Renal Jeopardy:
Challenge Your Renal Nutrition Knowledge

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Answer Key

Hold up the coloured paper to indicate your answer for each question.

A. Blue
B. Yellow
C. Pink
D. Green
Question

Which is the correct spelling?

A. Dietitian
B. Dietician
Solution

Which is the correct spelling?

A. Dietitian

B. Dietician
**Question**

Which shelf stable foods are suitable for a renal patient to include in their disaster-planning kit?

A. canned soup  
B. granola bars  
C. beef jerky  
D. dried fruit
Solution

Which shelf stable foods are suitable for a renal patient to include in their disaster-planning kit?

A. canned soup
B. granola bars
C. beef jerky
D. dried fruit

The correct answer is none of the above.

Refer to your unit/health authority disaster handouts with sample meal plans.
Question

Which of the following South Asian foods is acceptable on a renal diet?

A. Daal
B. Paneer
C. Tofu
D. Aloo Mutter
Solution

Which of the following South Asian foods is acceptable on a renal diet?

A. Daal – high K, good source of protein
B. Paneer – high Na, PO4, K, reasonable protein
C. Tofu – high Ca, good source of protein
D. Aloo Mutter – high K, not a source of protein

Must be evaluated individually and all may be appropriate depending on lab values
Question

Which form of phosphate is the most bioavailable?

A. nuts and legumes
B. red meats
C. non-dairy creamer
D. milk and dairy products
Solution

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A. nuts and legumes
B. red meats
C. non-dairy creamer
D. milk and dairy products
Question

Which food has the most phosphorus?

A. 3 ounces of fresh chicken
B. ¼ cup almonds
C. 1 cup milk
D. 3 ounces frozen, seasoned chicken
Solution

Which food has the most phosphorus?

A. 3 ounces of fresh chicken (196mg / 137mg)
B. ¼ cup almonds (178mg / 89mg)
C. 1 cup milk (245mg / 208mg)
D. 3 ounces frozen, seasoned chicken (260mg / 201mg)

Total amount / amount absorbed based on bioavailability
Question

Your client often forgets to take phosphate binders with meals but takes them 1-2 hours later. This is equally effective.

A. True
B. False
Solution

Your client often forgets to take phosphate binders with meals but takes them 1-2 hours later. This is equally effective.

A) True

B) False

Calcium **with** meals = phosphate binder
Calcium **between** meals = calcium supplement
A patient complains of thirst. Your first assumption is:

A. they must be eating too much salt
B. this might be a side effect of one of their medications
C. it's hot outside, and they are just a bit dehydrated
D. their blood sugar must be high
Solution

A patient complains of thirst. Your first assumption is:

A. they must be eating too much salt
B. this might be a side effect of one of their medications
C. it's hot outside, and they are just a bit dehydrated
D. their blood sugar must be high

All of these are possible causes
Question

An elevated serum sodium could be related to eating KFC last night for dinner.

A. True  
B. False
Solution

An elevated serum sodium could be related to eating KFC last night for dinner.

A. True

B. False

Serum sodium does not reflect salt intake. It is affected by the state of hydration.
Question

Which minerals are often present in sodium-reduced foods?

A. potassium (KCl)
B. phosphate (KPO4)
C. Arsenic (ArCl)
D. more than one of the above
Solution

Which minerals are often present in sodium-reduced foods?

A. potassium (KCl)
B. phosphate (KPO4)
C. Arsenic (ArCl)
D. more than one of the above

Potassium and phosphate are not required on the Nutrition Facts table. It is important to read the ingredient list.
Question

Which of the following is highest in potassium?

A. 250 mL orange juice
B. 3 cups black coffee
C. 4 ounce salmon filet
D. 1 cup Raisin Bran
Solution

Which of the following is highest in potassium?

A. 250 mL orange juice – 451mg
B. 3 cups black coffee – 384mg
C. 4 ounce salmon filet – 469mg
D. 1 cup Raisin Bran – 372mg

Protein is rarely restricted despite K and PO4 content due to high protein requirements for dialysis clients; this may differ in CKD and post transplant where protein needs are lower.
Question

Which South Asian food has the most potassium?

