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Food intake characteristics of end stage renal disease with hemodialysis patients at Maharaj Nakorn Chiang Mai Hospital, Thailand

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End-Stage Renal Disease (ESRD) is one in all the foremost common chronic diseases. Malnutrition occurs at high prevalence in conjunction with ESRD patients who undergo maintenance Hemodialysis (HD) treatment and may be a risk factor for increased morbidity and mortality in these patients. The aim of the present study was to investigate the food intake of elderly patients on HD at Maharaj Nakorn Chiang Mai Hospital, Thailand compared it with the recommendation of Nephrology Society of Thailand. A cross-sectional survey on 120 HD patients was studied. There were 54 males and 66 females whose average age was 61.80 years old. Subjects had Body Mass Index (BMI) less than 18.5 kg/m², 18.5 ≤ BMI < 24.99 kg/m² and BMI ≥ 25 kg/m² of 16.27, 58.14 and 25.59, respectively. Food intake was collected using Easy Dietary Assessment (EDA) tools. The result showed that protein, energy, fat distribution, cholesterol and dietary fiber recommendations among HD patients were 1.0-1.5 g/kg/day, 30-35 kilocalories (kcal)/kg/day, 25-35%/day, <200 mg/day and 20-30 g/day. The average protein, energy, fat distribution, cholesterol and dietary fiber intake of samples were 0.89 ± 0.58 g/kg/day, 21.23 ± 10.11 kcal/kg/day, 39.15 ± 10.21%/day, 220.50 ± 21.04 mg/day and 12.85 ± 3.66 g/day, respectively. These investigations indicate that HD patients had lower intake of energy, protein and dietary fiber. Moreover, the daily intake of fat and cholesterol was higher compared with recommendation. It can also be used as a guide for appropriate food consumption counseling in order to prevent malnutrition.

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