

Guidebook for Patients with Chronic Kidney Disease: Nutritional care during COVID-19



Nutrição em Nefrologia
Grupo de Pesquisa em Nutrição Renal





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Instagram

<https://www.instagram.com/nutricaoemnefrouff/>



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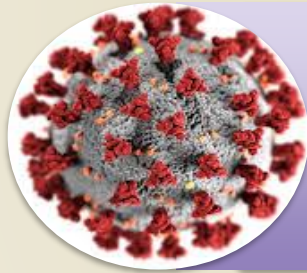
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Why is it important to keep your prescribed diet throughout COVID-19?



Blood pressure and blood glucose control are necessary to prevent the progression of renal disease!



The **NEW CORONAVIRUS** may worsen the inflammation!



People who have hypertension, diabetes and chronic kidney disease are high **RISK GROUPS!**

PREFER: Whole foods like fruits and vegetables, rice, beans, and lean meats, fish and poultry. Keep yourself well hydrated with water.

LIMIT: The amount of foods rich in protein such as meats, eggs, milk and dairy products and salt, according to your diet.

AVOID: Highly processed foods, sausages, cold cuts, canned foods, sugar-sweetened beverages, and sweets.

A healthful diet can regulate blood pressure and blood glucose, as well as improve immunity!



TIPS TO IMPROVE YOUR IMMUNITY



Turmeric: it can be used in cooking.



Use one Brazil nut per day.



Diet rich in fresh fruits and vegetables.



Vitamin C: 2 oranges daily reaches the recommended.



Propolis: it can be diluted with water.



Vitamin D: sun exposure for 15 min/day.



Vitamin D: eat salmon, egg yolk, mushrooms.

Always consult your dietitian

FOOD AND FOOD PRODUCTS TO LIMIT OR AVOID

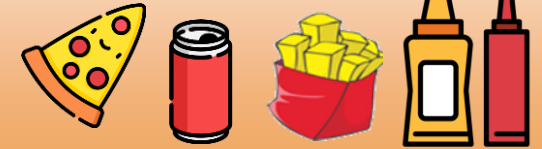


Salt

In excess



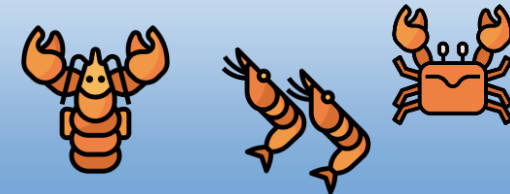
Processed Foods and Products



Sausages



Shellfish

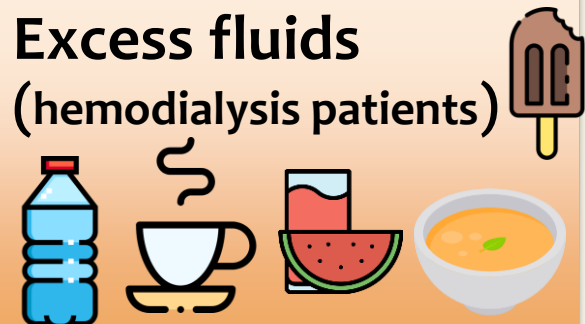


Sweets



Excess fluids

(hemodialysis patients)



CONTROLLING POTASSIUM IN YOUR DIET



REDUCING POTASSIUM IN POTATOES

1. Wash, peel potatoes, and cut them in small pieces. Put in the pan with water to cook.

2. Boil for 15 minutes.



3. Throw away the cooking water, add fresh water and continue cooking for using only the already cooked food.



CARE ON THE WAY TO THE HEMODIALYSIS CLINIC



The patient should, when possible, go alone to the dialysis clinic.

In the vehicle used to transport patients, 70% alcohol gel for hand hygiene should be available.



The public transport driver must be adequately guided by a health team, about shift care.



On arriving at the clinic, the patient should store the mask used in a plastic bag different than the plastic bag containing the clean mask to be used at the exit of the clinic.

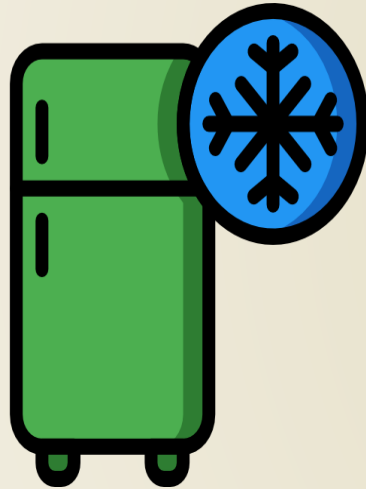


The patient must wear a mask from home to arrival at the clinic.

