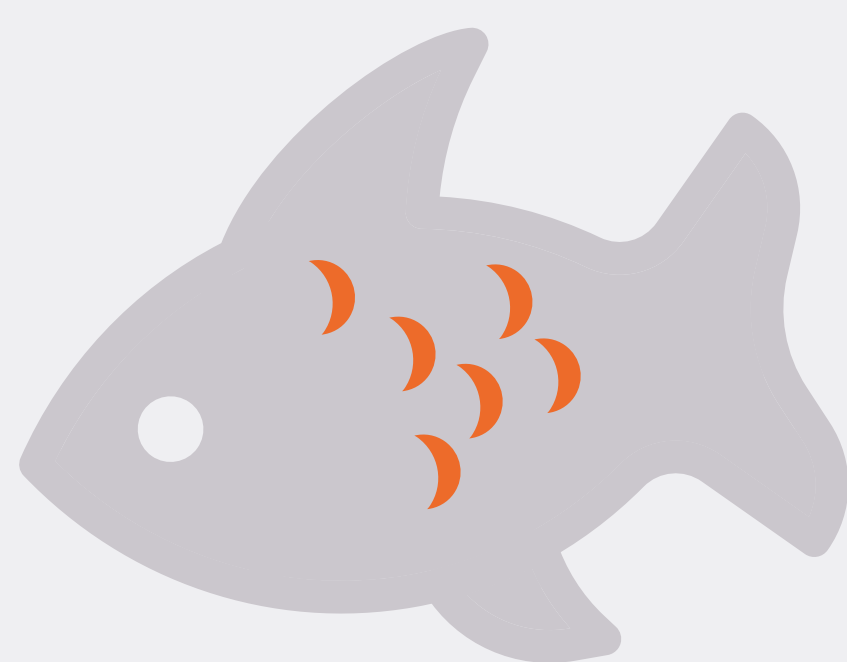


NUTRITION



PROTEIN

1g/dL = 3x

decrease
in serum albumin

increase
in risk of RKF loss¹



MINERALS

Maintain according to guidelines:

Potassium **3.5-5.5mg/L²**

Calcium **8.4-10.2mg/dL³**

Phosphorus **2.5-4.5mg/dL³**



FIBER

90%

of PD patients consume
less than recommendation⁴



Each 1 g/day of dietary fiber intake
correlated with an 11% lower risk of major
adverse cardiovascular events.⁵

www.AdvancingDialysis.org

1. Yamada S, Kawai Y, Tsuneyoshi S, et al. Lower Serum Albumin Level Is Associated With an Increased Risk for Loss of Residual Kidney Function in Patients Receiving Peritoneal Dialysis. *Ther Apher Dial*. 2020;24(1):72-80.

doi:10.1111/1744-9987.12861

2. Moon Wang AY, Brimble KS, Brunier G, et al. ISPD cardiovascular and metabolic guidelines in adult peritoneal dialysis patients part I – assessment and management of various cardiovascular risk factors. *Perit Dial Int*. 2015;35(4):379-387.

doi:10.3747/pdi.2014.00279

3. Raimann JG. Handbook of Dialysis Fifth Edition by John T. Daugirdas, Peter G. Blake and Todd S. Ing. Philadelphia, PA: Lippincott Williams & Wilkins, 2014, 900 pp. (ISBN-13: 978-1451144291). Daugirdas JT, Blake PG, Ing TS, eds. *Hemodial Int*. 2015;19(4):609-610. doi:10.1111/hdi.12322

4. Erthal Leinig C, Pecoits-Filho R, Kunii L, et al. Low-Fiber Intake Is Associated With High Production of Intraperitoneal Inflammation Biomarkers. *J Ren Nutr*. 2019;29(4):322-327. doi:10.1053/j.jrn.2018.10.013

5. Wang AYM, Sea MMM, Ng K, et al. Dietary Fiber Intake, Myocardial Injury, and Major Adverse Cardiovascular Events Among End-Stage Kidney Disease Patients: A Prospective Cohort Study. *Kidney Int Reports*. 2019;4(6):814-823.

doi:10.1016/j.ekir.2019.03.007