

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



## Count Your Calories

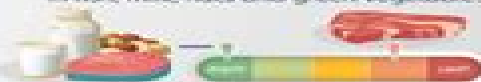


- Maintaining a healthy weight often requires reducing the number of calories you eat.<sup>1</sup>
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.



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



## Reduce Your Salt Intake

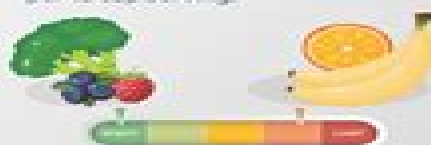


- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).<sup>6</sup>
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.<sup>1,6</sup>



## Watch Your Potassium Intake

- Poorly functioning kidneys have trouble processing potassium, which when elevated, can negatively affect your heart and muscle function.<sup>7</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>8</sup>
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.<sup>9</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<sup>10</sup>

- 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<sup>11</sup>

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



### Plant-Based Diets<sup>12</sup>

- 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; NKF, 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 Chukin Pharmaceutical Development & Commercialization, Inc. - Rockville, MD.

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In a global inundated with monitors and the cacophony of immediate connection, the profound power and psychological resonance of verbal art frequently diminish in to obscurity, eclipsed by the constant barrage of sound and distractions. However, situated within the lyrical pages of **Nutrition And The Kidney**, a captivating work of literary elegance that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus manuals readers on a psychological odyssey, softly exposing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main subjects, dissect its charming writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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