

## Healthcare education

# Healthy diet for transplant patients



Document No.: 33-ت-1-م/007

Issuance date: 21/8/2024

Revision date: 21/8/2023

Revision code: 001

## Dear client

The pamphlet before you offers educational content on your nutrition and care following a transplantation. You will hopefully recover your health and improve your quality of life by following the points mentioned here.



Kidney transplant patients are at a high risk of infectious diseases as they take medication weakening the immune system.

Food, fruits, snacks, etc. are among the most important transfer modes of infection.

- \* The ingredients to prepare food must be washed thoroughly and the food is to be fully cooked.
- \* Disinfect and wash fruits and vegetables carefully before consumption.
- \* Consuming high-calorie and high-protein foods over the first few weeks following a transplant will help strengthen the body's immune system.

Controlling your weight will help reduce the risk of:

- Heart diseases
- Diabetes
- Hypertension



## Hygiene recommendations:

- Wash your hands when preparing food and before eating.
- Avoid non-pasteurized and raw food.
- Avoid alcohol consumption.
- Prepare sugar-free and low-salt food.



## Why maintain a low-salt diet following a transplant?

It is advisable to limit salt intake after transplantation since transplant medication may cause hypertension. Controlling blood pressure would thus be crucial to maintain the transplant.

## Are foods containing potassium allowed?

You may receive normal amounts of potassium from food as long as your kidney works properly

## Are calcium and phosphorus required?

You would need to consume dairies twice a day.

## Why limit the consumption of sweet foods after the transplant?

You would have to limit your sugar and sweets consumption after the transplant as transplant medication may increase blood sugar.

## Controlling blood sugar would be crucial to maintain the transplant

## Recommended foods



- Fully-cooked, fat-free lamb or calf, chicken, fish, and turkey
- Low-fat, pasteurized dairies
- 2-3 fully cooked eggs (egg white and yolk) per week
- All types of beans and nuts (purchase the kernels with shells from the market)
- Cooked or canned fruits
- Calcium sources (dairies, fish, spinach)
- Phosphorus sources (dairies, whole-grain bread, whole cereals, egg yolk, fish)
- Magnesium sources (green vegetables, beans, nuts, meat)
- Potassium sources (banana, kiwi, orange, date, mushroom, turnip, potato, pumpkin, and nuts)



## Food restrictions

- Cream -filled cookies kept out of the fridge
- Raw and not thoroughly-washed fruits and vegetables
- Raw nuts
- Non-pasteurized juice
- Berries, raspberries, strawberries
- Raw and soft-boiled egg
- Raw or half-cooked meat, chicken, and fish
- Non-pasteurized dairies
- Probiotic yogurt
- Homemade salad dressing
- Non-pasteurized honey
- Herbal medicine and herbal tea
- Traditional supplements
- Spoiled food
- Dried fruit



- Salad bars
- Non-pasteurized vinegar
- Unskinned fruit
- Sausages and bologna
- Grapefruit
- Pomegranate and pomegranate juice
- Earl grey tea contains sour orange juice and had better not be consumed by transplant patient
- Any type of herbal medicine
- Homemade cheese
- Dried fruit



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