

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



Count Your Calories

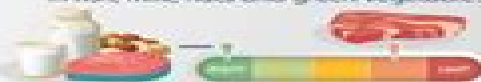


- Maintaining a healthy weight often requires reducing the number of calories you eat.¹
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.²
- Limit the amount of protein you eat or change the source.²
- Choose foods high in riboflavin,³ found in fish, milk, nuts and green vegetables.



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.²



Reduce Your Salt Intake

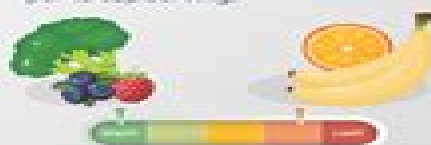


- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).¹
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.^{1,2}



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.



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



Monitor Fat Intake

- Replace saturated fats with unsaturated fats to help control cholesterol, a type of body fat.¹



Kidney Friendly Diet Options



DASH Diet

- 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 Diet

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



Plant-Based Diets

- 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 Disease Education Program. 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 Glaxo Pharmaceutical Development & Commercialization, Inc., Rockville, MD.

Nutrition And The Kidney

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Table of Contents Nutrition And The Kidney

1. Understanding the eBook Nutrition And The Kidney
 - The Rise of Digital Reading Nutrition And The Kidney
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition And The Kidney
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition And The Kidney
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition And The Kidney
 - Personalized Recommendations
 - Nutrition And The Kidney User Reviews and Ratings
 - Nutrition And The Kidney and Bestseller Lists
5. Accessing Nutrition And The Kidney Free and Paid eBooks
 - Nutrition And The Kidney Public Domain eBooks
 - Nutrition And The Kidney eBook Subscription Services
 - Nutrition And The Kidney Budget-Friendly Options

6. Navigating Nutrition And The Kidney eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition And The Kidney Compatibility with Devices
 - Nutrition And The Kidney Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition And The Kidney
 - Highlighting and Note-Taking Nutrition And The Kidney
 - Interactive Elements Nutrition And The Kidney
8. Staying Engaged with Nutrition And The Kidney
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition And The Kidney
9. Balancing eBooks and Physical Books Nutrition And The Kidney
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition And The Kidney
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition And The Kidney
 - Setting Reading Goals Nutrition And The Kidney
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition And The Kidney
 - Fact-Checking eBook Content of Nutrition And The Kidney
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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