

Nefrodiet: We help you feed better

The Fundación Renal Íñigo Álvarez de Toledo has created Nefrodiet, an application for mobile devices that will allow kidney patients to carry a richer and more varied diet respecting the limits that their disease requires. This application has been chosen among the 5 best health Apps by isyscore17 a scale developed by the iSYS Foundation to evaluate applications and that takes into account, among other criteria, popular interest, trust and usability. It is available in Spanish and in English.

Nefrodiet is based on a simple system that allows the user to take daily control of the amount consumed of each of the seven main components that affect the renal patient: phosphorus, potassium, sodium, proteins, carbohydrates, calories, water; As well as three basic indicators such as the glycemic index, the glycemic load or the phosphorus / protein ratio. The patient will be able to get into what he is eating each day and the application will inform you of the consumption of each component and will indicate, with a simple system of colors, when it approaches or reaches the recommended daily limit of each component. This application, which has the scientific endorsement of the Spanish Society of Nephrology and the Spanish Society of Nephrology Nursing, has been developed from a program designed by Fernando Martínez Casado, a renal patient of a computer profession, who created the tool for His personal use and that, after proving his excellent result, decided to cede it to the Foundation so that it was available to all renal patients who need it. It is sponsored by the Banco de Santander Foundation

How Nefrodiet Works

This application allows you to keep a daily control of the amount you consume of each of the 7 main components that affect the renal patient: phosphorus, potassium, sodium, proteins, carbohydrates, calories, water; As well as 3 basic indicators such as the glycemic index, the glycemic load or the phosphorus / protein ratio. When you start using the tool it will assign you a maximum recommended daily amount of each of these components. This amount is automatically calculated by the application based on the clinical data you have previously entered (age, sex, weight, height, treatment, diabetes, hypertension), except in the case of water, you will be yourself, if you want to control your intake Of liquids, that you must manually enter the maximum daily amount of fluid that has been recommended by your nephrologist. In any case the quantities are orientative and you should always contrast them with your doctor.

It is an application very intuitive and easy to use, however to facilitate its use includes an explanatory video of all its functionalities <https://youtu.be/iR5Ay4mwhNg> (only spanish version)

The five main functions of the application are:

1. Food finder, where you can find the amount of sodium, phosphorus, potassium, water, etc. per 100 gr of edible food (it does not take into account the parts of the food that are not eaten like bones, etc.) and raw cooking). Also included is a drop down to calculate the components with different techniques of soaking or cooking.
2. Comprehensive listing of type rations where you can find what weigh the main foods
3. Calculator of plates that will indicate the total of sodium, phosphorus, potassium, etc. that each dish has according to its ingredients and the cooking technique used (soaking, cooking, double cooking, etc.)
4. Storage of recipes, where you can save the dishes that are prepared and retrieve them each time they are eaten again
5. Daily control of the daily intake, to be able to later consult it and / or download it in pdf.
6. The indexes are shown in a very intuitive way for the user in semaphore type format: green, yellow and red. The application also offers basic feeding tips and a dialysis center finder.

You can download it in

Google Play

https://play.google.com/store/apps/details?id=kidneyfoundationcom.myapplication&hl=es_419

Apple Store

<https://itunes.apple.com/es/app/nefrodieta/id1101675391?mt=8>