



Mashhad University of
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Nephrotic Syndrome

Nephrotic Syndrome

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hepatitis B, hepatitis C, and malaria.

► **Nutrition and medical treatment regimen in nephrotic syndrome**

When you have nephrotic syndrome, a nutritionist may recommend changes in the amount of protein, salt, and fat you eat.

- **Protein:** The amount of protein you should consume depends on the health of your kidneys. For some people with nephrotic syndrome, it is best to follow a low to moderate protein diet. You should talk to a nutritionist about your protein intake.
- **Salt:** Limiting the amount of salt (sodium) you consume can help prevent swelling and keep blood pressure at a healthy level.
 - **fat:** Following a low-fat, saturated cholesterol diet can help prevent high cholesterol associated with nephrotic syndrome.
- **Foods allowed to eat in the diet of nephrotic syndrome:**
Lean meat (chicken, fish, oysters), Dried beans, Peanut butter, Soy, Fresh or frozen fruits (apples, watermelons, pears, oranges, bananas), Fresh or frozen vegetables (green beans, lettuce, tomatoes), Low sodium canned vegetables, Potatoes, Rice, Whole grains, Cabbage cheese, Tofu (soy cheese), Milk, Butter or margarine.



- **Unauthorized foods in the diet of nephrotic syndrome:** Processed cheeses, Meat high in sodium (Bologna, ham, bacon, sausage, hot dog), Frozen dinner, Canned meat, Pickled vegetables, Salted potato chips, popcorn, and salted nuts, Saline bread

► **Nutritional Tips and Recommendations on Nephrotic Syndrome Diet**

Pay attention to protein intake. 1 gram per kilogram of body weight per day is the recommended protein intake for nephrotic syndrome. However, this amount may vary depending on the current health of your kidneys. Limit sodium intake to 400 mg per meal (150 mg per snack). Read food labels and check for sodium before buying food. Cook foods with healthy oils such as olive or coconut oil and Remove salt from the table.

Nephrotic Syndrome



► Symptoms of nephrotic syndrome

Severe swelling (swelling) especially around the eyes, ankles, and feet, Foamy urine (the result of excess protein in the urine), Weight gain due to fluid retention, Fatigue, Loss of appetite

Nephrotic syndrome is a kidney disorder that causes the body to transfer a lot of protein into your urine. This disease causes swelling, especially in the legs and ankles, and increases the risk of other health problems.

The nephrotic syndrome includes a group of diseases that present with inflammation of the capillary rings of the glomerulus. These acute glomerulonephrites have a sudden onset and a short period that may progress to complete recovery, the development of nephrotic syndrome, or (end-stage renal disease). One of the primary manifestations of these diseases is hematuria (the presence of blood in the urine) which is the result of capillary inflammation and damages the glomerular barrier against blood cells.



► Risk factors and risk factors for nephrotic syndrome



Factors that can increase the risk of

nephrotic syndrome include:

Medical conditions that can damage your kidneys: Some diseases and conditions such as diabetes, lupus, amyloidosis, reflux nephropathy, and other kidney diseases increase the risk of developing the nephrotic syndrome. **Specific medications:** Medications that may cause nephrotic syndrome include nonsteroidal anti-inflammatory drugs and medications used to fight infections. **Specific infections:** Infections that increase the risk of nephrotic syndrome include HIV,

