




Renal Smart Program


The aim is to make the renal diet simple enough for everyone, yet still effective.

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" A renal protective diet - The emphasis on being Practical"

Hemodialysis

Focus Areas

1. Know your numbers!

What is your protein load?
Navigating portions

2. Salty Habits - Cutting back

3. The Phosphate-8

4. Dealing with potassium problems

5. Blood sugar

What's the big deal?
What is effective?
Clever carb planning

Peritoneal Dialysis

Phase 1: Manage your bowel above all.

Phase 2: The 5 basic Renal Rules.

Session Structure

Initial appointment: 45 - 60minutes

Follow-up appointments: 30minutes

Online  **consults available!**