

**QUICK FACTS:**

# **HEALTHY EATING FOR YOUR KIDNEYS**

**Mei kawor non kapasen Merika, Chuuk, Ilokano, Korea, Mandarin,  
Maasan, me Samoa**

**Ka tongeni anea non kapasan ekkewe ekkòdòch fènù me won ei website:  
[www.malamakidney.com/QuickFacts](http://www.malamakidney.com/QuickFacts)**

**PRESENTED BY:  
MALAMA KIDNEY CENTER  
KOKUA KALIHI VALLEY**

SCAN FOR  
OTHER LANGUAGES





## KOTUN MWONGO REN OMW EWE SEMWNIN KIDNEY

Nupwen kopwe rong seni noumw ewe tokter pwe a uruk semwenin kidney, chechemeni pwe mei pwan chomwong chiechiomw mei tur non ei semwen. Non fonuwach Hawaii, mei nuu seni ukuukun 200,000 aramas mei nomw rer ewe semwenin kidney ika CKD.

Ach kewe kidney mei fokkun namwot ngeni manawan inisich. Ikkei tettenin met an angang me non inisich:

1. lei met e mworei chenun non inisich, eimwuni chenungaw ren kiten konik me soon seni chaach
2. E pwan anisi inisich ne fori ika apochokuna ewe eppetin semwen ra eita ngeni red blood cells.
3. Mei pwan anisi fetaneochun chaan non inisich.
4. Pwan eukukueochu ekkewe chenun faitamin ren soon, calcium, potasium, me phosphorus inet ngeni ian repwe feino ian me non inisich.



Kokkotun onomw mwongo mei watte rasan ika aninnisin ngeni inisumw. Mei wor ekkoch mwongo a eochu seni ekkewe pwan ekkoch. Ekkewe mwongo ke pwisin fori ika cooku me non imwomw seni ne amasan, a murinne seni ekkewe ekkoch. Ika pwe en mei nomw won ewe semwenin kidney ika CKD, a fokkun auchea kopwe tumwunu eochu onomw mwongo pwe ina anan an epwe pochokun inisumw fiti fengen me omw kewe kidney.

Nge pwan chechemeni pwe emon me emon kich mei sakkofesen, ina pwata kokkotun tumwunun inisich me pwan sakkofesen. Churi noum kewe tokter pwe epwe wor angang fengen ren met foffurun tumwun me mwongo a murinne ngonuk. Ikkei pwan ekkoch aweve mei namwot ngonuk, chechemeni kopwe achocho ne fiti ekkei aweve mei affatetiwi faan:



1. Kopwe mwongo met ese koon watte soon non.
2. Mwongo me un met ese koon watte suke non.
3. Anneani eochu makken won ew me ew ekkewe mwongo kopwe mwongo.
4. Tumwunu sonuk ekkewe mwongo mei affatetiwi pwe mei watte ekkei ru mettoch non ren phosphorus and potassium.
5. Mwongo met ese koon watte iwi ika kiris won.
6. Mwongo ekkewe seeni mei eochu ngeni inisumw.
7. Poputa me ikenai ne fori ekkei mwokutukut.

# TUMWUNU SONUK EKKEWE MWONGO MEI WATTE SOON NON.



Ewer mei pwan each epwe wor chenun soon non inisich, nge mei namwot epwe chok ukuukeoch pwe mei ngaw ika a koon pwan watte ewe sodium. Ei Sodium ika soon met a ennekeni mwongo mei wor non sakkopaten mwongo meinisin. lei met epwe fisi ngeni ewe aramas nupwen a anapa ngeni mwongo mei watte soon ika sodium non:

- Epwe uri feita cha
- Esenipa apwangapwangenon omw kewe kidney
- Esenipa watten neoneo non inisumw me ngut.



