



Going Back to You!



Promoting Home Dialysis and Transplant

Nov, 2020

Do you miss eating varieties of fruits and vegetables?

- If you choose to do dialysis at home, your diet might be liberalized!

Fruits & Vegetables High In

Potassium



Squash



Yams



Apricots



Avocados



Bananas



Lima Beans



Papayas



Mangos



Mushrooms



Spinach



Potatoes

FACT: due to having more frequent dialysis at home, you can get rid of excess potassium from your body more readily than in-center dialysis. You might be able to incorporate those high potassium foods into your daily diet again! In fact, some Peritoneal Dialysis patients need to take potassium pills daily to improve their potassium level!

*You may need to avoid eating sugary fruits or starchy vegetables if you are diabetic.

**Ask your team to talk to Home dialysis patients to learn more about their experiences and their diet!*

Ask any questions of your treatment choice to "Modality Expert Team (MET)" today!

Project Lead		Patient Family Rep.	
Social Worker		Patient Family Rep.	
Star Patient Care Tech		Home Champion	
Star Patient Care Tech		Transplant Champion	

