

# 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
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> ....	<b>...%</b>
<b>Total Fat</b> ...g	<b>...%</b>
Saturated Fat ...g	
Trans Fat ...g	<b>...%</b>
<b>Cholesterol</b> ...mg	<b>...%</b>
<b>Sodium</b> ...mg	<b>...%</b>
<b>Total Carbohydrates</b> ...g	<b>...%</b>
Fibre ...g	
Sugars ...g	
<b>Protein</b> ...g	<b>...%</b>
Vitamin A	<b>...%</b>
Vitamin C	<b>...%</b>
Calcium	<b>...%</b>
Iron	<b>...%</b>
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

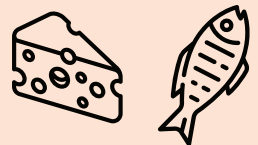
Replace sugary drinks with water

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