

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



## Count Your Calories

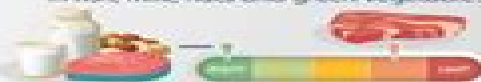


- Maintaining a healthy weight often requires reducing the number of calories you eat.<sup>1</sup>
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



## Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.<sup>2</sup>
- Limit the amount of protein you eat or change the source.<sup>2</sup>
- Choose foods high in riboflavin,<sup>3</sup> 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.<sup>1</sup>
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.<sup>2</sup>



## Reduce Your Salt Intake

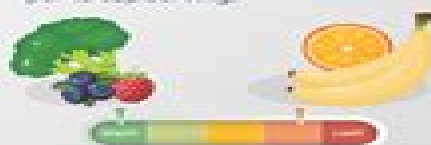


- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).<sup>1</sup>
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.<sup>1,2</sup>



## Watch Your Potassium Intake

- Poorly functioning kidneys have trouble processing potassium, which when elevated, can negatively affect your heart and muscle function.<sup>1</sup>
- 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.<sup>1</sup>
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.<sup>1</sup>



## Monitor Fat Intake

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



## 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.



### References

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### Abbreviations

AJF, American Journal of Kidney Diseases; 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

**Sophie Travis**



## **Nutrition And The Kidney:**

**A Clinical Guide to Nutrition Care in Kidney Disease** Laura Byham-Gray, Karen Wiesen, 2004 A complement to Guidelines for Nutrition Care of Renal Patients 3e and Renal Care Resources and Practical Applications Features practical and authoritative guidelines for all stages and treatments of renal disease Addresses the National Kidney Foundation's Disease Outcome Quality Initiative NKF KDOQI Guidelines Provides practical nutrition intervention sections Examines useful case studies Offers helpful hints to treat common patient problems Includes the latest information on Medical Nutrition Therapy Represents a consensus formed by clinical practitioners on the basis of current scientific literature and experience A Clinical Guide to Nutrition Care in Kidney Disease can also be used as a study tool for the CSR exam Handbook of Nutrition and the Kidney William E. Mitch, T. Alp Ikizler, 2012-03-28 Thoroughly revised and updated for its Sixth Edition this handbook is a practical easily accessible guide to nutritional management of patients with acute and chronic renal diseases Leading international experts present state of the art information on these patients nutritional requirements and offer dietary recommendations with menus and lists of supplements to enhance patient compliance Numerous tables and figures enable readers to find essential information quickly This edition includes new chapters on the dietary approach to treating patients with kidney stones and hypertension as well as on obesity and physical activity as they relate to patients with kidney disease

Nutrition in Kidney Disease Laura D. Byham-Gray, Jerrilynn D. Burrowes, Glenn M. Chertow, 2014-01-23 Nutrition in Kidney Disease Second Edition addresses the relationships between nutrition and 1 normal kidney function and disease 2 the progressiveness of chronic kidney disease CKD and strategies to prevent further compromise and 3 the treatment and management of kidney failure especially during medical crises such as acute kidney injury and its consequent nutritional therapies e.g. enteral and parenteral nutrition Demographic patterns trends and outcomes in the current health care systems are explored in the United States and abroad Disease prevention and management are presented over the entire lifespan beginning with pregnancy followed by infancy childhood adolescence and adulthood concluding with the elder years Foundations for clinical practice are established by devoting a complete section towards conducting a comprehensive nutritional assessment comprising of anthropometric biochemical clinical physical parameters and psychosocial concerns unique to the kidney disease population Nutritional therapy is also discussed across the spectrum of kidney disease and pertinent aspects critical to successful management of disorders and conditions such as bone disease obesity and nephrotic syndrome are explored Nutrition in Kidney Disease Second edition highlights cutting edge research in regards to exercise and functional outcomes malnutrition and the inflammatory response experimental therapies and the use of complementary and alternative medicine with a special emphasis on relevant preventative strategies *Nutrition Therapy for Chronic Kidney Disease* Lynn K. Thomas, Jennifer Bohnstadt Othersen, 2016-04-19 Kidney disease is a global health concern that affects people of all ages and races Based on the work of the National Kidney Foundation and the Kidney Disease Improving

