

Diet Modifications for Prednisone Therapy



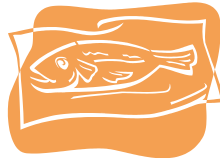
Prednisone has several possible side effects that relate to your diet. The following diet tips can help to reduce these side effects.

1. Increased protein breakdown (muscle loss)

Try to eat a high protein food at every meal. Meat, fish, poultry, dairy products and eggs are high protein foods. Nuts and beans are also good sources of protein. Try to eat at least _____ servings per day..

One serving of protein is:

- 1 ounce (30 grams) of cooked meat, chicken or fish
- 1 whole egg or ¼ cup egg whites
- 1 cup skim or 1% MF milk or ¾ cup low fat yogurt
- ¼ cup low sodium cottage cheese
- 1 ounce low fat cheese (20% MF or less)
- ¼ cup unsalted nuts
- 2 tablespoons of nut butter
- ½ cup cooked beans, peas or lentils



2. Decreased calcium absorption

You need 1200 mg calcium each day. To meet your calcium requirements, try to include high calcium foods in your diet every day. Vitamin D is also important for calcium absorption. A vitamin D supplement of a least 800 IU per day is recommended. Talk to your doctor or dietitian about the right dose for you.

High calcium foods (calcium content)

- 1 cup skim or 1% milk (300 mg)
- ⅓ cup dry milk powder (300 mg)
- 1 cup milk alternatives – rice, almond or soy (300 mg)
- ½ cup cottage cheese –2% or less, no added salt (75 mg)
- ½ cup park-skim ricotta cheese (300 mg)
- 1 ounce low fat cheese (200 mg)

- ¾ cup low fat yogurt (300 mg)
- 3 ounces (90 grams) sardines, with bones (300 mg)
- ½ can salmon, with bones (200 mg)
- ¼ unsalted almonds (100 mg)
- 1 cup cooked greens (100 mg)
- 1 cup calcium-fortified orange juice (300 mg)



3. Increased fat in your blood

- Choose lean meats most often. Limit fatty meats.
- Choose non-hydrogenated margarines or oils most of the time. Limit butter, lard and shortening.
- Limit fats and oils to 3-6 teaspoons per day.
- Choose low fat milk and yogurt (2% MF or less) and low fat cheese (20% MF or less)
- Avoid high fat desserts such as pastries, donuts and cakes

4. Sodium/fluid retention

- Avoid foods that are high in sodium. This includes canned soups, processed meats and cheese, frozen entrees, pickled foods, Asian sauces and salted snack foods (chips, nuts)
- Replace salt in cooking and at the table with dried and fresh herbs, flavoured oils and vinegars and seasoning blends.
- Try to limit eating out. Restaurant meals are high in sodium. Request less or no salt and sauces on the side.

5. High Blood Sugar

Ask your doctor to check your blood sugar level. If you develop high blood sugar you should see your dietitian for specific dietary changes.

If you have any questions, please contact your

Dietitian: _____.

Telephone: _____.

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