## MET KOPWE TONGENI FORI REN OMW KOPWE EUKUUKU SODIUM NON ONOMW MWONGO?

Achocho ngeni om kesapw anapaa ngonuk ekkewe mwongon non tukutuk, ika mwongon non sitowa, me pwan eukuuku ekkewe nofitin mwongo minan non sitowa mei watte setikkenin.

Nupwen omw kopwe kuk onomw, mei murinne kopwe aia anennen ekkewe ira nofitin supw ren onions, garlic, chilis, peppers, ginger, mushrooms, herbs me spices. Ren met kopwe ottuk iwe a murinne naimis ika fen vinegar nap seni soon. Ika pwe ke suk onomw ekkewe mwongon non tiin, tenu akomw me mwen omw kopwe mwongo.



# EUKUUKU SUKE NON ONOMW MWONGO

Chomwong sakkopaten mwongo mei wor suke non, nge ikkei ekkei ru sokkun suke non anach kewe mwongo, ewin ekkewe mwongo mei pwisin ngar seni ar pwukutiw ren ochach kewe foun ira, iwe oruwan ekkewe mwongo mei watte suke mei kapach ngeni awewe ren okasi.

En cha a koon nap suke me nofitinong non a tongeni pwan afeiangawa waan non inisich fiti fengen me aweiresi angangen ach kewe kidney. Ika a fis ei sokkun, iwe a weires an ach kewe kidney repwe mworei me nimeti chaan non inisich. lei met a tongeni esenipa an epwe so kitengawen konik, soon, me nimengaw non chaach.

Ewe ngarangar ika suke a feito seni ochach kewe foun ira ina met e anisi inisich ach sipwe pich ika mwokutukut fetan. Mei pwan awora chenun faitamin ngeni inisich. Ekkewe mwongo mei ngar fan iten mei watte suke e kapachenong non ren chowan okasi, soda, cake me pwan ekkoch dessert. Ikkei ekkei esin mwongo mei ngar ese namwot ngeni inisich.

Anen an epwe ukukeoch omw suke, mei auchea kopwe aukukueochu ekkewe mwongo mei ngar. Mei pachenong ekkewe juice ika chenun foun ira si kan unumi.



## IEI ME EPWE TORUK IKA PWE A KOON WATTE SUKE NON INISUMW:

- ⇒ Kitinnupw
- ⇒ Ngut
- ⇒ Ngaw Ngijmw
- ⇒ Semwenin Ngasanas
- ⇒ Semwenin Suke
- ⇒ Semwenipaap



Noumw ewe tokter ika ewe chon asukunok epwe anisuk ne fori kokkotun onomw mwongo, otaeochu met mei murinne ngeni inisumw non omw ewe semwen. Ina pwata mei fokkun namwot sipwe sinei met masowan ew me ew mwongo, sipwe pwan sinei ach sipwe aneani makken won ekkewe mwongo me mwen ach sipwe angei.

# AKOMW ANNEA MAKKEN WON EKKEWE MWONGO

Ika pwe mei uruk CKD, iwe ikkei ekkei chenun mwongo mei keuk ukukun omw kopwe angei ren sodium, sugar, phosphorus, me potassium. Kopwe pwan eukuuku ekkewe mwongo iwi ika kiris. Annea ewe e kan mak Nutrition Facts pwe ikkena ie e maketiw tichikin porousen ew me ew masowan non ewe mwongo iwe ka tongeni sinei met mei fich ngeni omw kewe kidney omw kopwe

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ukuukun Onomw Mwongo:** lei met epwe tiichiki fite ukuukun ew me ew ekkewe chenun mwongo mei kawor non onomw kewe mwongo. Mei tongeni epwe keuk non cup, ika chéén, ika etip, ika pwan ekkewe ekkoch kéúk.

**Calories:** Makken won ekkewe mwongo mei pwan affatatiw fite ukuukun calorie non ew kéúk, iei met epwe pwarata ika fite ukuukun faitamin non keukun onomw ewe mwongo. lei met epwe pwan anisuk omw kapacheoch ren keukun onomw mwongo non ew me ew raan. Mei auchea kopwe porous ngeni noum ewe tokter me ekkewechon anisuk me non pioing ren kokkotun onomw mwongo.

