

Bush tucker in kidney failure and diabetes

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Problem

Diet is an essential component to the treatment and management of renovascular (kidney, diabetes and cardiovascular) disease. A special diet can slow the rate of kidney failure and limit the build-up of waste products and fluid in your body.

For those people with chronic kidney disease and diabetes who wish to eat bush tucker (Australian native flora and fauna) there is a paucity of resource material that guides and encourages individuals to continue to do so. This includes consumer information or professional medical resources.

A penchant for bush tucker, for many, is as much about taste as is it about culture, comfort, and maintaining control over one of the many elements that chronic disease and its management intrudes upon.

Solution

A resource that could be used by clients and health care providers (nursing, AHW, dieticians), in the management of nutrition in chronic renovascular disease, which would enable the continued consumption of bush tucker.

The resource needed to be accessible in urban, rural and remote areas, affordable and user friendly.

Result

Together with a local Aboriginal artist Les Elvin and Amgen Australia, *Bush Tucker in Kidney Failure and Diabetes* has been produced and supplied free. This book provides information on selected elements of the nutritional content of bush tucker. The elements presented in the book are those that require specific consideration when maintaining nutritional balance in renovascular disease.

The book enables adherence to dietary limitations as outlined by the dietitian but rather than forfeit food preference it allows favoured foods in acceptable quantities.