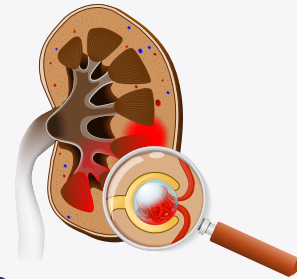


Healthy Eating for People with Glomerulonephritis (GN)

► Glomerulonephritis (GN) is a type of kidney disease that causes inflammation of the tiny filters in the kidneys (glomeruli). This makes it difficult for the kidneys to remove waste products and fluids from the body.



Healthy nutrition habits can help help reduce inflammation and protect your kidneys and blood vessels.

1. Choose Lower Sodium Foods

Reducing sodium in your diet helps with fluid balance, blood pressure control and reduces protein in the urine.



- Prepare more meals at home using fresh ingredients.
- Use less salt and sauces when cooking.
- Flavour food with herbs, spices or no salt added seasoning blends. Do not use salt substitutes like Half Salt™ and NoSalt®.
- Choose a meal pattern that is low in processed or packaged foods.
- Limit processed meats (ham, bologna, bacon, hot dogs), canned soups and restaurant foods as they are highest in sodium.
- Read food labels to help you select lower sodium foods. Choose foods with less than 10% daily value (DV) sodium per serving.

2. Eat Protein in Moderation

Eating the right amount of protein is important to your health.



- Limit portion size to 1/4 of your plate.
- Choose unprocessed plant-based proteins more often including beans, peas, lentils, nuts, nut butters, seeds, tofu and edamame (soy beans).
- You may have higher protein needs if you are being treated with steroids such as prednisone. Check with your dietitian to plan how much protein you need.

3. Choose Heart Healthy Foods

You may be at risk for having higher cholesterol levels. A healthy diet can improve your cholesterol.

- Enjoy a variety of fruits and vegetables daily.

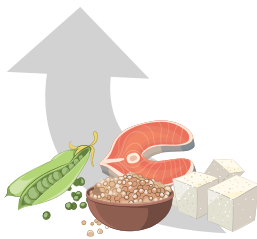
- Choose whole grains such as oats, multigrain breads, brown rice, barley and quinoa.
- Choose unprocessed lean proteins and include plant-based options.
- Use olive, canola, avocado or grapeseed oil over butter, coconut oil and other types of fats.



4. Increase intake of Omega-3 Fatty Acids

A diet rich in omega-3 fatty acids may help reduce inflammation.

- Eat fatty fish (salmon, mackerel, trout) more often (2-4 times per week).
- Ground flaxseeds, flaxseed oil, walnuts, soy products and canola oil can provide small amounts of omega-3 fatty acids.
- Talk to your health care provider before starting an omega-3 supplement.



5. Improve Digestive Health

Some immunosuppressive medications may affect your digestive health.

- A diet high in fibre that includes whole grains, fruits, vegetables and plant-

based proteins is recommended for healthy digestion and maintaining the good bacteria in your gut.

- If you have diarrhea or other digestive symptoms, speak to your dietitian about how to manage them.



6. Be Active

Some medications used to treat GN can reduce muscle mass and weaken bones.

- Regular physical activity helps maintain muscle and bone strength, improve cholesterol levels and keep your immune system healthy.



7. Reduce Smoking and Alcohol Use

Talk to your health care provider about reducing these risks.

8. Reduce Your Risk of Foodborne Illness

Speak to your dietitian about foods to avoid if you are taking immunosuppressive medication.



Talk to your dietitian for individualized counselling and reliable nutrition information.