Global Outcomes foundation guidelines have been developed outlining the parameters for patient care Nutritional Therapy for Chronic Kidney Disease builds upon the discoveries made in the Handbook of Nutrition and the Kidney William E. Mitch, Saulo Klahr, 2002 Now in its revised updated Fourth Edition this handbook is a practical easily accessible guide to the nutritional management of patients with kidney disorders Leading international experts present state of the art information on nutritional requirements in renal disease and offer dietary recommendations with menus and lists of supplements to enhance patient compliance Numerous tables and figures enable readers to find essential information quickly Half of this edition's chapters have been written by new contributing authors Coverage includes new information on nutritional requirements of patients receiving dialysis factors contributing to malnutrition in kidney disease and use of nutritional therapies to slow loss of kidney function A Brandon Hill recommended title **Nutritional Management of Renal Disease** Joel D. Kopple, Shaul G Massry, Kamyar Kalantar-Zadeh, 2012-12-31 This translational text offers in depth reviews of the metabolic and nutritional disorders that are prevalent in patients with renal disease Chapter topics address the growing epidemic of obesity and metabolic syndrome Each chapter integrates basic and clinical approaches from cell biology and genetics to diagnosis patient management and treatment Chapters in sections 4-7 include new illustrative case reports and all chapters emphasize key concepts with chapter ending summaries New features also include the latest National Kidney Foundation Clinical Practice Guidelines on Nutrition in Chronic Renal Failure the most recent scientific discoveries and the latest techniques for assessing nutritional status in renal disease and literature reviews on patients who receive continuous veno venous hemofiltration with or without dialysis Provides a common language for nephrologists nutritionists endocrinologists and other interested physicians to discuss the underlying research and translation of best practices for the nutritional management and prevention of renal disease Saves clinicians and researchers time in quickly accessing the very latest details on nutritional practice as opposed to searching through thousands of journal articles Correct diagnosis and therefore correct treatment of renal metabolic and nutritional disorders depends on a strong understanding of the molecular basis for the disease both nephrologists and nutritionists will benefit Nephrologists and nutritionists will gain insight into which treatments medications and diets to use based on the history progression and genetic make up of a patient Case Reports will offer an added resource for fellows nutritionists and dieticians who need a refresher course *RENAL DIET COOKBOOK* Laurel Stevens, 2019-07-09 Are you worried about your kidney and you want to avoid being on dialysis or getting a kidney transplant If the answer is yes then this Renal Diet Cookbook is for you with essential nutrition guide to manage and improve kidney disease Treatments for people living with chronic kidney disease or on dialysis Following a Renal diet may delay total kidney failure and also bolster kidney function It is very important to switch from the old way of eating and follow a healthy eating lifestyle Such as monitoring the consumption of sodium phosphorus and potassium especially With information in this book you can get positive results eat better and live better This Essential nutrition guide to Manage and improve kidney disease

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well once you have kidney disease We understand this and that s why we ve put together a cookbook for those who have kidney disease This book covers Understanding Kidney Disease Different kind of Kidney failure Kidney Failure Treatment Renal Diet and It Benefits The Causes of Renal Failure Lifestyle For Prevent Kidney Disease How to Slow Kidney Disease What you can Eat What to Avoid Breakfast Lunch Dinner Snack Recipes Soup and stew And much more Renal diet RD is a natural and safe dietary supplement that can improve kidney function and reduce the effects of kidney disease The kidneys are responsible for filtering a variety of waste products from your body The kidneys are works in progress always trying new things because they are constantly adapting to changing conditions Kidney diet can help to maintain and restore kidney function and help to improve kidney health RD is also helpful for those that have suffered adverse drug reactions RD has been used safely for over 25 years to help promote renal health 55% OFF for Bookstores NOW at 16 64 instead of 36 97 LAST DAYS You will Never Stop Using this Awesome Cookbook Buy it NOW and get addicted to this amazing book

Nutrition and Kidney Disease Hiromichi Suzuki,Paul L. Kimmel,2007-01-01 It is well known that the daily diet plays an important role in the preservation and integrity of renal function in patients with chronic kidney disease However there currently exists some confusion as to the right diet because of the MDRD Modification of Diet in Renal Disease study which has shown that a low protein diet does not have a major effect on the course of renal dysfunction To resolve this dilemma researchers are developing a framework for an appropriate dietary program which will significantly alter the understanding of the role of diet and eventually have important implications for the practice of nephrology This publication provides an update on both laboratory and clinical research including nutritional status and its assessment in patients with kidney disease nutritional therapy in hemodialysis in patients with diabetic nephropathy and after kidney transplantation as well as considering the roles of sodium protein intake and phosphate restriction in kidney disease Part of a long standing and continuing effort to improve patient outcome this book provides both a fundamental understanding of diet as well as a practical and up to date summary of current knowledge and technology It will therefore be a helpful tool for the clinician working in the field of chronic kidney disease *Clinical Guide to Nutrition Care in Kidney Disease* Stacey Phillips,Janelle Gonyea,Michelle Bump,Academy of Nutrition and Dietetics Renal Practice Group,National Kidney Foundation Council on Renal Nutrition,2021-06 **Handbook of Nutrition and Food** Carolyn D. Berdanier,Johanna T. Dwyer,Elaine B.

