

# HEALTHY EATING

PARENT AND CAREGIVER RESOURCE

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### NOTES

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How we eat, what we eat and why we eat is complex.

For example, we eat for different reasons: to be social, because we are hungry and because eating makes us feel good. We all need to think about eating to help our bodies do all the things we want them to do. This means we need to think about eating **nutrients**. Nutrients are all the different ingredients our bodies need. We can think of our body like a machine: we have to put the right amounts of the right things into it for it to work well.

Your child's **Kidney Health Team** is suggesting you and your family eat **Whole Foods** as much as you can. Whole Foods comes from plants and animals. Whole Foods are mostly fresh or frozen and are not prepared food or prepared meals. Whole Foods do not have a lot of added sugar, salt, preservatives or artificial ingredients.

It can be helpful to think about putting foods in three groups using traffic light symbols to help your family

make the best choices for your health.

**Green Foods** are Whole Foods: foods we should choose first. Just remember to watch **portion sizes**. Green Foods come from plants and animals and have lots of good nutrition for our bodies. Fresh or frozen fruits and vegetables are great choices.

**Yellow Foods** are **Processed** and **Pre-Seasoned Foods**. These are foods we should choose only sometimes because they give our bodies less nutrition than Green Foods. Processed foods usually have lots of added ingredients such as **salt** and **sugar**.

**Red Foods** are foods to avoid. These are foods that have very few nutrients our bodies need. Often Red Foods are **Junk Food** and are high in **calories** and low in nutrients.

With the types of foods available today, it is very easy to get too many calories and not enough

## HEALTHY EATING

nutrients. Hitting a good balance between calories and nutrients is important for our bodies to be strong and work well. If we eat and drink more calories than we use, we gain weight.

We want to choose our foods and drinks to give our body the nutrients it needs to be healthy.

You probably already have some strategies for how to eat in your house. What do you do now?

### HERE ARE SOME OTHER IDEAS:

Try to bring as much healthy Whole Food into the house as possible. The foods that are in the house are the foods that the family will eat. The best way to avoid junk food is not to have it in your house at all.

Everyone in the family can eat nutritious Whole Foods, not just your child with kidney disease.

Talk to your parents, friends and other relatives about your family needing to eat healthy Whole Foods. Ask them to help you and your family be healthier. The more people supporting you and your family, the better.

Make healthier food more convenient: wash and cut up vegetables and put them in the fridge. Use frozen fruits and vegetables if you are short of time.

Plan your family meals and lunches. Start small. Ask your kids to help you plan a healthy meal this week or meals for one day this week if this is new. Make the shopping list for that week. Next week, plan for more meals.

If you need more help with this, talk to your Kidney Health Team and they will help you connect with a **Dietitian**.

Think about how your family eats: eating meals at regular times all together helps everyone eat more healthily.

### WEB BASED RESOURCES

<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> Click on the Letters A-Z to find information on health related topics

<http://www.caringforkids.cps.ca/> Click on a variety of topics at the top of the website for general information to parents about child health. From the Canadian Pediatric Society

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

<http://www.theglobeandmail.com/life/health-and-fitness/health/brazil-takes-an-unambiguous-new-approach-to-fighting-fat/article17496796/>

[https://www.zisboombah.com/kids\\_home](https://www.zisboombah.com/kids_home)

<http://familykitchen.ca/>

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/default.aspx> - is the main file; can click on topics related to nutrition from here

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/healthy-eating-for-teens.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/TestsAndTreatments/HomeHealthCare/Pages/gastrostomy-tube.aspx> From here you can click on topics related to GT

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/Finding-and-Keeping-a-Healthy-Body-Weight.aspx>

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/Fast-foods-better-choices.aspx>

<http://vch.eduhealth.ca/PDFs/GK/GK.260.F56.pdf> Finger Foods

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<http://choosemyplate.gov/>

<http://vch.eduhealth.ca/PDFs/GK/GK.260.H43.pdf>

*Healthy snacks for preschoolers*

<http://www.nemours.org/patientfamily/khlibrary/articles/63264.html>

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx?CalculatorType=Metric>

<http://www.sugarstacks.com/beverages.htm>

<http://kidney.niddk.nih.gov/kudiseases/a-z.aspx>

<http://www.foodmattersmanitoba.ca/category/resources/tool-kits/>

### WEB BASED RESOURCES FOR KIDS

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[https://www.zisboombah.com/kids\\_home](https://www.zisboombah.com/kids_home)

<http://familykitchen.ca/>

<http://www.strong4life.com/#>

<http://www.sugarstacks.com/beverages.htm>

### HANDOUTS

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Plate Mate

### APPS

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Kidney Diet (Apple)

Sodium 101 – Sick Of It!

