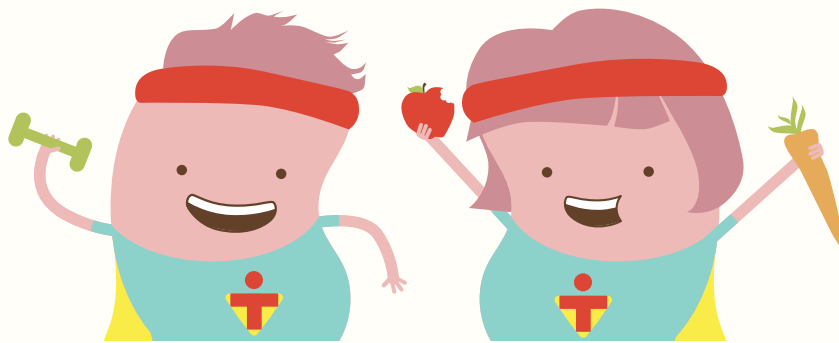
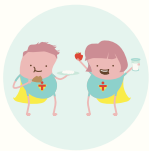


HEALTHY KIDNEYS HEALTHY EATING



PRE-SCHOOL LEVEL



SCHOOL AGE LEVEL



ADOLESCENT LEVEL



RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance
4. Connections
- 5. HEALTHY EATING**
6. Being Active
7. Taking Medicines
8. Healthy Blood
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14. Family Coping Resources
15. My Coping Resources
16. Glossary







HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

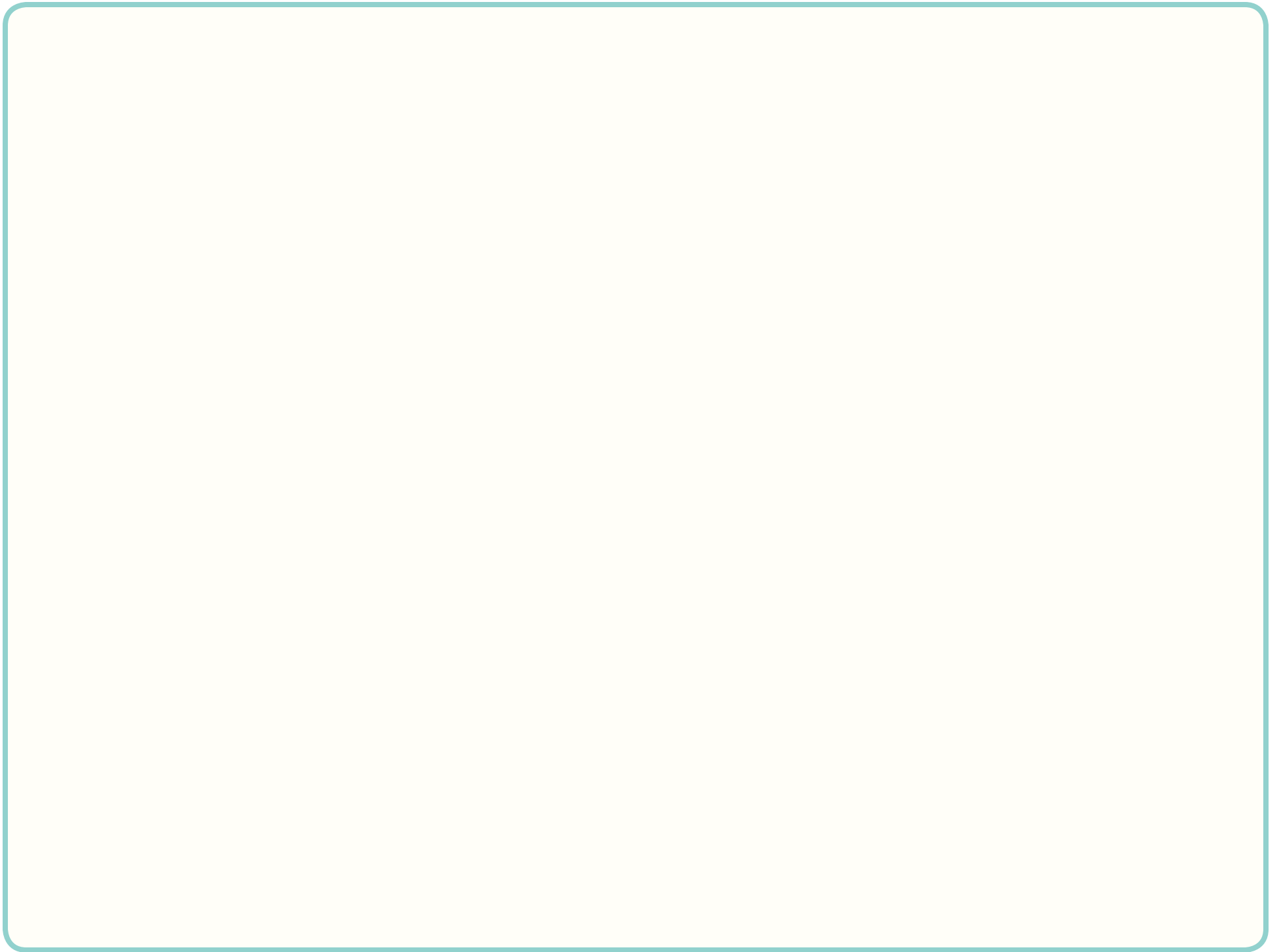
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