Feldman,2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original

*Nutrition Care of the Older Adult: a Handbook for Dietetics Professionals Working Throughout the Continuum of Care* Kathleen C. Niedert,Becky Dorner,2004 Completely revised with new chapters and sections covering everything the health care provider needs to know when working with the older adult either at home or in nursing and long term care facilities

Chapters cover factors affecting nutrition nutrition and disease nutritional assessment dining challenges and regulatory compliance This scientifically sound and practical resource for new and experienced nutrition professionals includes new forms resources the food guide pyramid for older adults and an index of tales      [Nutritional Foundations and Clinical Applications - E-Book](#) Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition the critically acclaimed Nutritional Foundations and Clinical Applications A Nursing Approach offers you a comprehensive first hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people Discussions on nutritional needs and nutritional therapy from the nurse s perspective define your role in nutrition wellness and health promotion The dynamic author team of Grodner Roth and Walkingshaw utilizes a conversational writing style and a variety of learning features help you apply your knowledge to the clinical setting Content updates specifically to the Dietary Guidelines for Americans 2010 an online resource a new logical organization and much more prepare you to handle the challenges you face with ease Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life Content Knowledge and Critical Thinking Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real world situations Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness Personal Perspective boxes demonstrate the personal touch for which this book is known and offer first hand accounts of interactions with patients and their families Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions Teaching tool boxes provide tips and guidance to apply when educating patients Website listings with a short narrative at the end of every chapter refer you to additional online resources Updated content to Dietary Guidelines for Americans 2010 keeps you current Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content A logical organization to updated and streamlined content lets you find the information you need quickly      [Clinical Guide to Nutrition Care in Kidney Disease](#) Academy of Nutrition and Dietetics Renal Practice Group, National Kidney Foundation Council on Renal Nutrition, 2021-03      [Renal Diet Cookbook for Beginners](#) Edith Yang, 2021-06-08 Simple guidance and recipes to support kidney health Whether you ve been diagnosed with chronic kidney disease CKD or you re caring for someone who has figuring out what to eat should not add stress to your life The Renal Diet Cookbook for Beginners offers straightforward guidance for those new to the renal diet as well as convenience focused recipes that make it easy to manage kidney health via diet A registered dietitian board certified in renal nutrition author Edith Yang can help you personalize the renal diet Discover a range of simple flavorful and healthful recipes that can be customized for the various stages of CKD or special considerations When it comes to managing CKD there s

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**The Complete Renal Diet for Beginners** Sophie Travis, 2020-03-04 IT IS extremely IMPORTANT to WATCH your DIET and KNOW a good deal ABOUT DISEASE to take back CONTROL of your HEALTH THE COMPLETE RENAL DIET FOR BEGINNERS is A GUIDE WITH a lot of good BASIC INFORMATION and ADVICE FOR those with KIDNEY DISEASE The THE COMPLETE RENAL DIET FOR BEGINNERS eBook STARTS WITH an INTRODUCTION to KIDNEY DISEASE and NUTRITION needs FOR the VARIOUS STAGES THE COMPLETE RENAL DIET FOR BEGINNERS cookbook is full of SIMPLE yet ample FLAVOURFUL RECIPES easy to follow SYSTEMATIC MEAL PLAN and of course hope WELLNESS A RENAL DIET CONTAINS a SPECIFIC number of NUTRIENTS that ARE VITAL at HELPING to KEEP your KIDNEY as HEALTHY as possible The RECIPES in this cookbook are MEANT to KEEP your POTASSIUM SODIUM and PHOSPHOROUS levels IN CHECK WITHOUT SACRIFICING FLAVOUR OR FUN This GUIDE will HELP you TO MODIFY your DIET YOU CAN not only HELP PROTECT KIDNEY FUNCTION but also IMPROVE your OVERALL HEALTH EMPOWER yourself with what YOU need to TAKE CHARGE of KIDNEY DISEASE The NUTRITION INFORMATION and ESSENTIAL TIPS will HELP YOU to AVOID DIALYSIS SUBSTANTIALLY IMPROVE your QUALITY OF LIFE HAVE A HAPPY AND HEALTHY KIDNEY LIFE

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