Daily Water

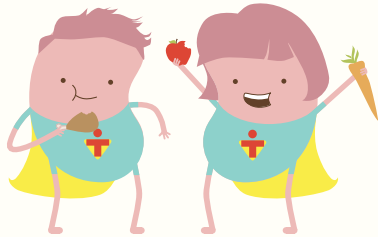
Kidney Diet (designed for individuals with dietary restrictions related to their CKD)

### CONSULTS TO OTHER HEALTH CARE PROFESSIONALS

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Consult to Dietitian

## HEALTHY EATING GLOSSARY



### CALORIES

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Calories tell us how much energy is in food. Calories come from the sugars, fats and proteins we eat in food. Healthy foods have calories and many other nutrients. Junk food is mostly calories and not many other nutrients. Our body needs a certain amount of calories and lots of other nutrients to be active, healthy and grow. If you eat more calories than your body needs, it gets stored as fat and you will gain weight.



### DIETITIAN

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The Dietitian is a member of your Kidney Health Team. The Dietitian has lots of information about healthy, whole foods and nutrition. The Dietitian can help you and your family find the right balance for healthy eating.



### FIBRE

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Fibre is sometimes called roughage. Fibre is the part of food that comes from plants, and cannot be digested by the body. It is important for healthy bowels and to prevent constipation.



### FOOD LABELS

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Food labels are information about food that is found on all food packages. Food labels can look like charts and lists, and they have lots of detailed information. They can tell us how much salt (or sodium), or sugar (carbohydrates) is in the food. Food labels are not required to tell you about all the ingredients, for example, potassium or phosphate amounts. Your Kidney Health Team can help you to understand the information on food labels if you have any questions.



### GREEN FOODS

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Green Foods are Whole Foods. Whole Foods give our bodies the nutrients we need to stay healthy. Whole Foods are from plants and animals and home-cooked from raw ingredients. Choose Whole Foods First!



### JUNK FOOD

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Junk food is highly processed. Junk food is often high in added sugar and salt. It is high in unhealthy calories. Many of the nutrients our bodies need are removed or not in junk foods.



### PORTION DISTORTION

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Portion distortion is when over-sized amounts of food start to look normal. This happens when you eat on plates that are very big. It makes it easy to eat too much.



### PORTION SIZE

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Portion size is the amount of food you serve yourself to eat. It is easy for portion sizes to be too large. If you are using the Canada Food Guide, check the recommended serving size and see if it matches your portions.



### PRE-SEASONED FOODS

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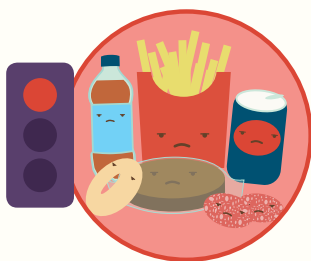
Pre-Seasoned foods are foods that have seasoning added. Often the seasonings have lots of salt, sugar and fat added.



### PROCESSED FOODS

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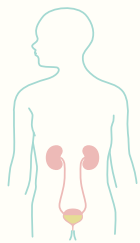
Processed foods have been changed from Whole Foods by adding chemical flavours, colours, preservatives and other additives, changing the texture or form. Some nutrients are lost when food is processed. They often have lots of salt, sugar and fat added.



### RED FOODS

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Red Foods are foods to avoid. Red Foods are highly processed and are often called Junk Foods. Red Foods are missing most important nutrients. Most Red Foods have lots of added sugar, salt, preservatives and artificial ingredients like food colouring and flavourings. These ingredients do not help our body.



### ULTRASOUND

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Ultrasound is a test that uses sound waves to look inside your body. A picture of what is being seen shows on a TV screen. A kidney ultrasound can tell us about the size and shape of the kidneys, and look for signs of blockages.



### WHOLE FOODS

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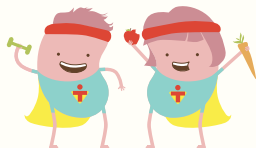
Whole foods have many of the different nutrients we need. Whole foods come from plants and animals. Whole foods are vegetables, fruits, nuts, milk, eggs and meat from the store, fishing or hunting. Always choose Whole Foods first!



### YELLOW FOODS

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Yellow Foods are foods we should only eat sometimes. Yellow Foods are usually processed with added salt, added sugar, preservatives and artificial ingredients. Because they are processed, some of the important nutrients have been removed. Yellow Foods give our bodies some of the nutrients we need.



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](mailto:jstrong@exchange.hsc.mb.ca) or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>