A. 1 cup of daal
B. 3/4 cup saag
C. 1 large Vegetarian Samosa
D. 1 medium mango
Solution

Which South Asian food has the most potassium?

A. 1 cup of daal – approx 300 - 700mg
B. 3/4 cup saag – approx 500mg
C. 1 large Vegetarian Samosa – approx 250mg
D. 1 medium mango – approx 325mg

Daal is a primary protein source for many vegetarian clients.
Question

Which of the following are potential causes of hyperkalemia?

A. binging on a bag of black licorice at the movies
B. chronic acidosis
C. uncontrolled (elevated) blood glucose in diabetes
D. medications such as ACE inhibitors, spironolactone, steroids, NSAIDs, etc.
Solution

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D. medications such as ACE inhibitors, spirinolactone, steroids, NSAIDs, etc.

All of these are possible causes!
Question

Your patient asks if it is ok to drink pomegranate juice. Your response:

A. should be ok - it's tasty isn't it?
B. I'll go and ask the Dietitian for you.
C. I'll look it up on the internet when I get a moment.
D. the Dietitian is not here today, but I know she keeps diet handouts in the waiting room. I'll grab a potassium list for you.
Solution

Your patient asks if it is ok to drink pomegranate juice. Your response:

A. should be ok - it's tasty isn't it? – 533mg K in 1 cup
B. I'll go and ask the Dietitian for you.
C. I'll look it up on the internet when I get a moment.
D. the Dietitian is not here today, but I know she keeps diet handouts in the waiting room. I'll grab a potassium list for you.

PROMIS has standardized diet handouts
Check with your RD!
Question

Any renal patient can receive Nepro or Ensure supplements free of charge.

A. True

B. False
Solution

Any renal patient can receive Nepro or Ensure supplements free of charge.

A. True

B. False

There are specific criteria to be eligible for nutrition supplements.
Question

Anyone with a GFR less than 60 mL/min should take Replavite instead of a regular daily multivitamin.

A. True
B. False
Solution

Anyone with a GFR less than 60 mL/min should take Replavite instead of a regular daily multivitamin.

A. True

B. False

- Standard in dialysis
- General guideline in CKD GFR <30 avoid regular multivitamin
- Rare use of Replavite post-transplant unless GFR declines
Question

Active vitamin D (such as 1-alpha) helps to prevent osteomalacia (vitamin D deficiency).

A. True
B. False
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A. True
B. False
Question

Which of the following herbal remedies does not interact with immunosuppressant medications?

A. garlic
B. Noni Juice
C. Echinacea
D. Ginko Biloba
Solution

Which of the following herbal remedies does not interact with immunosuppressant medications?

A. Garlic - moderate risk for interaction

B. Noni Juice

C. Echinacea – moderate risk for interaction (as well as warfarin and corticosteroids)

D. Ginko Biloba – moderate risk for interaction (as well as anti-diabetes OHAs, anti-arrythmias, HCTZ and more!)
Question

A patient complains of constipation. States he hasn't had a BM in 4 days. Your response:

A. review his prescriptions for colace and/or senokot.
B. tell him to drink prune juice.
C. encourage him to be more physically active.
D. ask the RD to review high fibre foods.
Solution

A patient complains of constipation. States he hasn't had a BM in 4 days. Your response:

A. review his prescriptions for colace and/or senokot.
B. tell him to drink prune juice 1 cup = 747mg K
C. encourage him to be more physically active.
D. ask the RD to review high fibre foods.
Question

Which of the following can impact appetite?

A. Exercise
B. Depression
C. Medications
D. Conditions such as cancer or diabetic gastroparesis
Solution

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A. Exercise
B. Depression
C. Medications
D. Conditions such as cancer or diabetic gastroparesis

Appetite is virtually always multifactorial
Question

Which of the following may play a role for your patient with persistently low serum albumin?

