



Your diet prescription

The **DaVita Diet Helper** is an online tool that helps people in Stage 4 and Stage 5 kidney disease plan their daily meals. By providing information about their diet prescription — including protein grams and potassium milligrams — patients receive a meal plan, including menus and recipes for breakfast, lunch, dinner and snacks that meet their dietary requirements on the kidney diet. The DaVita Diet Helper helps answer the question kidney patients often ask: “What can I eat on the dialysis diet?”

Please provide a diet prescription by circling the protein grams and potassium milligrams so your patient can use the DaVita Diet Helper. (Note: Sodium milligrams are capped at 2,000 milligrams per day. Phosphorus will range from 800 to 1,200 milligrams depending on protein level.)

Protein grams (circle one) 50 60 70 80 90 100

Potassium milligrams (circle one) 2,000 4,000

Sodium milligrams 2,000

Phosphorus milligrams 1,000

(Note: Meals will range from 800 to 1,200 mg phosphorus depending on protein level selected. 50-gram protein meals are closer to 800 milligrams phosphorus per day; 100-gram protein meals are closer to 1,200 mg phosphorus per day.)

Diabetes modifications? (circle one) Yes No

Who should use DaVita Diet Helper?

The kidney diet monitors protein, potassium, sodium and phosphorus intake. If you are not in the later stages of chronic kidney disease and your doctor or renal dietitian has not suggested you be on a kidney diet, the DaVita Diet Helper may not be suitable for you.

The DaVita Diet Helper is an online tool that helps people in Stage 4 and Stage 5 kidney disease plan their daily meals. The kidney diet monitors protein, potassium, sodium and phosphorus intake. If you do not know your stage of kidney disease, ask your doctor or renal dietitian. If the DaVita Diet Helper meal planner is appropriate for you, your doctor or renal dietitian can write you a diet prescription.