Chronic Kidney Disease and Nutrition

How can my diet affect my kidney disease?

Nutrition management for chronic kidney disease (CKD) patients may help preserve your remaining kidney function, although it will not cure your kidney disease or reverse the damage already done. Please keep in mind that these are general guidelines for people with CKD. A specific plan may be created by your doctor or dietitian and may be stricter or more liberal based on your kidney function and laboratory results.

How can I make my diet more kidney friendly?

Low Sodium

- Reduce your sodium intake to 2000 mg per day or less.
- Restrict your fluid intake to 1.5 liters, or about 50 ounces, per day.

Along with taking your blood pressure medications, these two goals will help control blood pressure, which has been proven to be most effective in preserving kidney function.

Low Protein

- Eat smaller portions of heart-healthy protein to reduce stress on your kidneys and decrease the buildup of waste products.
- Maintain a protein goal based on your body weight – between 45 and 75 grams per day. Your doctor or dietitian will help determine your goal.
- Eat one to two small portions of protein each day, including chicken, fish, turkey, lean red meats, low cholesterol egg products and soy products.

Low Phosphorus

- Reduce phosphorus intake to less than 1000 mg per day. Damaged kidneys may not remove enough phosphorus from your system.
- Eat fewer high-phosphorus foods, including chocolate, dark sodas, nuts and peanut butter, beans and dairy products, especially cheese and ice cream.

Low Potassium

- Maintain a potassium goal of less than 2000 mg per day. Removing potassium from the body becomes more difficult with kidney damage.
- Eat fewer foods that are high in potassium, including bananas, potatoes, avocado, oranges and different type of melons.

Low Cholesterol

- Decrease your cholesterol and saturated fat intake while increasing the amount of fiber in your diet to improve your blood cholesterol profile.