SCHOOL AGE LEVEL

ADOLESCENT LEVEL



HEALTHY EATING

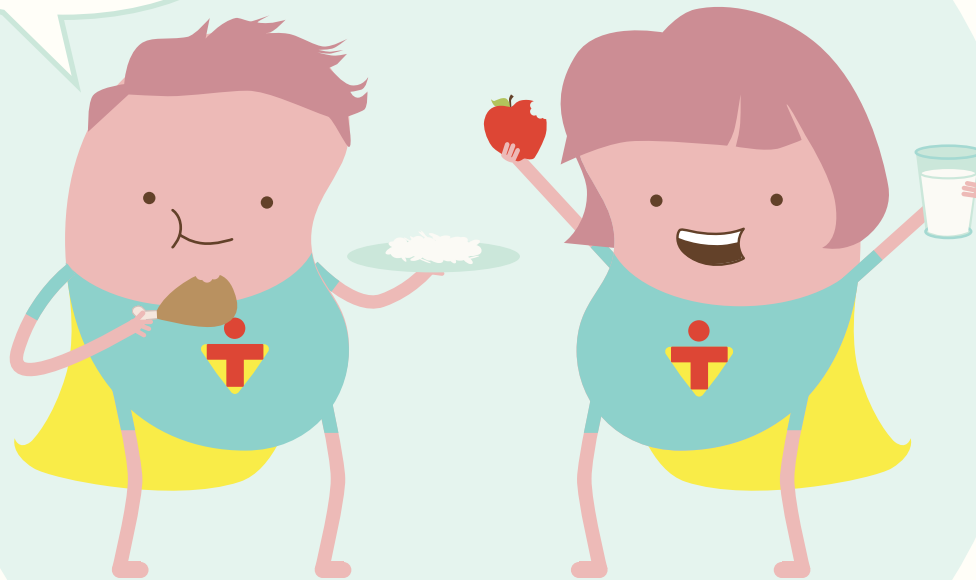
PRE-SCHOOL LEVEL

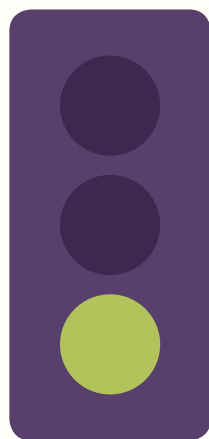


RESOURCES MENU

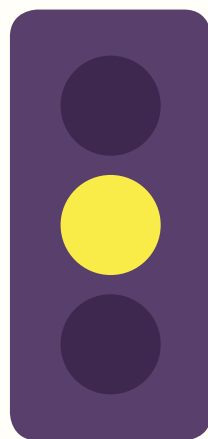
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Hello! We are the
Kidney Twins!

