

# Healthy Nutrition for Chronic Kidney Disease



Chronic kidney disease is a condition in which the kidneys are damaged and are unable to filter blood as well as they should. A healthy diet can help prevent and manage the disease.

## General Nutrition:

- Adopt a diet that is high in fiber and low in saturated fat and cholesterol
- Consume a low-protein diet
- Choose more plant-based meals
- Reduce consumption of animal products
- Reduce sodium intake
- Depending on the stage of the disease, restrict potassium and phosphorus

## Some Kidney-friendly Foods:

- Whole-grain cereals, pastas, and breads
- Oats, oatmeal, quinoa, couscous, and grits
- Plant proteins like tofu, nuts/seeds, black beans, garbanzo beans, and pinto beans
- Unfortified rice or soy plant-based milks
- Fresh, frozen, or no-sodium added canned vegetables
- Fresh, frozen, or canned fruit

## General Recommendations:

- At least 6 servings of grains daily with at least half of them being whole-grains
- At least 5 servings of fresh, frozen, or canned fruits and vegetables daily
- 0.6 to 0.8 g/kg protein daily, depending on stage
- Consume foods with no more than 200 milligrams of sodium per serving

## Sample Meal: Nutrient-rich Dinner

Stir fry made with:

- 1/2 cup eggplant
- 1 cup brown rice
- 1/2 cup sugar snap peas
- 1/2 cup carrots
- 1/2 cup chopped peanuts
- 1 tablespoon peanut oil

## Potential Benefits:

- Reducing your sodium intake can result in decreased proteinuria and blood pressure
- Adopting a plant-based, low-protein diet can also result in reduced risk of insulin resistance, secondary hyperparathyroidism, high blood pressure, and high cholesterol
- High intakes of fruits and vegetables associated with a high-fiber diet can lower net acid excretion

*Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.*

## Foods to Limit:

- Animal protein
- Saturated fats
- High sodium and/or processed protein foods
- Pickled foods such as olives, pickles, and kimchi
- Processed and sugar-sweetened beverages
- High-sodium grain foods
- High-sodium dressings and condiments

