopped
1 teaspoon garlic, minced
2 cups long grain white rice, uncooked
1/2 cup fresh lemon juice
1/4 cup fresh parsley, minced
1 teaspoon thyme
1/2 teaspoon basil
1/2 teaspoon dill weed
1/4 teaspoon ground black pepper
1/4 cup grated Parmesan cheese
2-3/4 cups low-sodium chicken broth

Preparation
Preheat oven to 350º F.
Heat butter or margarine over medium heat in a Dutch oven. When melted, add onion and garlic; stir frequently. After 2 to 3 minutes, add the rice, tossing grains well to coat with fat. Sauté for 2 minutes. Add lemon juice, parsley, seasonings, and parmesan cheese to rice. Mix well.
Heat chicken broth to a boil and add to rice mixture. Stir well. Cover with lid, and place in pre-heated oven. Bake for 20 minutes.
Remove from oven and fluff with two forks.
Garnish with dill weed or parsley sprig.

Renal and renal diabetic food choices
2 starch
1/2 vegetable, low potassium
1 fat
Carbohydrate choices
2-1/2

Helpful hints
In step #4, if broth is not boiling, the end product will be heavy and will stick to the pan.

Nutrients per serving
Calories 245
Protein 7 g
Carbohydrates 37 g
Fat 7 g

Clinic Stamp
Provided by: www.renaldiethq.com
Renal Diet Headquarters
PO Box 6554
Moore, OK 73153

You have permission to reprint the articles in this newsletter for patient use only.

To have your office added to our newsletter mailings—email us at admin@renaldiethq.com with your name and address.

If you would like more information on having a newsletter for your office—go to www.nickannypublishing.com

For advertising opportunities in our newsletter—email us at info@nickannypublishing.com

Free Patient Handout Inside!