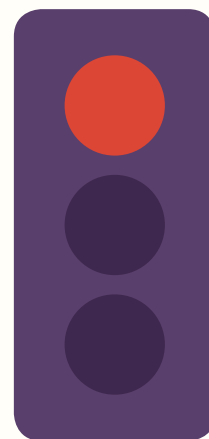




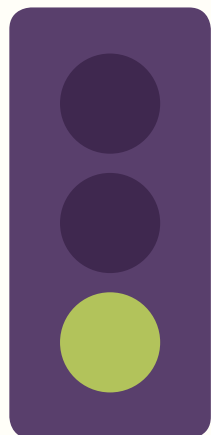
ALWAYS



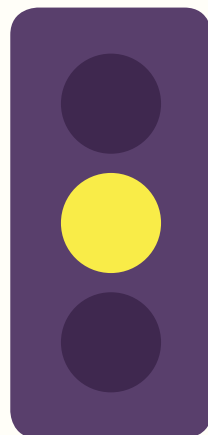
SOMETIMES



DON'T EAT



ALWAYS



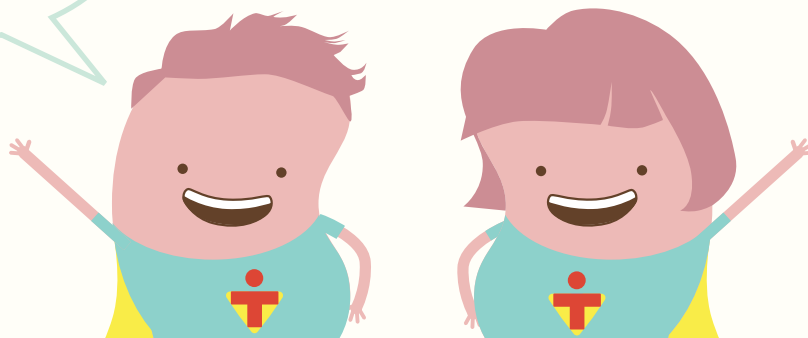
SOMETIMES

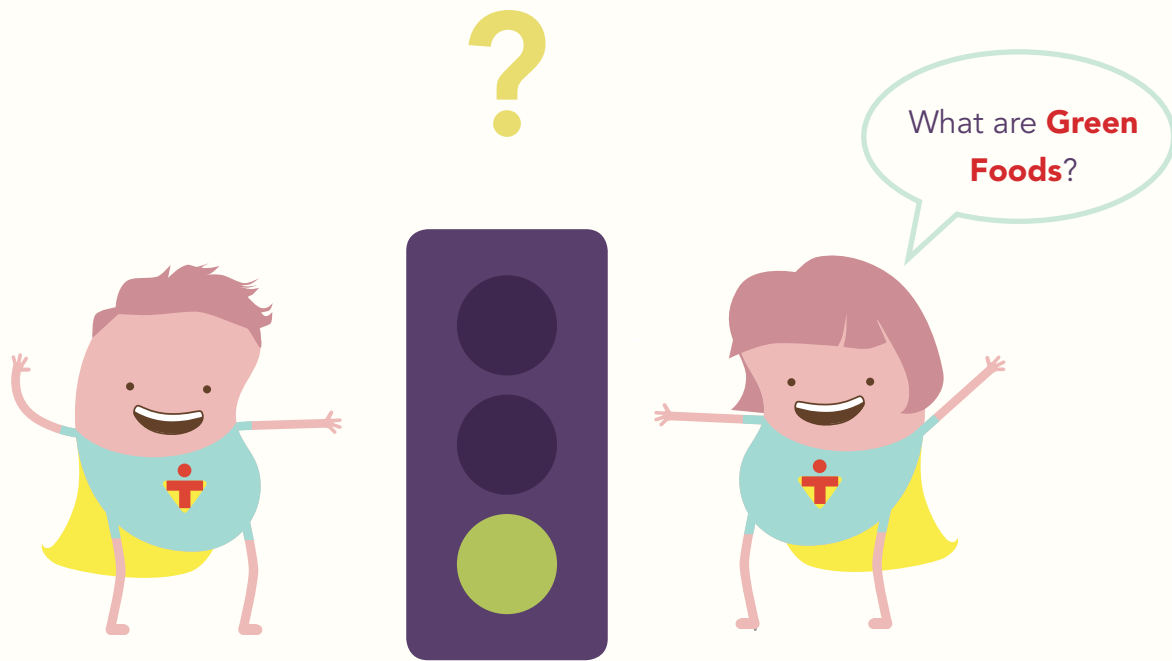


DON'T EAT

- Green: Always Foods
- Yellow: Sometimes Foods
- Red: Don't Eat Foods

We can put foods in different groups!



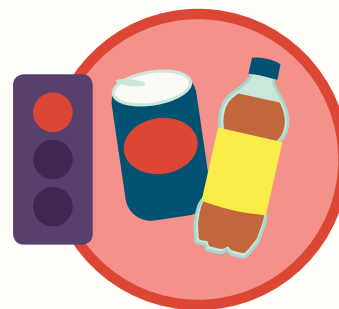
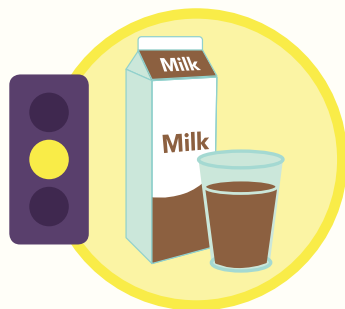




Green Foods are **Whole Foods!**

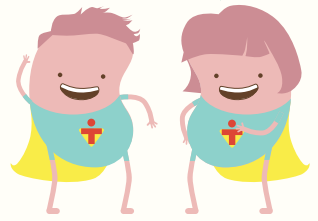


Milk and **water** are the best things to drink!
They help us feel good so we can play and have fun!





Let's pick some foods and drinks that help us be strong and feel good!



UP NEXT: SCHOOL AGE LEVEL

HEALTHY EATING

SCHOOL AGE LEVEL

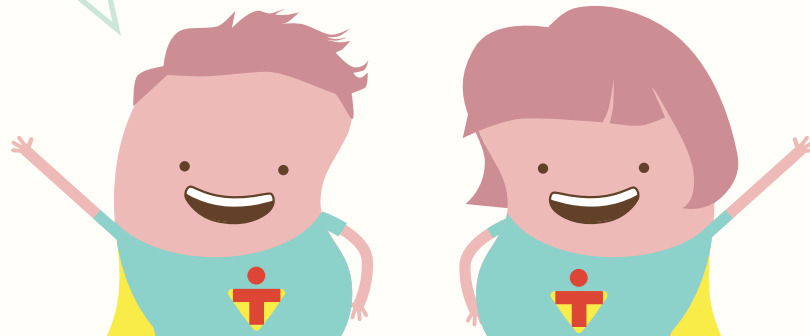


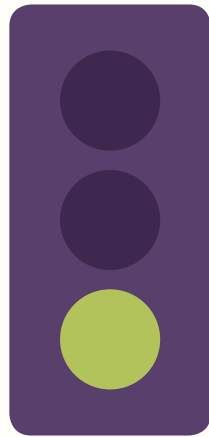
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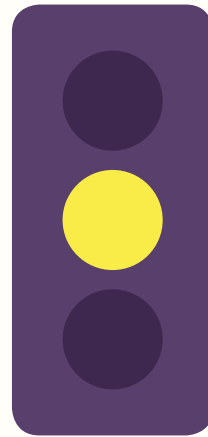


Hi again! What foods and drinks do **you** like?

