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Nephrotic Syndrome

What is Nephrotic Syndrome?

Nephrotic syndrome is characterized by urinary protein loss

What are the symptoms of nephrotic syndrome?

Protein in the urine

Low level of albumin in the blood

Abnormal amount of lipids

Edema



What is the rationale for diet intervention?

Replacing nutrients lost in the urine

Reducing the progression of chronic kidney failure

Decreasing the risk of atherosclerosis



Meal Planning Tips:

- Create menus that are based on your existing eating patterns. Snacks can be added at any time .
- Don't make protein the focus of your meal.
Consider meat and other animal proteins to be a side dish .
- Weigh your portions with a kitchen scale
- Make meal preparations ahead of time for special events and dining out.



Tips for Reading Labels

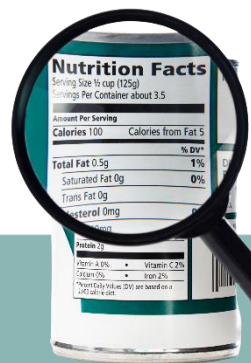
Sodium

Terms:

- Free of sodium: The amount of sodium in each dish is insignificant.
- Very low sodium: 35 mg sodium per serving or less
- Low sodium: Less than 140 mg sodium per serving
- Sodium reduction: The amount of sodium in the body is reduced by 25%.
- Sodium is light: Sodium consumption is cut by at least half.

List of Ingredients:

- If salt or sodium appears in the first five ingredients, the food is likely to be high in sodium and should be avoided.
- A salt content of 500 mg or higher per serving is considered too high to consume.



Tips for Reading Labels

Fat

Terms

- Fat-free: Each serving contains less than 0.5 gram of fat.
- Low fat: 3 grams of fat per serving or less.
- Light in fat: The amount of fat lowered at least 50%.
- Cholesterol-free: Each serving has less than 2 mg of cholesterol and 2 g of saturated fat.

List of Ingredients

- If the first five ingredients include hydrogenated vegetable oil, palm oil, or other fats, the item is likely to be rich in fat and should be avoided.
- A fat content of more than 3 g per 100 calories is considered excessive.



Nutrition Recommendations:

❖ Protein:

It is suggested that you limit your protein consumption if you have hyponatremia; a clinical dietician may help you determine the appropriate portion size.

❖ High-Protein Foods:

Limit servings of high-protein foods per day. To greatly reduce on fat, eat more chicken and fish than red meat. The loin and tenderloin are lean cuts of red meat from the animal's hindquarters. A serving of protein is equal to:

Beef (30 gm)	Eggs (1 large)	Fish (30 gm)
Lamb (30 gm)	Poultry (30 gm)	Veal (30 gm)



High-Protein Foods with Phosphorus:

Limit high-phosphorus, high-protein foods. Low-fat cheeses and milk products should be chosen.

Cheese, low fat (30 gm)	Cooked, dried beans (1/2 cup)	Milk, low fat (1 cup)
Yogurt, low fat (1 cup)	Nut butters (2 tbsp.)	Soy milk, low fat (1 cup)



❖ Sodium

To treat the edema associated with nephrotic syndrome and maintain sodium/fluid balance, sodium restriction of 1 to 2 grams per day is required. Because hypocalcemia is common in nephrotic patients, it is recommended that they ingest 1 to 1.5 grams of calcium per day.

Phosphorus intake should be kept to <12 mg/kg per day.

You should also **avoid the following food**:

- **Table salt**, sea salt, seasoned salt, garlic salt, Lawry's Seasoning, Nature's salt, soy sauce
- **Convenience foods** (canned soups)
- **Fast food**
- **Meats and cheeses** that have been cured or processed (such as ham, bologna, American cheese)
- **Salty snacks** (such as salted potato chips, pretzels, and popcorn)



❖ Fat and Cholesterol:

Saturated fats should be avoided (solid at room temperature). Unsaturated fats should be consumed in moderation. Cholesterol rich foods should be avoided.

The following foods should be avoided:

- Whole milk and whole milk products
- Butter, shortening, and lard
- Fried foods
- Poultry skin, visible fat on meat



❖ Fluid:

Fluid control is required in the presence of hyponatremia, as well as according to physical signs and the extent of edema. All items that are liquid at room temperature, such as beverages, soup, gelatin desserts, frozen sweets, and ice, are considered fluids.



Sources and References:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022
All pictures used are from Canva.com

Review and Audit:

The content of this booklet was written and reviewed by clinical nutrition
specialists at King Fahd University Hospital.

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