

Keeping It Balanced

DIALYSIS PATIENT EDUCATION ACTIVITY SHEET



Word Match

Match the following lab values with their abbreviation and their function in the body.

Calcium

PTH

Helps keep bones healthy and strong, helps muscles and nerves work properly.

Parathyroid Hormone

Ca x P

Along with many functions, it helps strengthen your bones.

Phosphorus

Ca

With Vitamin D, it makes sure calcium and phosphorus in the blood are balanced.

Calcium-Phosphorus Product

P

Calcium level multiplied by phosphorus level. Measures risk of calcium and phosphorus build-up in the body.

Pop Quiz

Q: In order to live well on dialysis, it's important to:
(circle all correct answers)

- (a) Complete each dialysis treatment.
- (b) Eat healthy meals and stay active.
- (c) Keep a positive attitude!
- (d) Refill all prescriptions, and remember to take all your medicines.

Word SCRAMBLE

Find the following words in the scramble!

PTH	KIDNEY
CALCIUM	DIALYSIS
PHOSPHORUS	BALANCE
VITAMIN D	WEBSITE
DIETITIAN	LAB
NURSE	VALUES
DOCTOR	LOWER

N	A	I	T	I	T	E	I	D	S
C	A	L	C	I	U	M	W	U	Q
E	C	N	A	L	A	B	R	D	D
K	I	D	N	E	Y	O	V	N	O
R	B	M	U	H	H	S	A	I	C
E	U	I	R	P	B	X	L	M	T
W	Y	O	S	K	T	A	U	A	O
O	S	O	E	G	B	H	E	T	R
L	H	D	I	A	L	Y	S	I	S
P	E	T	I	S	B	E	W	V	L

See reverse side for answer key.

Keeping It Balanced

(side 2)

Rice Krispies® Squares

Prep Time: 10 minutes
 Total Time: 10 minutes
 Servings: 12

Ingredients:

- 3 tablespoons margarine or butter
- 1 (10 oz.) package regular marshmallows
 - or -
- 4 cups mini marshmallows
- 6 cups Rice Krispies® cereal

Directions:

1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly into 13 x 9 x 2-inch pan coated with cooking spray. Cut into 2-inch squares when cool. Best if served the same day.

Microwave Directions:

In a large microwave safe bowl, heat margarine and marshmallows at HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above.

Microwave cooking times may vary.

Note:

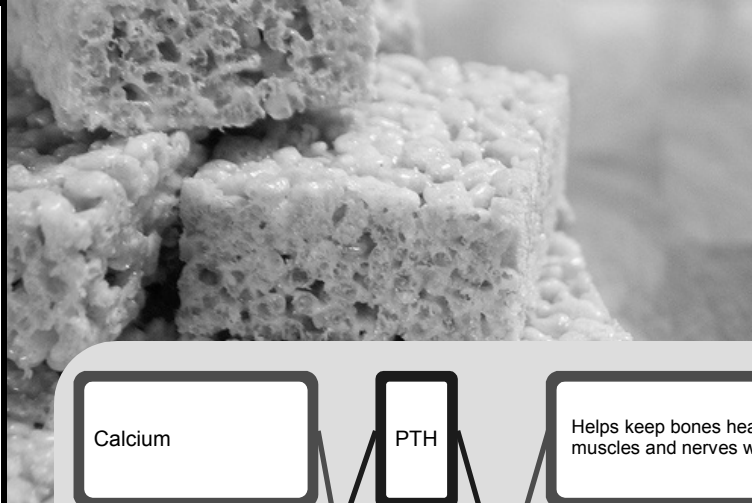
For best results, use fresh marshmallows.

1 jar (7 oz.) marshmallow creme can be substituted for marshmallows.

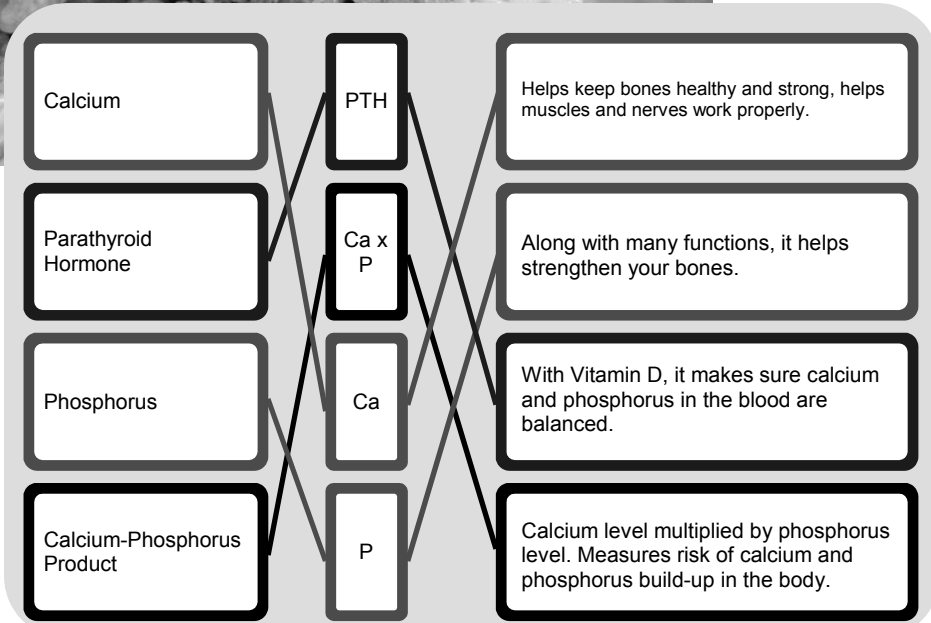
Diet, reduced calorie or tub margarine is not recommended.

Store no more than two days in airtight container.

For best results, use fresh marshmallows.



Answer Key



Q: In order to live well on dialysis, it's important to:

- (a) Complete each dialysis treatment.
- (b) Eat healthy meals and stay active.
- (c) Keep a positive attitude!
- (d) Refill all prescriptions, and remember to take all your medicines.

Nutrition Facts	
Serving Size 2 Squares (35g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