**Nutrients:** lei met e pwarata ukuukun ekkei chenun faitamin mei kawor non ew me ew mwongo ren fat, carbohydrates, protein, vitamins, and minerals. Mei auchea epwe unus me ukuukeoch ekkewe chenun mwongo non inisumw ren omw kopwe pochokun seni ekkewe semwen en mei nomw won.

**Percent Daily Value (%DV):** Ei Percent Daily Value (DV) a affatatiw ukuukun ekkewe chenun mwongo non nampa ika percent non onomw kewe. *Ika pwe e mak 5% ika kukkun seni ena, iwe ese nnaf nge ika 20% feita, iwe a koon watte.*

**Ingredient List:** Ei kinikinin mak e affatatiw ekkewe sakkopaten nofit mei nomw non onomw ei mwongo.

lei met e affatatiw masowan ika nofitin ewe mwongo. Meinin masowan ika nofitin mei makketiw tettenin seni met e koon watte tori kukkun. Awewe ren en suke, ika pwe ina met e mak akomw, wewen nge ina ena nofit e koon watte me nein ekkewe masowan non ewe mwongo. Mei namwot kopwe sinei tettenin met mei nofitinong non onomw kewe pwe kopwe sinei eochu keukun met kopwe eni me met kesapw eni non ew me ew raan. Ekkewe mwongo ese koon chomwong met e nofitinong non, ikkena ekkena a murrine me nein mwongo. Angei ekkewe mwongo ese koon pwan nofitifit pwe ina met mei murinne.



<b>Nutrition Facts</b>	
28 servings per container	
<b>Serving size</b>	<b>1 package (18g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.2mg	<b>2%</b>
Potassium 30mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**  
Popcorn, Sunflower Oil and Salt



**Ikkei ekkei tettenin mwongo kopwe anneani me won onomw kewe fiti fengen me ukuukun:**

- sodium/salt epwe 5 grams ika kukkun seni 5
- sugar epwe 5 grams ika kukkun seni
- potassium epwe kukkun seni 200 mg
- Ika pwe noumw ewe tokter a ara pwe kopwe eukuuku potassium non onomw kewe, iwe ukuukun potassium non ika% DV epwe chok 5% ika kukkun seni.

# NENGENI Eochu Ekkewe Mwongo Mei Wor Phosphorus Me Potassium Non



Ewer, inisumw mei pwan need ekkewe ru mettoch ren phosphorus me potassium an epwe pochokun. Nge nupwen epwe napeno ukuukun non me inisumw iwe mei tongeni pwan awora ngonuk ekkoch semwen me esenipa apwangapwangenon chuun non inisumw. Ika pwe mei uruk semwenin kidney ika CKD, omw kewe kidney resapw chiwan konnien pochokun ngeni ar repwe eumwuni me eukuuku ukuukun ekkewe chenun phosphorus me potassium me non inisumw. Esapw pwan meinisin aramas repwe eukuuku ar phosphorus me potassium ina pwata mei auchea kopwe akomw porous ngeni noum ewe tokter fan itan ei wewe.

**Potassium** - Ika ka sinei pwe kopwe ekisatiw om potassium, iwe kopwene eukuuku omw mwongo ekkei mwongo ren uuch, avocado, kippwau, pwuna ika oot me cheen kewe, taka, maai, me pweteto. Noum ewe tokter epwe angei chamw an epwe checki fite nampa ke nomw won ren ewe potassium, iwe anisuk ne ota kokkotun metkopwe tongeni mwongo.

