

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



Count Your Calories

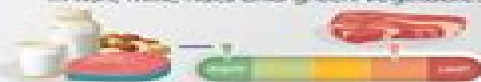


- Maintaining a healthy weight often requires reducing the number of calories you eat.¹
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



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.⁴
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.⁵



Reduce Your Salt Intake

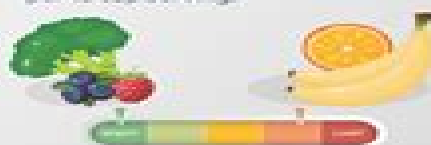


- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).⁶
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.^{1,6}



Watch Your Potassium Intake

- Poorly functioning kidneys have trouble processing potassium, which when elevated, can negatively affect your heart and muscle function.⁷
- 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.⁸
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.⁹



Monitor Fat Intake

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



Kidney Friendly Diet Options



DASH Diet¹⁰

- 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 Diet¹¹

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



Plant-Based Diets¹²

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



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Abbreviations
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