

## Heart Health Guidelines for Kidney Disease

These are general guidelines to help lower blood cholesterol levels for people with kidney disease. Talk to your dietitian about how they fit into your specific renal diet.

### CHOOSE HEALTHIER FATS

- Use healthier fats such as canola oil, soya oil, flax seed oil or olive oil.
- Choose non-hydrogenated margarine made from canola, olive or soya oil, example: Becel<sup>®</sup>, non-hydrogenated Canola Harvest<sup>®</sup> or Olivina<sup>®</sup>.
- Limit total amount of added fat to 2 tablespoons per day.
- Choose oils that include omega-3 fats such as canola, soya or flax oils and talk to your doctor about fish oil supplements.

### EAT LESS SATURATED AND TRANS FATS

- Avoid saturated fats such as butter, lard, shortening, hard or hydrogenated margarine, coconut milk, palm and coconut oil.
- Limit saturated and trans fats, which are present in foods with “hydrogenated oil” or “partially hydrogenated oil” or “shortening”.
- 90% of trans fats are found in commercial baked goods, snack foods and fast foods.
- Limit creamy sauces/regular salad dressings and regular gravy.

### CHOOSE LOWER-FAT DAIRY PRODUCTS

- Best choices: 1% or skim milk, yogurt or cottage cheese, part skim milk cheese (less than 20% M.F. or milk fat) and low fat sour cream.  
\*Note: Dairy products are high in phosphorus. If you are on a phosphate restricted diet; limit to one ½ cup serving per day.
- Rice drinks are a good milk substitute if you need to limit potassium or phosphorus, but choose non-enriched as the enriched versions contain phosphorus.

### SELECT LEANER CUTS OF MEATS, CHICKEN AND FISH

- Trim fat from meat and remove skin from chicken.
- Bake, broil, BBQ, grill, steam or microwave; avoid frying and deep-frying.

- Choose fish at least twice a week (fresh, frozen or low salt canned in water). Salmon, Mackerel, & Lake Trout are good sources of Omega-3 fats.
- Eat shellfish in moderation.
- Eggs are nutritious and like many foods should be eaten in moderation.  
Limit eggs to: \_\_\_\_\_ .
- Avoid: organ meats, bologna, salami, bacon, sausages
- and fatty cuts of meat.

## **LIMIT HIGH-FAT SNACKS AND DESSERTS**

- Limit: croissants, donuts, pastries, scones, biscuits, granola, commercial muffins, chips, cheezies, chocolates, cookies, ice cream, and regular microwave popcorn.
- Choose lower fat desserts like: angel food cake, homemade baked goods (lemon loaf & muffins), Rice Krispie® squares, sherbet, or sorbet.
- Try snacks like: air popped popcorn sprinkled with parmesan cheese, unsalted pretzels, unsalted crackers or bagel with cream cheese, vegetables with low fat dip, fruit, English muffin topped with a thin layer of peanut butter or homemade pancakes with applesauce.

## **INCREASE YOUR FIBRE**

Foods that are lower in potassium and phosphorus but are higher in fibre include:

- Fruits: canned pears or apple with the skin, berries (blackberries & raspberries), and rhubarb.
- Vegetables: boiled carrots, corn, peas, broccoli and green beans.
- Grains: oatmeal, limited Shredded Wheat®, Quaker Corn Bran®, Wheaties®, 60% whole wheat bread, light rye bread, Country Harvest Source One® or McGavins® “Smart” white bread.