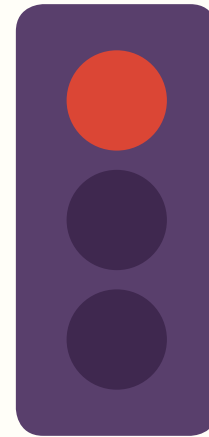




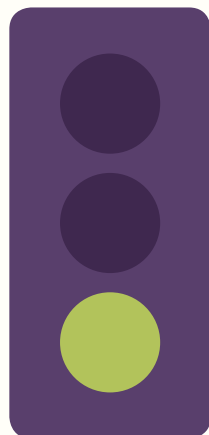
ALWAYS



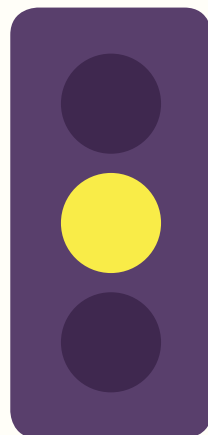
SOMETIMES



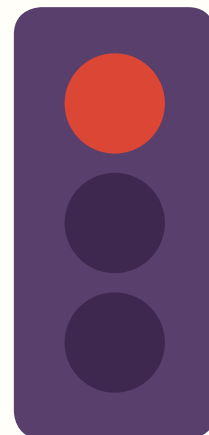
AVOID



ALWAYS



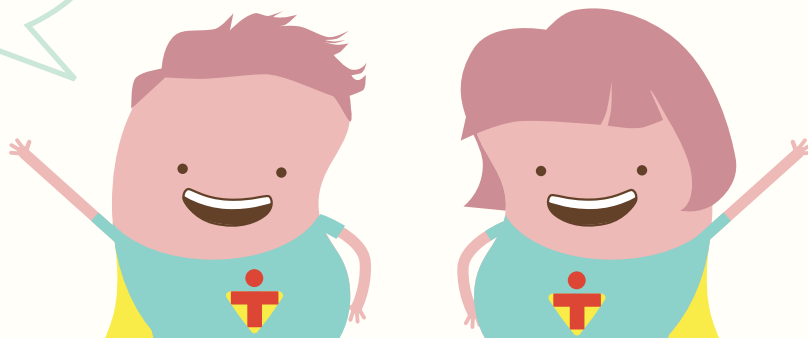
SOMETIMES



AVOID

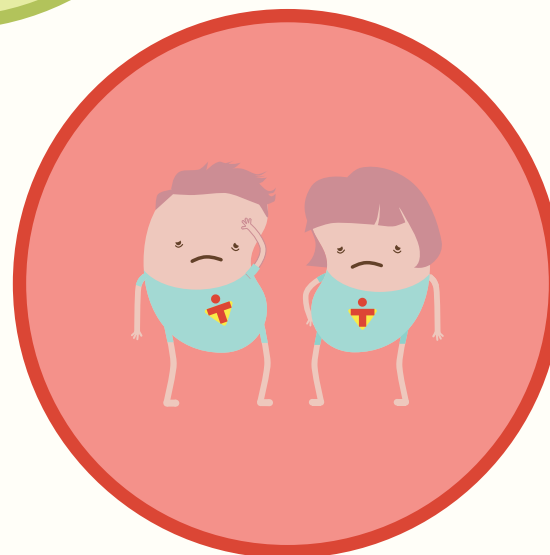
- Green: Always Foods
- Yellow: Sometimes Foods
- Red: Avoid Foods

We can put foods in
different groups!





?



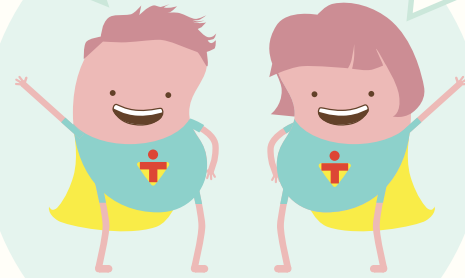


Green Foods are **Whole Foods!**

Whole Foods have lots of different **nutrients** our bodies need!

When we eat healthy
Whole Foods, we feel great!

Yup, home-made
is the best!





YELLOW: Sometimes Foods (**Processed** and **Pre-Seasoned Foods**)



RED: Avoid Foods (**Junk Foods**)





Nutrition Facts

Serving Size 1 cup (236 ml)
Servings Per Container 1

Amount Per Serving		% Daily Value
Calories 80 Calories from Fat 0		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol Less than 5mg		0%
Sodium 120mg		5%
Total Carbohydrate 11g		4%
Dietary Fiber 0g		0%
Sugars 11g		
Protein 9g		17%
Vitamin A 10%	Vitamin C 4%	
Calcium 30%	Iron 0%	Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Food labels have lots of information on them. Your parents can meet with the **Dietitian** to learn more.

It's best to eat meals with other people.

Especially people you care about!



Healthy food is everywhere but so is junk food! We really need our family's help to eat the healthy foods that make us strong and feel good.



When we eat Whole Foods,
our bodies are healthy and we
feel great!



What's good for me is
good for my whole family. It
helps if we just don't have junk
food in the house!



UP NEXT: ADOLESCENT LEVEL


HEALTHY EATING

ADOLESCENT LEVEL



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Have you heard people talk about “Whole” Foods?



Aren't all foods **Whole Foods**?

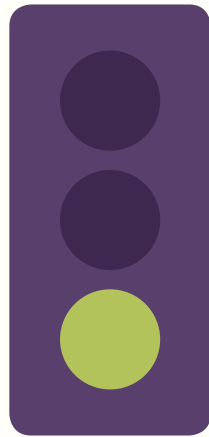
No. Whole Foods have many of the different **nutrients** we need. Whole Foods help us have energy, sleep well, play sports, hang out and feel good.



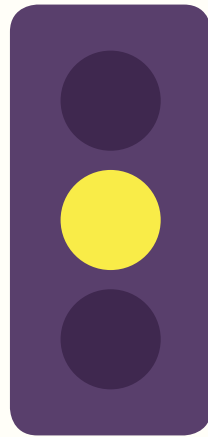
Whole Foods come from plants and animals.

Yeah, things like vegetables, fruits, nuts, milk, eggs, and meat from the store, fishing or hunting.





