



Post-Transplant Kidney Diet

Good nutrition is always important. Eating a healthy diet plays an important role in recovering after transplant. The dietitian at the transplant center will explain the kidney diet, so you understand and feel confident in your food choices.

After the transplant, you may be able to eat different foods than before. You may be able to drink more fluids. Transplant medicines may cause you to gain weight. It is important to speak with the dietitian and doctor about your weight.

It also is important to watch your blood pressure. Avoid salty foods. This will help you from swelling. If you have diabetes, continue to follow your diabetic diet.

The dietitian may also recommend:



Eating high-fiber foods.



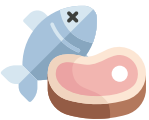
Having five servings of fruits and vegetables each day. They can be fresh, frozen, or dried.



Not eating grapefruit or drinking grapefruit juice.



Drinking low-fat milk and other low-fat dairy products.



Eating lean meats. Trimming all the fat you can see off meat before cooking. This includes beef and flank steak; chicken and turkey; and fish like halibut and salmon.



Drinking at least 2 liters (about 68 ounces) of water each day.

A registered dietitian can give you tips to help you adjust to your new diet.



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