## HIGH POTASSIUM FOODS



## LOW POTASSIUM FOODS





**Phosphorus** - Inisumw mei pwan need ei phosphorus nge nupwe epwe napeno iwe mei pwan efeien-gaw ngeni omw kewe kidney ika pwe ka fan nomw won semwenin CKD. Ikkei ekkewe mwongo a koon watte ewe phosphorus non ren, mettoch e for seni pinawa mworomwor, ekkewe foun legumes, nuts me seeds. Ekkewe mwongo me wor phosphorus non nge ese koon pwan nofitifit mei pwan fen watte ewe re kan ara fiber non, iei met e epeti an epwesoo phosphorus non inisumw.



## Phosphorus and Potassium Additives:

Ekkewe mwongon non sitowa mei wor chemical additives non ikkena ekkena mei watte phosphorus me potassium non. Ekkewe phosphorus me potassium non ekkei esin mwongon non sitowa ese koon pwan wor namwotan ngeni ewe inis. Kopwe tumwunu sonuk ekkei sokkun mwongo ika pwe mei uruk CKD.



**Potassium additives** e kawor non ekkewe nofitin mwongo ren pekin anennen, pwan aninnisin mwongo an epwe namwottam nge esapw ngaw. lei ew anan an epwe wattetá chenun potassium non inisumw. Ikkei ekkei sokkun nofitin mwongo e for me non USA mei watte ei potassium non:

1. Potassium chloride – ei sokkun nofit siwinin sóón non ekkewe mwongon non sitowa.
2. Potassium phosphate – ei e kan pwan non ekkewe mwongon non sitowa ren ekkewe supw non tiin, sauce non tiin, me ekkewe seni mei pwisin kuk non sitowa.
3. Potassium citrate – ei e nomw non ekkwan drinks minen non sitowa, pinewa me pwan ekkoch mwongon non bakery.
4. Potassium bicarbonate – ei sia tongeni kuna me non ekkewe mwongo mei umw me ekkewe mwongo mei ngawemmang.
5. Potassium lactate – ei a nomw non ekkewe seni mei tukutuk ika senien non sitowa.

# FINI EKKEWE MWONGO MEI MURINNE NGENI NGASANGASOMW

Mwongo iwi mei pwan anisi ewe inis an epwe pochokun. Nge ika a koon pwan napeno ukuukun mwongo iwi ke angei, iwe ewe kiris epwe pwan osukosuka omw ngasangas. Achocho ngeni omw kesapw koon pwan anapa ngonuk ekkewe mwongo mei kiris akkewin ekkwe mwongon non sitowa, pokiten mei pwan tongeni awateta omw cholesterol.

➤ **Saturated Fats:** A feito seni ekkewe seni mei kiris, pwan ekkewe mwongo mei fou kirisian, awewe ren pwété me ika kirisian piik me pwan ekkoch maan.

➤ **Trans Fats (Processed Fats):** Theselkkei ekkewe mwongo mei fiti óin, ika kiris me néoné. Pwan ekkewe mei ffou nge e for seni kiris mei néoné ren margarine me kirisen furain.

## KOPWE IFA NE EUKUUKU EKKEWE MWONGO-IWI?

Ikkei ekkoch foffor ika anen omw kopwe ekisatiw omw mwongo mei iwi:

- Siwinin furain kopwe kapwich, kuk ika apwoipwoi, umw ika fan pwan aia air-fry ika furain fiti nofit nap seni omw kopwe furain non kiris.
- Aia ekkewe spray ika ekis chok olive oil nap seni ekkewe kiris mei ffou.
- Reieno kirisian ekkewe seni ika futuk me mwen omw kopwe



# FINI EKKWE SENI MEI FICH NGENI INISUMW

Protein ina ewe faitamin si angei me non ekkewe seni. Mei anisi inisich ren an epwe apochokuna sefanni kich mwirin ach pekus ne mwokutukut fetan non ew me ew raan. Mei pwan anisi ewe inis ren an epwe apochokuna futuken non inisich. Ei protein e nap ach angei seni ekkewe seni ika futuk sia mwongo, nge mei pwan wor ekkoch ira kich mei pwan angei protein me non nupwen ach mwongo. Mei auchea sipwe mwongo ekkewe seni mei murinne ngeni inisich ren tumwunun ach kewe kidney. Mei pwan auchea sipwe mwongo me ru ekkewe sokkun protein seni ira me futuk ika seni.