ALWAYS



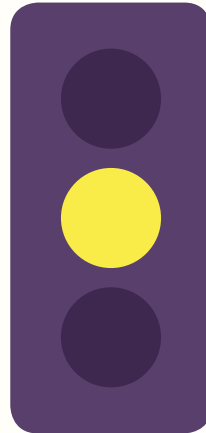
SOMETIMES



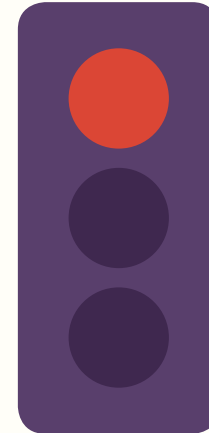
AVOID



ALWAYS



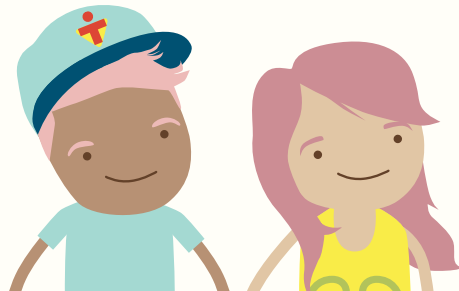
SOMETIMES



AVOID

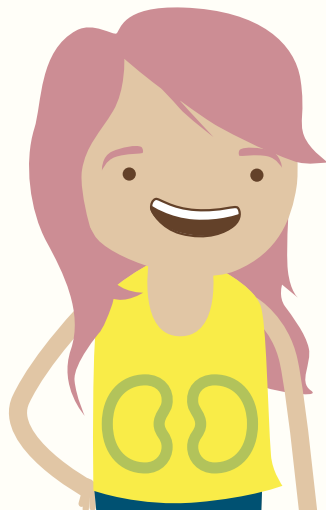
- Green: Always Foods
- Yellow: Sometimes Foods
- Red: Avoid Foods

We can put foods in different groups!





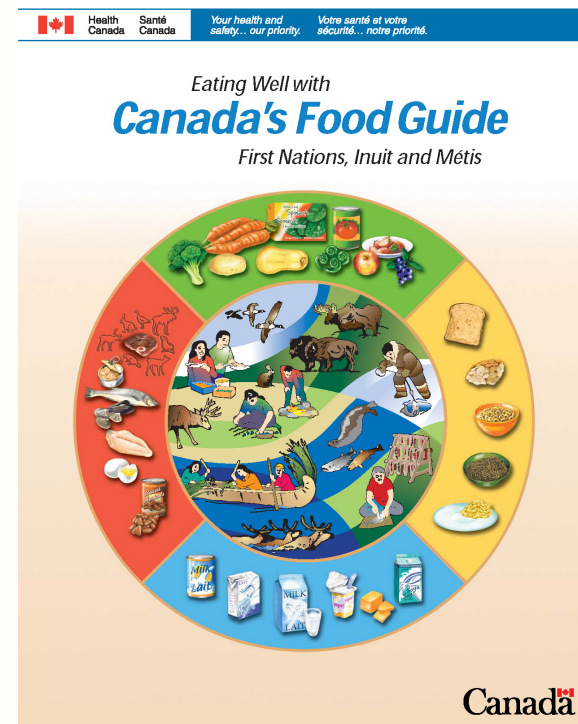
Green Foods are Whole Foods!
Green Food has lots of different
nutrients our bodies need!



Eating is actually about making sure our body gets the different ingredients it needs to work well.

So all the different nutrients I need come from Whole Foods. How do I find out what food has all these different nutrients?

You can find the nutrients and **portion sizes** in the Canada Food Guide! We talked about it in school this year.

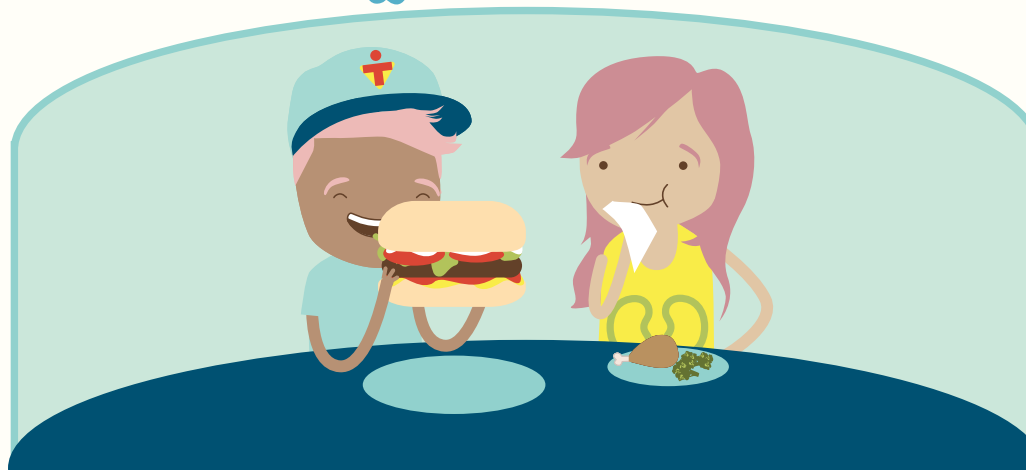


Have you heard of "**portion distortion**?"

I bet that means when over-sized amounts of food start to look normal. So then we probably eat too much.

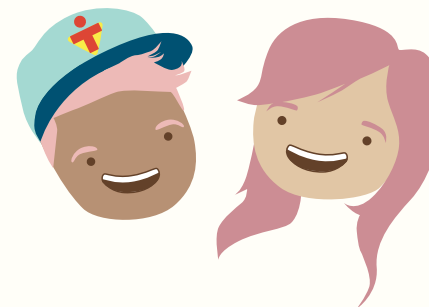
Exactly. Be aware of what portion sizes are. Using smaller plates helps with that.

If you want to learn more, the **Dietitian** is the person to talk to!



