

Your Lab Results	
Cholesterol	
Triglycerides	
LDL-C (<i>bad</i>)	
HDL-C (<i>good</i>)	
Hemoglobin A1c	

Triglycerides

High *triglycerides* (fats in your blood) and cholesterol are side effects of sirolimus, cyclosporine, tacrolimus, and prednisone. These habits can help lower triglycerides:

Diet: Limit saturated fats. Eat a mix of high-fiber foods such as fruit, vegetables, and whole grains.

Exercise: Aim for at least 30 to 45 minutes of exercise each day.

Bone Health

Prednisone, high serum phosphorus, and low calcium and vitamin D levels can impact your bone density.

These habits can help improve bone health:

Exercise: Include strength and resistance training in your total 30 to 45 minutes of daily activity.

Diet: Take multivitamins & vitamin D as prescribed. Eat low-fat dairy and dark leafy greens every day.

Medication Interactions

Do not eat any of the following fruits that can interact with certain medicines:

- Grapefruit
- Pomegranate
- Pomelo
- Starfruit



Food Safety

Making sure the food you eat at restaurants is safely prepared is **very important** for preventing infection.

King County has a rating system and online search feature to check local restaurants: kingcounty.gov/depts/health/environmental-health/food-safety/inspection-system.aspx

If you are dining out, make sure the restaurant has an “excellent” food safety rating. You are safe to eat raw fruits and vegetables from places rated “excellent.”



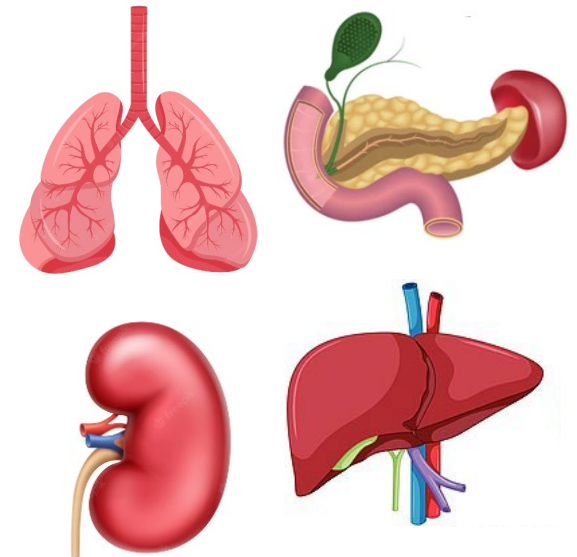
Weight Gain After Transplant

Gaining weight after transplant surgery is common. To prevent long-term weight gain after transplant:

- Stay active throughout the day.
- Eat a balanced diet (follow your provider’s recommendations).
- Aim to get at least 8 hours of sleep each night.

Nutrition After Your Transplant

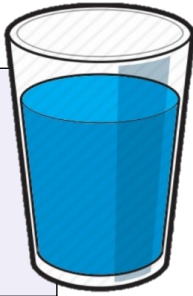
Review this handout with your dietitian to learn about food safety and healthy lifestyle choices after your transplant surgery.



Your dietitian’s name and contact information:

Stay hydrated!

Your fluid goal is:
_____ ounces a day

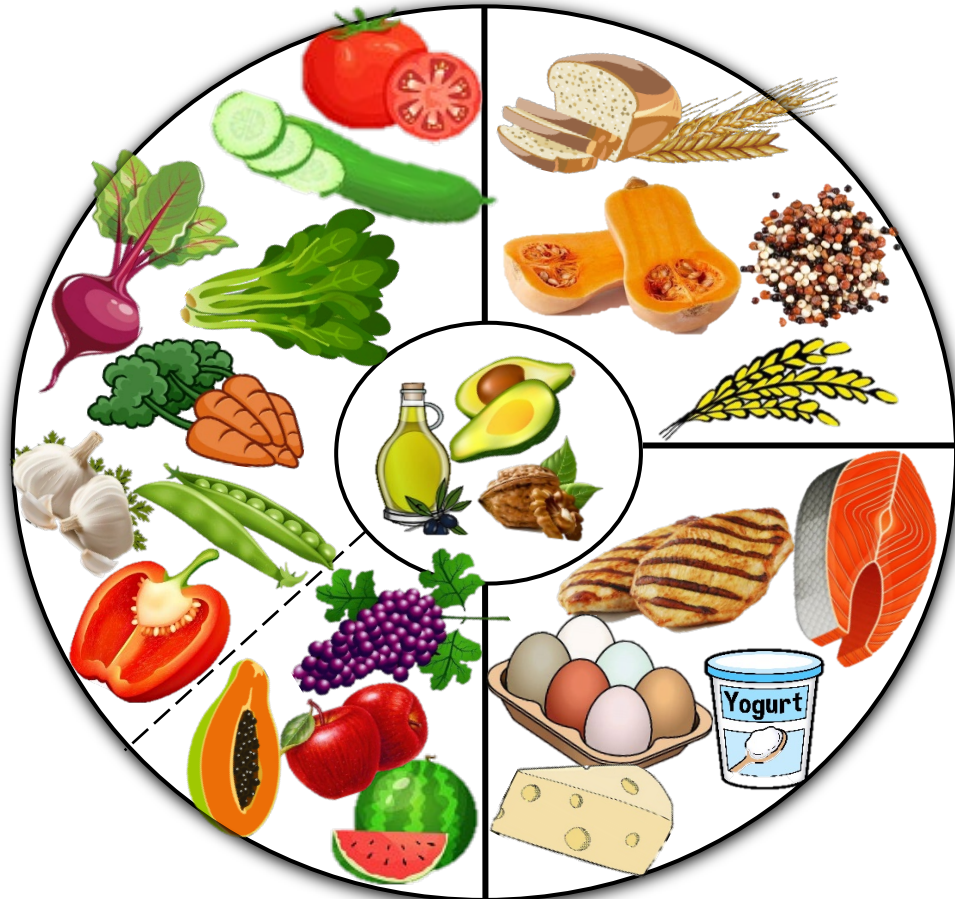


My Healthy Plate Model

Use these guidelines to build a healthy, balanced plate.

Your goals are to:

- Eat a diet high in mixed fiber from fruits, vegetables, and whole grains.
- To limit added sugar and saturated fat.



Grains and Starches

Choose whole grains such as quinoa, brown rice, oats, and whole wheat bread or pasta. Starchy vegetables include potatoes, squash, peas, and corn.

Vegetables

Fill your plate with many different colorful vegetables (both raw and cooked). Try roasting, grilling, stir-frying, or adding vegetables to curries.

Fruits

Choose many different colors and textures. Try fresh seasonal fruit, frozen berries, or pre-cut fruit for high quality nutrients. Fruit is a great choice for snacks and dessert!

Protein

Protein keeps you full, balances blood sugar, and maintains your muscles. Try fish, chicken, turkey, beans, eggs, or low-fat dairy.

Fats

Unsaturated and plant-based fats are a good choice for heart health. Try olive oil, avocados, nuts, and seeds.

Salt and Sodium

- Eat less than 2300 mg of sodium a day.
- Sodium can cause fluid retention and may increase blood pressure.