A. chronic peritonitis
B. hepatitis C
C. vegetarian diet
D. fluid overload
Solution

Which of the following may play a role for your patient with persistently low serum albumin?

A. chronic peritonitis
B. hepatitis C
C. vegetarian diet
D. fluid overload

Although nutrition is important, there are many non-nutritional causes of low albumin.
Question
Your PD client swears they are doing everything they can to follow a 'diabetic diet' and taking their OHAs correctly, what else could be playing a role in their elevated blood glucose levels?

A. they keep forgetting that Grande Moccaccinos are a source of sugar

B. their PD dialysate solution is providing calories in the form of sugar

C. they missed their last 3 appointments at the local Diabetes Education Centre

D. their diabetes has progressed despite their best effort and they may need insulin or medication review
**Solution**

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Question

Hemoglobin A1c is always an accurate assessment of glycemia in renal disease.

A. True
B. False
Solution

Hemoglobin A1c is always an accurate assessment of glycemia in renal disease.

A. True

B. False

Important to look at all factors, including self blood glucose monitoring records.
Question

When reviewing anemia lab results with your patient, they state "I don't understand why my hemoglobin is so low - I eat so much red meat?" Your reply:

A. explain that with kidney disease, diet has very little impact on iron and hemoglobin levels
B. I’ve heard that raisins are high in iron
C. offer to have the Dietitian review high iron foods
D. why don't you try eating spinach
Solution

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D. why don't you try eating spinach
Question

Your post transplant client has a magnesium level of 0.61 mmol/L (normal range 0.7-1.0). Your suggestion:

A. “Eat more nuts”
B. “Don’t worry about it, it is from the medications”
C. Oral replacement
D. IV replacement
Solution

Your post transplant client has a magnesium level of 0.61 mmol/L (normal range 0.7-1.0). Your suggestion:

A. “Eat more nuts”
B. “Don’t worry about it, its from the medications”
C. Oral replacements
D. IV replacement

This would depend on if the patient is symptomatic, but low Mg is a very common side effect of tacrolimus and cyclosporin.
Question

All renal patients should follow a 1 litre per day fluid restriction.

A. True
B. False
Solution

All renal patients should follow a 1 litre per day fluid restriction.

A. True
B. False

Fluid restriction is not necessary for all kidney patients. For hemodialysis patients, it is usually based on urine output.
Question

Hemodialysis patients should aim for interdialytic weight gains (IDWG) of less than 2.5 kg.

A. True
B. False
Solution

Hemodialysis patients should aim for interdialytic weight gains (IDWG) of less than 2.5 kg.

A. True

B. False

Look at fluid gains as a percentage of the patient’s body weight.
**Question**

Your hemodialysis patient's blood pressure crashes at the end of the run, what do you do?

A. bolus 500mL normal saline  
B. give 1 cup of chicken broth  
C. give 1 dill pickle  
D. discontinue all the BP meds!
Solution

Your hemodialysis patient's blood pressure crashes at the end of the run, what do you do?

A. bolus 500mL normal saline - 1771 mg Na
B. give 1 cup of chicken broth – 770 mg Na
C. give 1 dill pickle – 928 mg Na
D. discontinue all the BP meds!

Follow your unit’s protocol.

Maximum daily sodium intake is 1500mg!
Remember that some treatments can contribute significant amounts of sodium!
Question

Which medication contains the most sodium?

A. Kayexalate
B. Sodium Bicarbonate
Solution

Which medication contains the most sodium?

A. Kayexalate – 15 gram dose = 471 mg Na
B. Sodium Bicarbonate – 1 gram dose = 275 mg Na
Question

Patients on home hemodialysis can follow a liberal diet with minimal restrictions:

A. True

B. False
Solution

Patients on home hemodialysis can follow a liberal diet with minimal restrictions:

A. True
B. False

Renal diets are individual, based on each patient’s bloodwork results.
QUESTIONS