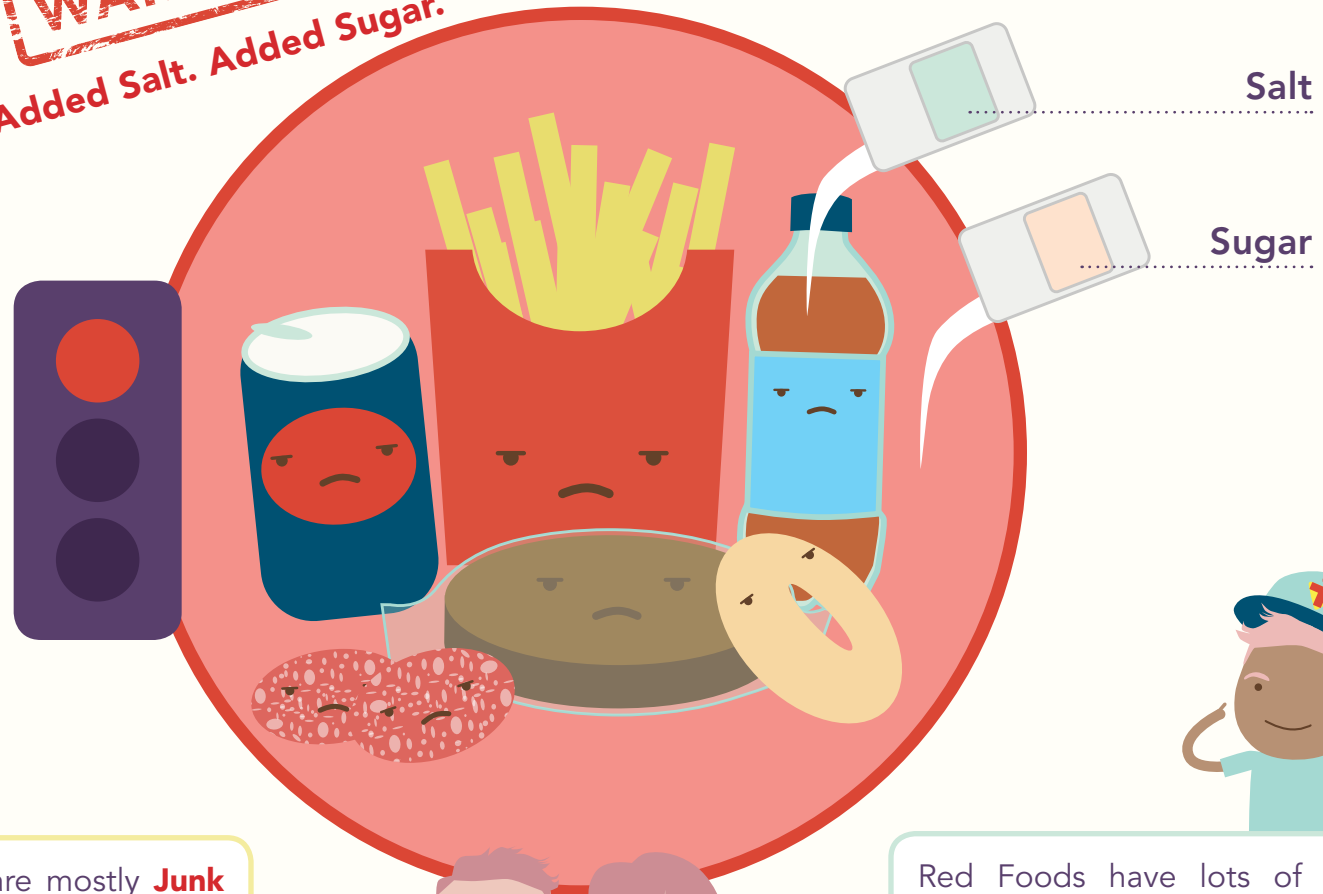


Yellow Foods are **Prepared** or **Pre-Seasoned Foods** that often have more **sugar** and **salt**.



Yeah, and lots of the nutrients we need get removed in processing. So Yellow Foods are Sometimes Foods.

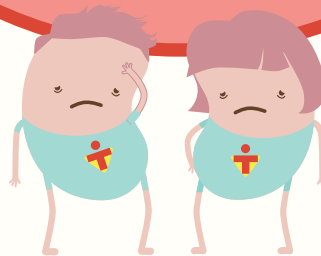
WARNING
Added Salt. Added Sugar.



And **Red Foods** are mostly **Junk Food** and are highly **processed**. There aren't many nutrients your body needs in Junk Food.



Red Foods have lots of sugar, salt, preservatives and artificial ingredients. They just aren't good for you!



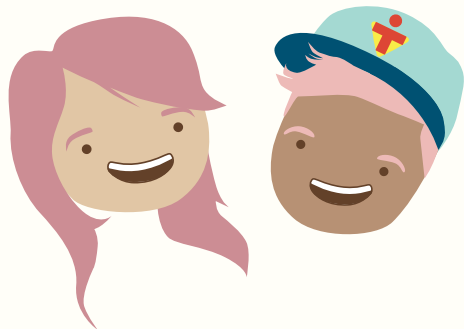
Protein is an important nutrient our bodies need.

Protein. That's what you get from meats like fish and chicken.

Yes, but not just meats. You can also get protein from eggs, milk, nuts, seeds and legumes – these are all Green Foods.

Those all sound expensive.

