

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.¹
- **Limit the amount of protein you eat or change the source.**¹
- 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.¹
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.¹



Reduce Your Salt Intake

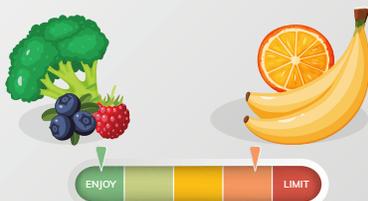


- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.^{1,5}



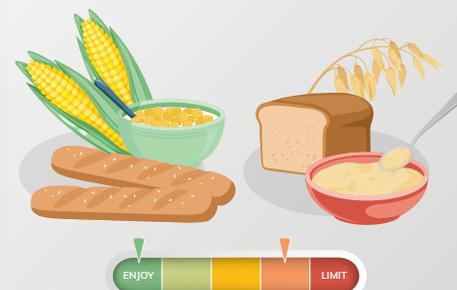
Watch Your Potassium Intake

- **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 ≤ 200 mg per $\frac{1}{2}$ cup serving.
- **High:** Foods are considered high in potassium if they contain ≥ 200 mg per $\frac{1}{2}$ cup serving.



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



Monitor Fat Intake

- Replace saturated fats with unsaturated fats to help control cholesterol, a type of body fat.³



Kidney Friendly Diet Options



DASH Diet⁶

- 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 Diet⁷

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



Plant-Based Diets⁸

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



References

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Abbreviations

AKF, 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; NKDEP, National Kidney Disease Education Program; NKF, National Kidney Foundation.

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