

Chapter 7: Diet

Introduction

After transplant, you may be instructed to increase or decrease the amount of certain things in your diet. Sometimes this is because of a medication side effect or it may be due to eating too much or not enough of certain foods.

For example, tacrolimus can cause low levels of magnesium in your blood. If you have low magnesium, you will be encouraged to eat foods that are high in magnesium.

See the lists of magnesium, potassium and phosphorous foods on the following pages. Your nephrologist or coordinator will talk to you about which foods you should eat more of and which foods you should avoid. Talk to your nephrologist or coordinator if you have questions.