

# GOOD MEASURE MEALS

## RENAL MEALS FAQ

### **What is a renal diet?**

A renal diet is a pattern of eating that helps to maintain kidney health. This type of diet will be limited in protein, sodium, and potassium. When our kidneys do not function or filter properly, these types of minerals can build up in our body because we are not able to excrete them effectively. Limiting phosphorus, sodium, and potassium can help avoid fluid and mineral build up.

### **Are renal meals right for me?**

Our renal meals are customized for those diagnosed with End Stage Renal Disease or receiving dialysis. These meals may also be appropriate for those who are diagnosed with stage 1-3 kidney disease.

### **My doctor said I can't eat certain foods because of my kidney disease, but I see some of these foods in your meals.**

Open Hand does not plan meals based on eliminating certain foods. Instead, we carefully balance portion sizes to ensure potassium, sodium, and protein within appropriate amounts for healthy kidney function.

### **Is this low in sodium?**

Yes, we limit sodium to less than 655 mg of sodium per meal. When consuming 3 meals per day, this will keep your sodium intake under the daily recommendation for those with kidney disease (2000mg or 2g per day).

### **Is this low in potassium?**

Yes, we limit potassium to less than 643 mg of potassium per meal. When consuming 3 meals per day, this will keep your potassium intake under the daily recommendations for those with kidney disease (2000 mg or 2g per day).

### **Is this low in phosphorus?**

We limit the protein content of our renal meals, which helps to control for phosphorus content. Highest sources of phosphorus are often found in protein rich foods, which we monitor closely.

### **Can I order renal meals even if I do not have kidney disease?**

Yes, however, other meals may be more appropriate and less restrictive.

### **Do I have to have a prescription to order renal meals?**

No, you don't need a prescription to order the renal meals.

### **Can I order breakfast?**

Many of our breakfast choices are higher in protein, phosphorus, and potassium and do not currently align with recommended limitations for kidney health.

### **What can I have in addition to these meals?**

Check out our [blog](#) for some fun snack and recipe ideas!

### **How are these different from Healthy Balance meals?**

Our Healthy Balance meals incorporate consistent controlled carbohydrates and limit sodium. However, they do not control for potassium or protein containing food items. These meals may not be appropriate for those who have altered kidney function.

### **If I have diabetes and/or hypertension in addition to my kidney disease, are these meals right for me?**

Yes, our renal meal plan controls for both carbohydrates and sodium.

### **What happens if I have allergies/preferences/vegetarian?**

Our meals accommodate for certain food preferences and allergens. We are not an allergen-free facility. Our preferences allow you to exclude certain ingredients, and we also provide vegetarian options.

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**Schedule a FREE 10 minute consult with our Registered Dietitian Nutritionist to learn more!**