Transport windows must be open for increased air circulation.



ADAPTING THE FOOD I HAVE AT HOME



What to do to avoid unnecessary trips to the grocery store?



How to store food safely at home?





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How to make vegetables last a long time?

Have you tried to freeze vegetables but when you defrost the vegetables they are dark and soft?



The solution is simple: **Blanch** the vegetables!



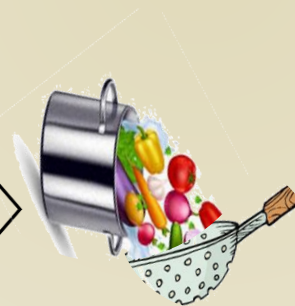
How to blanch vegetables?



1) Cut the vegetables in small pieces.



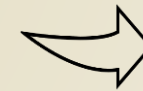
2) Put them in boiling water for about 2 - 3 minutes!



3) Drain the vegetables!



4) Put them in a bowl filled with ice to stop the cooking!



5) Put the vegetables in plastic bowl or freezer bags and freeze them!

What can be frozen?

Fruits



Vegetables



Sauces and Purees



Herbs like parsley, coriander, chives, basil and rosemary



Meats



Cooked beans



Breads and Cakes



How to defrost?



- Take the food out of the freezer and put it in the refrigerator until it defrosts.
- Small portions can be directly cooked, without defrosting.



IMPORTANT!

- Do not defrost the food at room temperature.
- Defrost the food in the refrigerator or under cold running water.
- DO NOT REFREEZE FOOD THAT HAS BEEN DEFROSTED!

Tips!

Fruits



- Freeze the fruits already chopped in a bowl.
- Use to make juice or a smoothie.

Beans



- Wait until the food cools down before freezing.

Herbs



- Put the chopped herbs in ice molds, cover with cold water and freeze. After freezing, put the cubes in freezer bags.
- Important! Rosemary, sage and thyme should not be chopped. Keep it with a short stem.

ORGANIZATION LIST

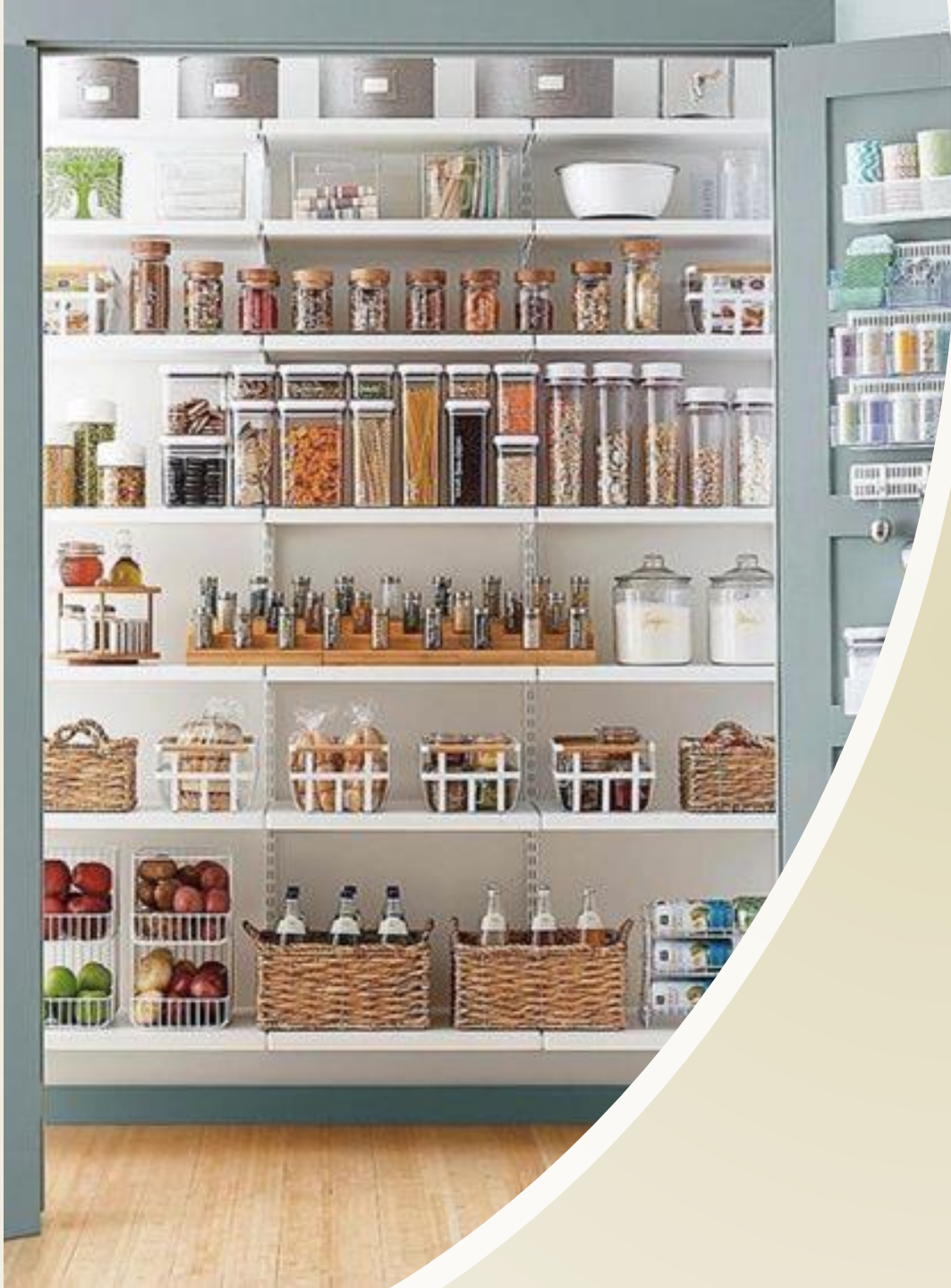
DO YOU KNOW WHAT YOU HAVE AT HOME?