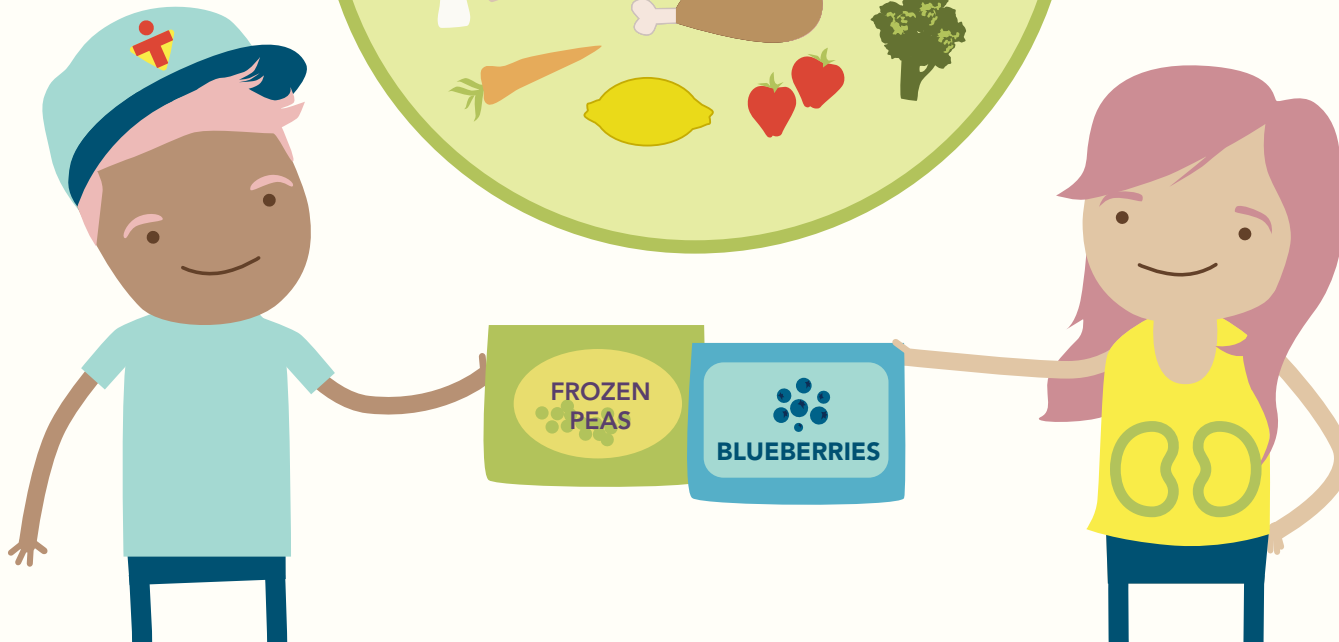
Protein doesn't have to be expensive. Especially because your body really doesn't need that much protein.



Fruits and vegetables are Green Foods too. People are always talking about making sure I eat enough fruits and vegetables.



Fruits and vegetables don't always have to be fresh. Frozen vegetables and fruit can be a really good choice.



Canned vegetables and fruits can be ok as long as there is not a lot of salt or sugar added.

So I need to check the **food label** for salt and sugar.



Nutrition Facts

Serving Size 1 cup (236 ml)
Servings Per Container 1

Amount Per Serving	% Daily Value
Calories 80	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 20mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



If you need help, talk the Dietitian!

Fibre is important!



Isn't fibre what we always hear old people should eat? Are you sure that's right for me?



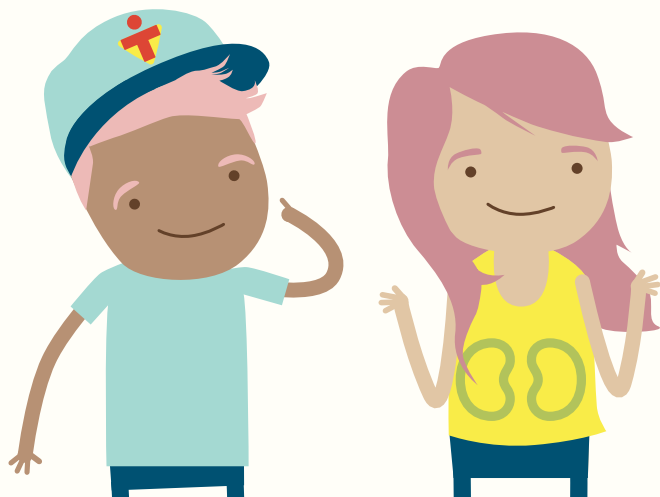
You bet! Fibre is important for us too. Fibre is in lots of Whole Foods especially if you eat the vegetables and fruits with the skins on.

What about drinks?

Canned and bottled drinks often have lots of added sugar or sweeteners. The added sugar and sweeteners aren't good choices!

So you have to make sure and check the ingredients for added sugar or sweeteners?

Yes. But if you like the taste of fruit juices, then you are better off just eating the whole fruit.



And what about **water**?



Yes, water is the best! And milk is important too!



OK, so one of the hardest things for me is when my friends want to go out and eat. How do I choose the healthiest foods?

