

Clinical Nutrition Department



Prednisone and Diet Changes

Your child is taking a medicine called prednisone. Prednisone is also called steroids. Prednisone has side effects that may require a diet change. These side effects can include:

- Fluid retention
- High blood sugar
- Low blood calcium

Fluid Retention

Avoid foods that are high in sodium. The more sodium (salt) eaten, the more fluid or water the body holds on to.

High Sodium Foods to Avoid:

- Buttermilk
- Canned foods (beans, meat, fish, soup, vegetables)
- Cheese (cottage, feta, processed, spread)
- Condiments (barbeque sauce, salad dressing, ketchup, mustard, soy sauce, tarter sauce)
- Fast food items
- Frozen foods items
- Meats (bacon, bologna, ham, hotdog, salami, smoked turkey, sausage)
- Nuts (dry roasted, salted)
- Olives
- Peanut butter
- Pickled foods (pickles, sauerkraut)
- Snack foods (chips, pretzels, saltine crackers, and other crackers with salted tops)
- Salt (table, garlic, seasoned)
- Tomato and vegetable juice

High Blood Sugar

Limit foods that are high in sugar. Foods high in sugar can make blood sugar (glucose) levels higher.

High Sugar Foods to Limit:

- Candy
- Chocolates
- Desserts (cakes, cookies, ice cream, pies, pudding)
- Donuts
- Fruit juice
- Gatorade
- Kool-Aid and other sugary drinks
- Soda

Low Blood Calcium

Eat plenty of foods high in calcium. High calcium foods can help to raise the calcium in the blood.

High Calcium Foods to Eat:

- Calcium fortified foods (cereal, orange juice)
- Low Sodium Cheese
- Milk
- Yogurt