1. Go to your cupboard/ refrigerator.

2. Make a list of the foods available.

3. Remove the food with an expiration date!

That's the start to conquering success in your planning!



Organizing your space:

Start with your food pantry!

Next to the expiration date?
Put it in the front, so you'll
use it first!

Group similar foods!

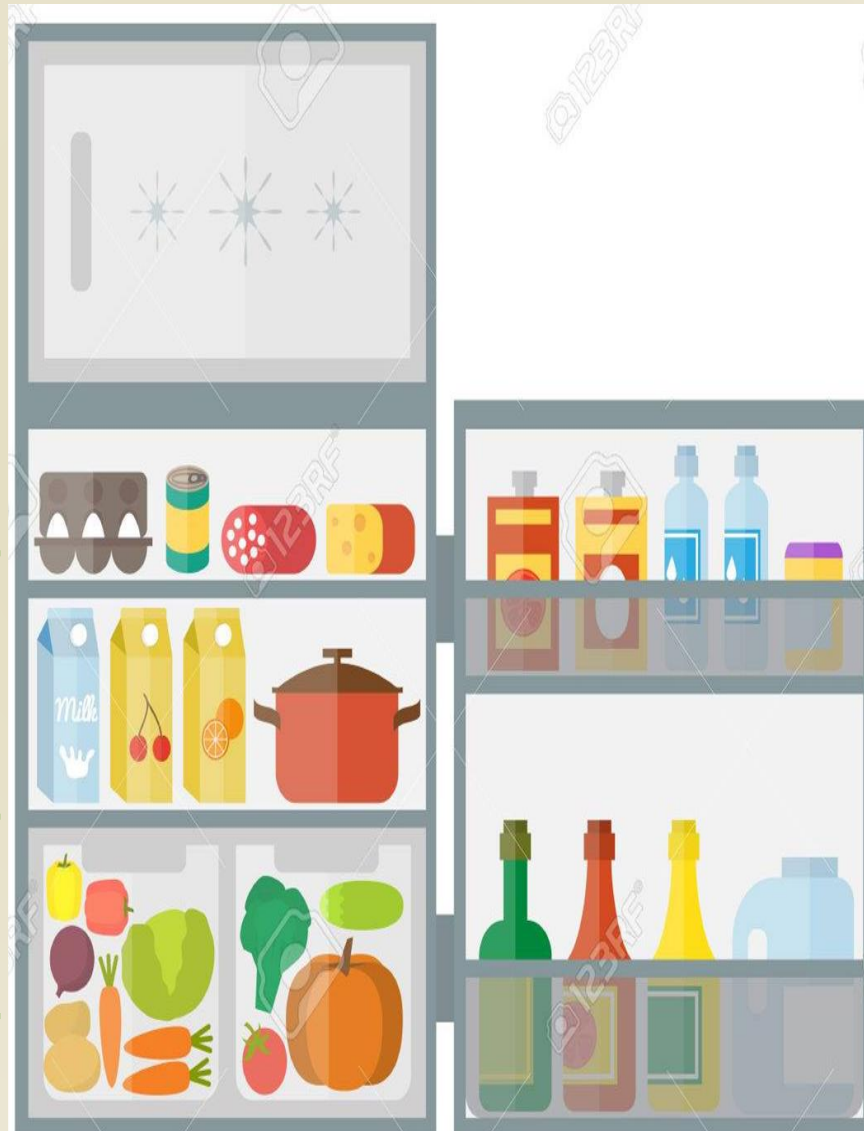
Organizing your refrigerator space

Choose the right place to keep your food; it will last longer!

Dairy and eggs

Pre - prepared, prepared or defrosted foods

Fruits and vegetables



Milk, juice and beverages

Storage Time

REFRIGERATED

Sauces

- 20 to 30 days

Milk

- Depends on expiration date

Eggs

- 15 to 30 days

Soups and Cooked meats

- 2 to 4 days

Cheeses

- 3 days

Prepared food

- 1 to 3 days

Vegetables and fruits

- 3 to 7 days

Vegetables

- 2 a 3 days



FROZEN

Cheeses

- 1 month

Breads

- 2 months

Meats

- 3 months

Sauces

- 6 months

Fruits

- 3 months

Vegetables

- 3 months

Prepared food

- 1 month



Time to go grocery shopping!



Wear your mask in the right way

Great tips for your health and the economy!

- Make a grocery list before you go.
- Do not go to the store hungry.
- Avoid buying foods that are not on your list.



If possible, use debit cards to pay.



Practice social distancing
(6 feet)

COVID-19 can be transmitted through foods?

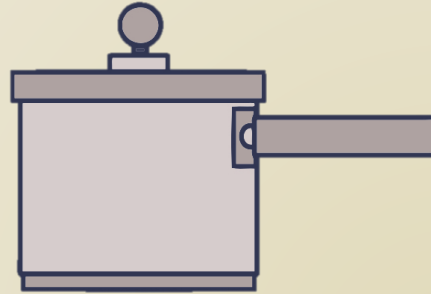


- The contamination by the virus can occur:**
- According to the Centers for Disease Control and Prevention, it seems unlikely that the virus can be transmitted through food.
 - There is low risk of spread for food products in packaging.
