

Recommended Nutrition Goals For Patients With Chronic Kidney Disease (CKD): Your Food Choices Matter



Count Your Calories



- Maintaining a healthy weight often requires reducing the number of calories you eat.¹
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



Reduce Your Salt Intake



- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).²
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.^{3,4}



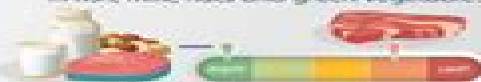
Monitor Fat Intake

- Replace saturated fats with unsaturated fats to help control cholesterol, a type of body fat.⁵



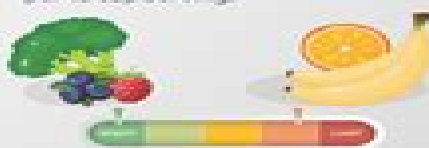
Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.¹
- Limit the amount of protein you eat or change the source.¹
- Choose foods high in riboflavin,² found in fish, milk, nuts and green vegetables.



Watch Your Potassium Intake

- Poorly functioning kidneys have trouble processing potassium, which when elevated, can negatively affect your heart and muscle function.¹
- Low: Foods are considered low potassium if they contain ≤ 200mg per ½ cup serving.
- High: Foods are considered high in potassium if they contain ≥ 200 mg per ½ cup serving.



Be Aware Of How Much Fluid Your Body Needs



- Damaged kidneys have trouble eliminating excess fluid from the body. This can cause high blood pressure and heart disease.¹
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.¹



Watch Your Phosphorous Intake

- CKD affects your kidneys' ability to remove phosphorous, which, when elevated, can cause poor bone health.¹
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.¹



Kidney Friendly Diet Options



DASH Diet⁶

- Rich in fruits, vegetables, low-fat dairy products, whole grains, fish, poultry, beans, seeds, and nuts.
- Low in sodium, fat, and calories.
- Endorsed by the NKF and other leading health organizations.



Renal Diet⁷

- These foods are low in sodium, phosphorous, and protein.
- Dietary needs may vary based on your individual needs.



Plant-Based Diets⁸

- Can be helpful in maintaining kidney health when you have CKD.



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Abbreviations

APO: American Kidney Fund; BMI: body mass index; CKD: chronic kidney disease; DASH: Dietary Approaches to Stop Hypertension; HDL-C: high density lipoprotein cholesterol; LDL-C: low density lipoprotein cholesterol; NKF: National Kidney Foundation; NephU: National Kidney Foundation. The information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for, medical care or advice or professional diagnosis. Health care professionals should use their independent judgment when reviewing NephU's educational resources. Users seeking medical advice should consult with a health care professional. ©2022 Chalkin Pharmaceutical Development & Commercialization, Inc. - Rockville, MD.

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