



## Nutritional Supplementation for Renal Patients




### Protein Requirements:


Normal Adult	0.8 – 1g/kg/day
Haemodialysis	1.2g/kg/day
Peritoneal Dialysis	1.2 – 1.3g/kg/day

**(During infection or peritonitis protein requirements increase to 1.5g/kg/day for both dialysis modalities)**

Evidence shows that up to 40% of hospitalized patients are at risk of malnutrition and 70% of patients do not achieve their nutritional requirements due to anorexia, nausea, vomiting and increased dietary requirements due to medical condition. To assist our patients to achieve their protein and energy requirements the following supplementation is recommended.

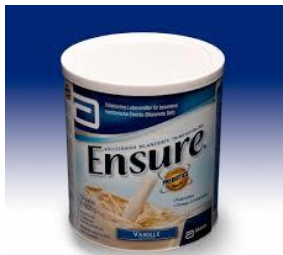
### RENAL SPECIFIC SUPPLEMENTS:


Supplement	Nutritional Breakdown	Dosage												
<b>Protifar</b> 	1 scoop holds 2.5g powder (2.2g of protein)	9 scoops added to meals per day  3 scoops per meal  Provides: 19.8g protein												
<b>Albumax</b> 	1 scoop holds 8g powder (7g of protein)	3 scoops added to meals per day  1 scoop per meal  Provides: 21g protein												
<b>Renilon</b> 	<table border="1"> <thead> <tr> <th colspan="2">Nutritional Value per Serving</th> </tr> </thead> <tbody> <tr> <td>UNIT</td> <td>/100ml</td> </tr> <tr> <td>Energy: kcal</td> <td>200</td> </tr> <tr> <td>Energy: kJ</td> <td>840</td> </tr> <tr> <td>Protein: g</td> <td>7.5</td> </tr> <tr> <td>Carbohydrate: g</td> <td>20</td> </tr> </tbody> </table>	Nutritional Value per Serving		UNIT	/100ml	Energy: kcal	200	Energy: kJ	840	Protein: g	7.5	Carbohydrate: g	20	125ml TDS = 375ml  Provides: 750 kcal + 28g protein
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<b>Novasource Renal</b>  	<table border="1"> <thead> <tr> <th colspan="2">Nutritional Value per Serving</th> </tr> <tr> <th>UNIT</th> <th>/100ml</th> </tr> </thead> <tbody> <tr> <td>Energy: kcal</td> <td>200</td> </tr> <tr> <td>Energy: kJ</td> <td>836</td> </tr> <tr> <td>Protein: g</td> <td>9.1</td> </tr> <tr> <td>Carbohydrate: g</td> <td>18.5</td> </tr> <tr> <td>Fat: g</td> <td>10</td> </tr> <tr> <td>Potassium: mg</td> <td>82</td> </tr> <tr> <td>Phosphate: mg</td> <td>70</td> </tr> <tr> <td>Sodium: mg</td> <td>94</td> </tr> </tbody> </table>	Nutritional Value per Serving		UNIT	/100ml	Energy: kcal	200	Energy: kJ	836	Protein: g	9.1	Carbohydrate: g	18.5	Fat: g	10	Potassium: mg	82	Phosphate: mg	70	Sodium: mg	94	1 ½ Cartons per day = 355ml  Provides: 710kcal +32g Protein
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Renal specific supplements can safely be used for all patients with chronic kidney disease on haemodialysis and peritoneal dialysis provided the volume taken as a supplement (Renilon and Novasource Renal) is calculated as part of the daily fluid allowance. Protifar or Albumax are great ways to boost protein intake without affecting daily fluid.

#### STANDARD SUPPLEMENTS

Supplement	Nutritional Breakdown	Dosage														
Ensure  	<table border="1"> <thead> <tr> <th colspan="2">Nutritional Value per Serving</th> </tr> <tr> <th>UNIT</th> <th>/100ml</th> </tr> </thead> <tbody> <tr> <td>Energy: kcal</td> <td>100</td> </tr> <tr> <td>Energy: kJ</td> <td>421</td> </tr> <tr> <td>Protein: g</td> <td>3.72</td> </tr> <tr> <td>Potassium: mg</td> <td>37,76</td> </tr> <tr> <td>Phosphate: mg</td> <td>105</td> </tr> </tbody> </table>	Nutritional Value per Serving		UNIT	/100ml	Energy: kcal	100	Energy: kJ	421	Protein: g	3.72	Potassium: mg	37,76	Phosphate: mg	105	125ml TDS = 375ml  Provides: 375kcal + 13.9g protein
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Energy: kcal	100															
Energy: kJ	421															
Protein: g	3.72															
Potassium: mg	37,76															
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Future Life Porridge	<table border="1"> <thead> <tr> <th colspan="2">Nutritional Value per Serving</th> </tr> </thead> <tbody> </tbody> </table>	Nutritional Value per Serving		100ml serving per day  Provides: 444kcal + 20.5g protein												
Nutritional Value per Serving																

	UNIT	/100ml	
	Energy: kcal	444	
	Protein: g	20.5	
	Potassium: mg	246	
	Phosphate: mg	455	

Standard supplements can only safely be used if the patient has a low potassium and phosphate level. The patient should consult a dietitian before starting any standard supplement to ensure safe use.

Phosphate binders should be used with any supplement which is recommended.

Sonja Stevens  
Dietitian  
Email: [Sonja.Stevens@nrc.co.za](mailto:Sonja.Stevens@nrc.co.za)  
Cell: 082 994 6551