

Nephrotic Syndrome: Diet & Lifestyle Guide

Nutritious snack or meal = protein + fibre + healthy fat

e.g., meat, fish, tofu e.g., whole grains, vegetables, fruit e.g., dairy, nuts, seeds

Read nutrition labels on every food item

Avoid excess calories

Healthy fat <3 g per serving
Low cholesterol <2 mg per serving

Choose water over other drinks

Choose lean meats and remove skin/fat

Choose unsweetened and healthy fat options

Reduce salt

1-3 years old: <1500 mg per day
4-8 years old: <1900 mg per day
9-13 years old: <2200 mg per day
14-18 years old: <2300 mg per day
All ages: <120 mg per serving

Remove salt shaker from table and avoid adding salt

Flavor with herbs and spices

Choose fresh vs. processed foods

Nutrition Facts

Serving Size	...g
Amount	% Daily Value
Calories%
Total Fat ...g	...%
Saturated Fat ...g	
Trans Fat ...g	...%
Cholesterol ...mg	...%
Sodium ...mg	...%
Total Carbohydrates ...g	...%
Fibre ...g	
Sugars ...g	
Protein ...g	...%
Vitamin A	...%
Vitamin C	...%
Calcium	...%
Iron	...%
INGREDIENTS:	

Avoid foods where **salt, sodium, fat, oil, or sugar** are listed first

Increase fibre

High fibre >4 g per serving

Eat more fruit

Eat more whole grains

Eat more vegetables

Reduce sugar

Low sugar <8 g per serving
4 g = 1 tsp sugar
Sugar = sucrose, glucose, fructose, dextrose, corn syrup, honey

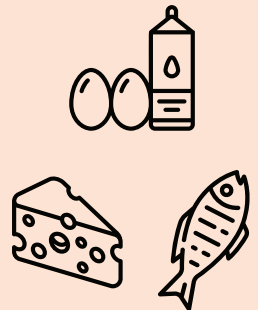
Replace sugary drinks with water

Limit foods with added sugars

You (your child) may require calcium and/or vitamin D supplementation

Foods high in calcium and vitamin D:

Milk and alternatives, including milk beverages, cheese, yogurt, kefir
Green vegetables
Nuts, seeds
Tofu, eggs, salmon
Whole grains



What else can I (my child) do to stay healthy?

Stay active

Minimum 1 hour per day physical activity (e.g., running, swimming) & weight-bearing activities 3 times week (e.g., walking, dancing)



Manage hunger

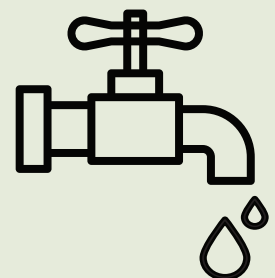
Eat 3 meals per day and have snacks between meals
Space meals and snacks 2-3 hours apart

Snack Ideas

- 1 piece of fresh fruit
- Fresh vegetables with healthy fat, low-sodium dip
Carrot and celery sticks + 2 tbsp hummus
- Yogurt parfait with plain greek yogurt, fresh fruit, and 1 tbsp granola
- 1-2 cups plain popcorn
- 1 healthy fat granola or cereal bar
- 1 slice whole grain bread with natural nut butter
- 6 whole grain crackers + 3 slices cheddar cheese
- 1/2 cup grapes + 6 almonds
- 1/2 mini pita bread with avocado spread
- 1/2 cup cottage cheese with berries

Drink prescribed volume of water

Fluid may be limited until you are (your child is) in remission



Diet & Lifestyle: Additional Resources

Diet

Canada's Food Guide

<https://food-guide.canada.ca/en/food-guide-snapshot/>

Exercise

Healthy active living: Physical activity guidelines for children and adolescents

<https://www.cps.ca/en/documents/position/physical-activity-guidelines>

For more information:

 Call the Nephrology Clinic at 416-813-7333



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Division of Nephrology