

# NUTRIQUIZ

## TAKE THE RENAL DIET KNOWLEDGE TEST:

### TRUE OR FALSE?

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Questions :	Answers :
<b>1</b> The treatment of end-stage kidney failure usually includes three main components: dialysis, medication and a kidney-friendly diet. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>True</b> All three are essential to prevent complications of kidney disease and ensure the best possible functioning of the body.
<b>2</b> All people with kidney failure should follow precisely the same diet. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> The renal diet is tailored to the needs of each person.
<b>3</b> The main function of the kidneys is to filter and clean the blood. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>True</b>
<b>4</b> All protein comes from animal sources like meat, eggs and dairy. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> There are two natural protein sources: those of animal origin found in meat and alternatives and dairy products and those of plant origin that are found in smaller quantities in grain products and vegetables.
<b>5</b> During dialysis sessions I do not have to follow a renal diet and I can eat what I want. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> There is no guarantee that all ingredients of a meal eaten during a dialysis session are fully digested.
<b>6</b> Potassium is found only in fruits and vegetables. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Potassium is present in most foods in varying amounts: for example, baked beans, molasses, nuts, etc. are all very high in potassium.
<b>7</b> It is okay to drink prune juice to treat constipation. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Prune juice is very high in potassium and should be avoided if you need to follow a potassium restriction.
<b>8</b> Unsalted potato chips can be eaten without restriction because they contain very little sodium. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Unsalted potato chips or chips without added salt are both very high in potassium and should be avoided.
<b>9</b> Ice cream does not count as a fluid. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Since ice cream turns into liquid at room temperature it must be counted in the amount of liquid consumed.
<b>10</b> Garlic and onion powder should not be used in the renal diet. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> They are excellent spices which do not contain sodium. They should not be confused with "garlic salt" and "onion salt" which are high in sodium.
<b>11</b> If I gain too much weight between dialysis sessions it means that I ate too much. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Weight gain between dialysis sessions reflects the amount of consumed liquid during this time period, which is why it is important to stay within the fluid limit that was set for you.
<b>12</b> Eating a lot of red meat can improve the hemoglobin level in the blood. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>False</b> Food and drink alone cannot improve anaemia (lack of hemoglobin) in people who struggle with kidney failure. Patients often need to take supplements of iron and erythropoietin to increase hemoglobin.
<b>13</b> I have to control the level of phosphorus in my blood to keep my bones and my blood vessels healthy. <input type="checkbox"/> <b>True</b> <input type="checkbox"/> <b>False</b>	<b>True</b> Too much phosphorus in the blood causes bones to lose calcium (decalcification of bone) and damages the blood vessels.