

Lab	What it is	Foods
Albumin Goal $\geq 4.0$ g/dl	Measures protein levels in the blood and is the most important indicator of nutritional status. Higher albumin levels help to build muscle and strengthen the immune system.	Meats, chicken, turkey, fish, eggs
Potassium Goal 3.8-6.0 mEq/l	Mineral that regulates muscle and nerve function Potassium levels that are too high or too low can cause muscle weakness, irregular heartbeat, and even heart attack	Salt substitutes, potatoes, tomatoes, bananas, dried fruits, nuts, avocado, melon, nuts, dried beans
Phosphorus Goal 2.6-5.5 mg/dl	Mineral that builds healthy bones and teeth and contributes to energy metabolism. Phosphorus is found in most foods and can be very difficult to limit without the help of medications called "binders". High phosphorus levels can cause itching, bone damage and calcium buildup in the blood vessels (calcification)	Milk, cheese, ice cream, dried beans and nuts, dark sodas  *Note: many foods have phosphorus added to them. Its best to avoid foods with ingredients that contain the letters "p-h-o-s" in them
Calcium Goal 8.4-10.2 mg/dl	A mineral that works with phosphorus to keep bones strong and healthy. Calcium levels can be influenced by calcium in the diet and by some medications. Too much or too little calcium can cause muscle twitching, cramping and confusion	Milk, cheese, ice cream, fortified foods, over the counter antacids such as Tums
Fluid gains Goal- varies	Fluid can build up between dialysis treatments can cause high blood pressure, edema, and heart problems. High fluid gains could be because of drinking too much fluid or eating too much salt, or both	Fluids: anything that is liquid at room temperature Salt: pickles, deli meat, soy sauce, bacon, processed foods