

INFORMATION ABOUT RENASTEP™

Why is nutrition important in kidney disease?

Eating the right mix of foods is important for growing up healthy and staying strong as adults. But if you have chronic kidney disease (CKD) and feel sick or have a small appetite, it can be tough to do this.

As your kidneys don't work as well, you may have to change your diet. This can help manage the minerals in your blood and help you feel better.

It is important to talk to a dietitian as everyone's nutrition needs are different.



How can Renastep™ help?

Renastep is a high calorie formula with an amount of protein intended to help support certain types of kidney problems. It has small amounts of potassium, phosphorus, calcium, and vitamin A which may allow for eating more of the foods you enjoy.

Renastep is ready to drink and comes in a resealable bottle — handy for when you are on the move. It has a great taste with a hint of vanilla flavor.

Each bottle provides:

- 400 calories
- 8 grams of protein
- A variety of vitamins and minerals in amounts to support the management of kidney disease

How can Renastep be used?

Renastep offers an easy way to get in some nutrition on a diet plan for kidney disease. It can be used:

- as part of a tube feeding plan
- as a drink
- added to recipes

Recipe ideas and drink recipes are available on request.

It's important to talk to a dietitian or your kidney healthcare team to see if Renastep is right for you.



How should Renastep be stored?

Store in a cool dry place or refrigerate before use if desired.

Once opened, recap and refrigerate.

Discard any opened Renastep after 24 hours.

STRAWBERRY SMOOTHIE

PREP TIME: 5 minutes

RECIPE MAKES: 1 serving

INGREDIENTS

200 ml (1 bottle) Renastep™
2 Tbsp Nestlé® Nesquik®
strawberry flavored powder
1/4 cup strawberries, fresh,
hulled, and sliced

For more recipe ideas visit:
myrenalnutritionusa.com

DIRECTIONS

- 1 Place all ingredients in a blender and blend until smooth.
- 2 Serve in your favorite cup and enjoy!

NUTRITION INFO PER SERVING (1 SMOOTHIE)

Calories: 470 | Protein: 8 g | Phenylalanine: 134 mg

Phosphorus: 70 mg | Calcium: 101 mg | Sodium: 183 mg

Suitable from 1 year of age. | **FOR USE UNDER MEDICAL SUPERVISION** | Not suitable for use as a sole source of nutrition. Regular monitoring of nutritional status and electrolyte levels is required. Renastep is for use in the dietary management of kidney disease. Always consult your dietitian before making any changes to your diet.



For assistance accessing Renastep



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