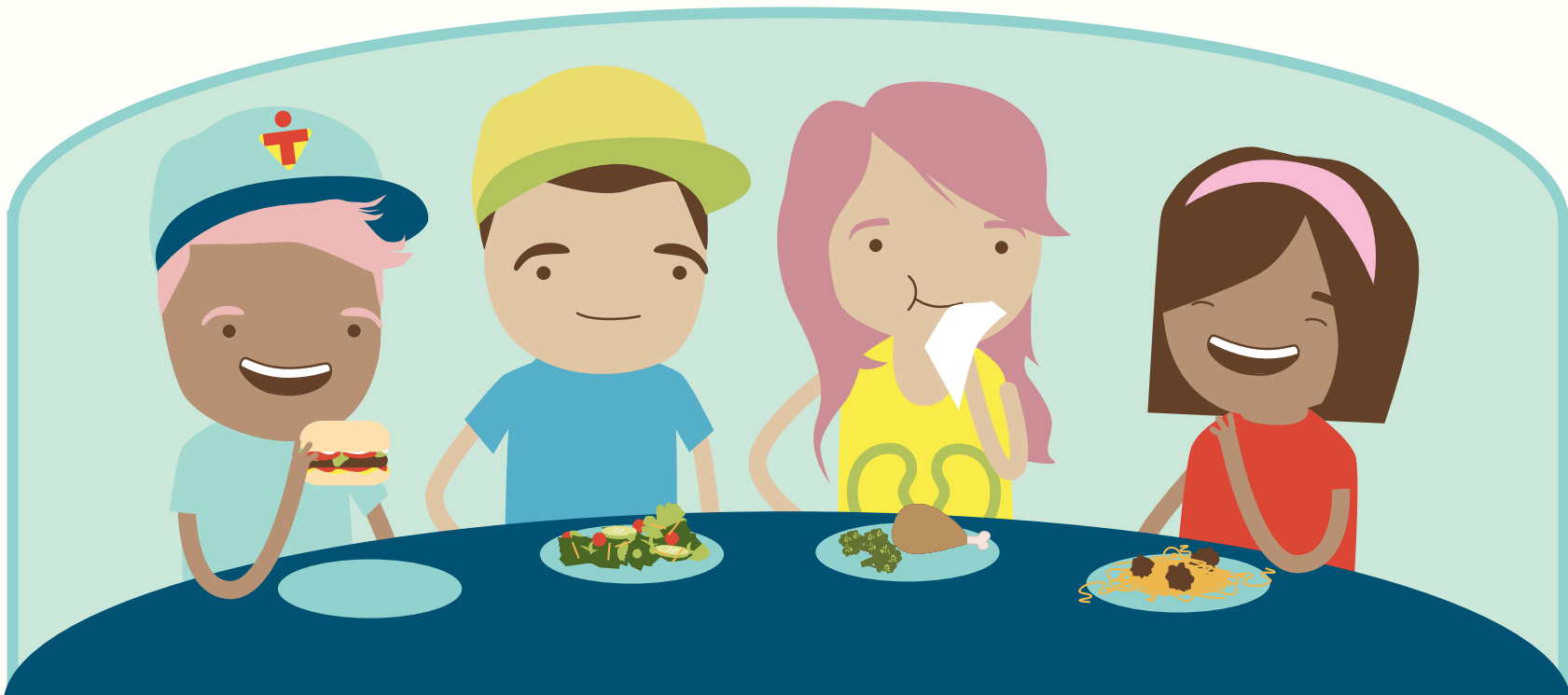
Look for the healthy options on the menu. If there aren't any "healthy choices" listed, try asking the server!



When you are eating at home or eating out, use the ideas we have been talking about.

You mean, choose Green Foods first, Yellow Foods next and avoid Red Foods?

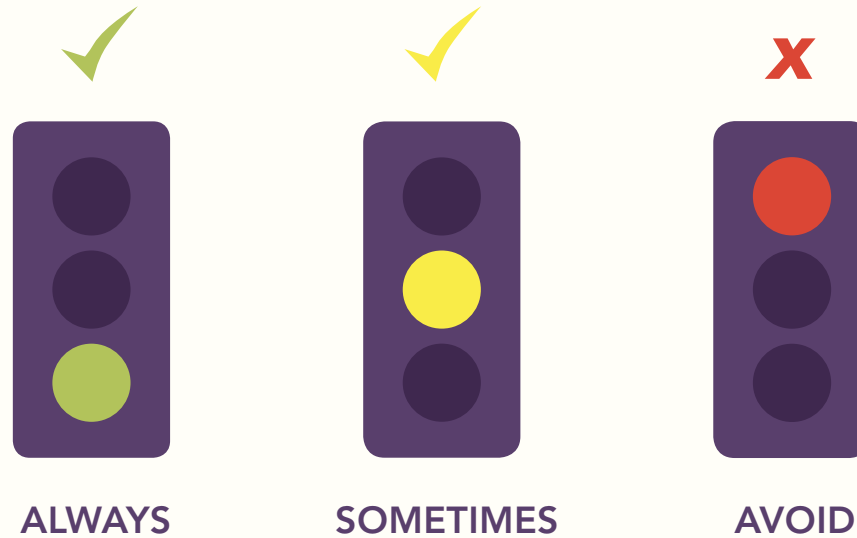
That's it! And remember portion sizes.



The best way to eat is with with people I care about. It makes it easier to have healthier eating habits.

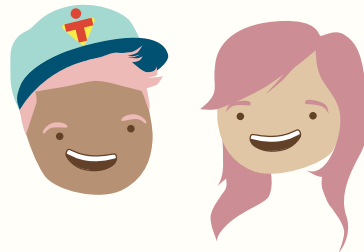
What's good for me is good for my whole family. It helps if we just don't have junk food in the house!





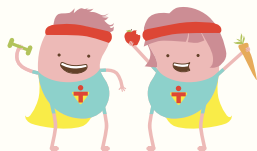
Ok, so let me think about Green / Yellow / Red Foods. I should eat mostly from Green Foods, sometimes from Yellow Foods and avoid the Red Foods?

Awesome! You've got it figured out.





HEALTHY KIDNEYS



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>