

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



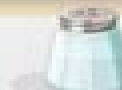
Count Your Calories



- 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}



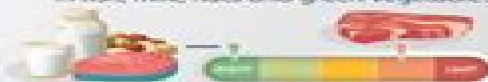
Monitor Fat Intake

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



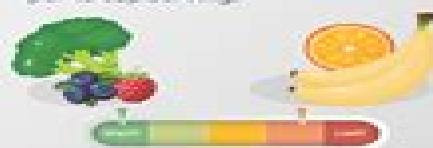
Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.⁶
- Limit the amount of protein you eat or change the source.⁷
- Choose foods high in riboflavin,⁸ 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.⁹



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 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 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 Glaxo Pharmaceutical Development & Commercialization, Inc. - Rockville, MD.

Nutrition And The Kidney

**The Academy of Nutrition and
Dietetics Renal Practice
Group, National Kidney Foundation
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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

Handbook of Nutrition and the Kidney William E. Mitch, Saulo Klahr, 2005 Thoroughly revised and updated for its Fifth Edition this handbook is a practical easily accessible guide to nutritional management of patients with kidney disorders 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 Six of this edition's chapters have new contributing authors Coverage includes new information on nutritional management of lipid disorders and abnormalities in calcium phosphorus and bone metabolism Chapters on nutritional requirements in hemodialysis and peritoneal dialysis have been completely updated *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 *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 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 *Nutrition and the Kidney* William E. Mitch, Saulo Klahr, 1993 The purpose of this book is to provide a background of nutritional principles and pathophysiologic concepts so that the guidelines for implementing nutritional therapy will be comprehensible and useful The chapter on nutritional requirements of normal adults has been rewritten in this new edition Other chapters that have been substantially revised include those dealing with the nutritional requirements of patients with the nephrotic syndrome patients with acute renal failure or patients in the predialysis stage of renal failure as well as those treated by peritoneal dialysis or hemodialysis Includes new chapters on the impact of abnormal lipid metabolism requirements for trace minerals and vitamins and methods for assessing the adequacy of nutritional intervention in uremia Also includes updated chapters on the nutritional requirements of diabetic and transplant patients calcium phosphorus and mineral metabolism and on how the diet influences progression of renal failure Also includes in depth discussions for actual dietary therapy of patients with renal disease Designed for physicians dietitians nurses and others involved in treating patients with renal disease *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 cookbook is filled with delicious foods to help you heal plus good nutrition advice from an expert for renal diet renal failure kidney disease diet renal diet plan etc This Kidney disease cook answers questions like An over view of kidney disease Some of the factors that cause Kidney Disease Symptoms and the different stages of kidney disease The right way of eating for chronic kidney disease Top food choices with their sodium contents for a kidney diet Food choices with their phosphorus contents for a kidney diet Top food choices with their potassium contents for a kidney diet Helpful nutritional facts for discovering a diet that works for you Over 100 delicious recipes to meet your nutritional needs Make a commitment today it s your right to live healthy Don t scroll without buying a copy **National Kidney Diet Shopping Guide for People with Chronic Kidney Disease on Dialysis** The Academy of Nutrition and Dietetics Renal Practice Group,National Kidney Foundation Council on Renal Nutrition,2020-02 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

The book delves into Nutrition And The Kidney. Nutrition And The Kidney is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nutrition And The Kidney, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Nutrition And The Kidney
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- Chapter 4: Nutrition And The Kidney in Specific Contexts
- Chapter 5: Conclusion

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6. In chapter 5, this book will draw a conclusion about Nutrition And The Kidney. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition And The Kidney.

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