 - It is important to wash your hands for 20 seconds with soap and warm water. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

PERIOD OF TIME THAT CORONAVIRUS LASTS ON SURFACES



Plastic
3 days



Stainless steel
2 - 3 days



Cardboard
1 day



Aerosols/Dust
40min – 2:30hours

**PATIENTS WITH KIDNEY DISEASE ARE INCLUDED IN THE
AT RISK GROUP, SO DON'T TAKE A CHANCE!**

Do I have to sanitize food packages after shopping?



NOTE: There is no evidence of food or food packaging spreading COVID-19.

However, if you wish, you can wipe down your groceries and let them air dry.

Practice these food safety guidelines to help prevent foodborne illnesses:

Fruits and vegetables



Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Scrub firm produce (such as potatoes) with a clean produce brush. For canned products, clean the lids before opening.

Meat, poultry, eggs, and seafood



When you return home after grocery shopping, refrigerate or freeze meat, poultry, eggs, seafood and other perishable fruits and vegetables within 2 hours.

Attention!

Wash your hands with water and soap or an alcohol gel before and after touching food.



How to sanitize your kitchen area?

- Regularly clean and sanitize the kitchen counters using a commercially available disinfectant or a “do it yourself” (DIY) sanitizing solution made with 5 tablespoons unscented liquid chlorine bleach and 1 gallon of water OR 1 teaspoon of bleach in 1 quart of water.

NOTE: Do not use sanitizing agents on food.



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Pictures:

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- Freepik