Ika ka chok koon anapa omw mwongo seni ika futuk, nge kese mwongo ekkewe foun ika cheen ira mei wor protein non, iwe mei tongeni watteta ewe acid non inisumw. Ei mei esenipa weiresin omw kewe kidney ika ra koon pwan angang weires ne mworei ewe acid.

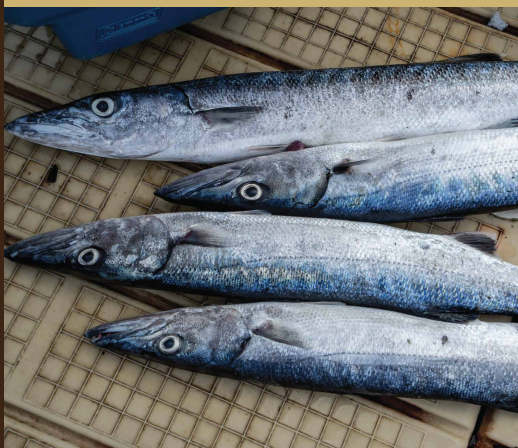
Achocho ngeni epwe chok 3-4 onus ukuukun seni kopwe angei non ew raan. Kopwe ani apépé kumwuchun poumw.

## BUROTIIN JEN MENIN MOUR

(Elap kūrīij, Edik fiber)

- Kau
- Piik
- Poultry: Bao, Take
- Ek
- Lep

\*Ōn ko relukun emman ñan kōkāāl im kōkajoor majōl ko iānbwinnid.



## BUROTIIN JEN KEIN EKKAN

(Edik kūrīij, Elap fiber)

- Tofu
- Pinto Piin
- Lentils
- Red Kidney Piin
- Garbanzo Piin
- Mung Piin

\*Jipañ kōmman joñan toñal eo am im kōkmanman digestion.



# IWE MET KOPWENE FORI? KA TONGENI POPUTA NE EKKESEWINI KOKKOTUN ONOMW KEWE MWONGO.

Pochokunen inisich a chok anongonong won ekkewe mwongo sia akkangei non anein manawach. Mei auchea sipwe mwittir essinna met ekkewe ekkesiwin sipwe fori ren ekkewe kokkotun mwongo mei murinne ngeni inisich. lei met epwe anisi tumwunun ach kewe kidney ika pwe sia nomw won ei semwen.

Pokiten emon me emon kich mei sakkofesen inisich, iwe mei nifinifin sokkun tumwun sipwe en me aia ngeni pwisin inisich. Ina pwata mei auchea kopwe porous ngeni noumtokter me ekkewe chon anisuk me pioing ren omw kopwe sinei met kokkotun mwongo a murinne ngonuk. lei mei namwot ngeni pochokunen omw kewe kidney me pwan pochokunen inisumw.



## REN PWAN EKKOCH TICHIKIN POROUS:



- ⇒ **ALOHA KIDNEY CLASSES**  
<https://www.alohakidney.com>
- ⇒ **NATIONAL KIDNEY FOUNDATION**  
<https://www.kidney.org>
- ⇒ **U.S. FOOD & DRUG ADMINISTRATION**  
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

# ANGANGAN ME POPUNAPEN A FÈRITA SENI EKKEI PUTAI ME KOPENI.

Ei pekin assukkun ren CKD a fèèr an epwe anisikich non kapasan fènùwach me ach èoreni mei awenewen ngeni CKD. Ach enletin kinisou ngeni ekkewe ir mei pèunong me ekkewe ra awora monian ach sipwe tongeni fèèri ei angang fanitan ach kewe community. Ach enletin kinisou me mwareiti Julia Takata ren an tumwunù fisièochùn ei angang.

