



Your Daily Nutrition Needs

Nutrient	Range	My Nutrition Range	Notes
Fluid			
Phosphorus			
Potassium			
Protein			
Sodium			

Questions to Support Your Daily Nutrition

- What nutrients matter the most for my kidneys right now
- Should I change how much fluid I drink
- What happens if my potassium is too high or too low?
- What happens if my phosphorus is too high or too low?
- What happens if I eat too much or too little protein?
- What happens if I eat too much sodium?
- Which foods are high in sodium?

Making Food Choices

- Can you help me build a grocery list that fits my kidney needs
- How can I read food labels to check for sodium, potassium, and phosphorus
- What are good snack ideas that fit my kidney diet?

Planning Meals

- Can you help me plan simple meals for breakfast, lunch, and dinner
- What portion sizes are right for me
- How can I adjust favorite recipes to be safer for my kidneys
- What should I choose when eating out
- What drinks are best for me

Diabetes and Kidney Disease

- What happens if I eat too much sugar?
- Which foods are high in added sugar?
- What foods can help control high blood sugar?

Monitoring Your Health

- What changes in my labs should I pay attention to
- How often should I meet with a kidney dietitian
- When should I call if I notice swelling, low energy, or a change in appetite

My Notes
