

# 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.



## Reduce Your Salt Intake



- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).<sup>2</sup>
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.<sup>3,4</sup>



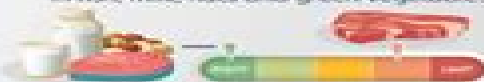
## Monitor Fat Intake

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



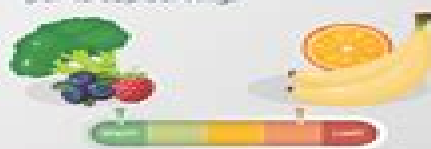
## Watch Your Protein Intake

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



## 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>9</sup>



## 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>



## 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 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.

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# **Nutrition And The Kidney**

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Dietetics Renal Practice  
Group, National Kidney Foundation  
Council on Renal Nutrition**

## **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

**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 nutritonal 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

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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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