



MEDICAL NUTRITION THERAPY FOR KIDNEY DISEASE

Nutrition help that fits your health needs

Medical Nutrition Therapy, also called MNT, is nutrition counseling from a registered dietitian nutritionist with training in kidney disease. This specialist may be called a renal dietitian or kidney dietitian.



Why MNT matters

With kidney disease, your body may not handle food and nutrients the same way it used to. The right nutrition plan can help you feel better and support your treatment.



A kidney dietitian can help you manage:

- Protein
- Sodium
- Potassium
- Phosphorus
- Fluids
- Calories



MNT may help you

- Slow the progression of chronic kidney disease
- Manage diabetes and high blood pressure
- Reduce swelling and fluid overload
- Improve lab results
- Prepare for dialysis or transplant
- Maintain strength and energy



Who may benefit from MNT

- Chronic kidney disease at any stage
- Diabetes and kidney disease
- High blood pressure and kidney disease
- Kidney stones
- Dialysis treatment
- A kidney transplant



What a kidney dietitian does

- Review your lab results
- Create a personalized meal plan
- Help you manage diabetes or heart disease
- Teach you how to read food labels
- Help you eat well within your culture and budget
- Adjust your plan as your kidney disease changes

Tips:

A kidney dietitian can help you understand what to eat, what to limit, and how to make food choices that support your kidneys and overall health.



What to expect during a visit

- Your visit is focused on your health needs and goals. The dietitian will work with you to build a plan that is realistic and manageable.
- Review your medical history, lab results, medicines, and eating habits
- Ask about food preferences, cultural foods, and budget
- Help you set goals, such as lowering sodium or improving blood sugar
- Give you meal planning guidance and practical food tips
- Adjust your plan over time as your needs change



Paying for MNT

MNT may be covered by Medicare, Medicaid, or private insurance. Medicare Part B covers MNT for people with chronic kidney disease not on dialysis or diabetes, with a doctor's referral. Coverage from other plans varies, and you may need a referral or preauthorization. If you do not have insurance, ask about self-pay options, sliding scale fees, community programs, or lower cost telehealth.



Getting started

- Ask your doctor for a referral to a kidney dietitian
- Check your insurance coverage
- Schedule your first appointment



Questions to ask at your appointment

- Can you refer me to a kidney dietitian?
- Is MNT right for my stage of kidney disease?
- How often should I see a dietitian?
- What changes should I make based on my lab results?
- Which foods should I limit or include more often?

Tips:

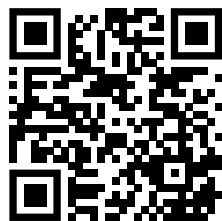
Start early. You do not have to wait until dialysis to work with a kidney dietitian.

Food is part of your treatment. A kidney dietitian can help take the guesswork out of eating with kidney disease.

Visits may be in person or by telehealth.

Small steps matter. You do not have to change everything at once.

Find more help:



[NKF Nutrition Hub](#)



[CKD Dietitian Directory](#)



NATIONAL KIDNEY
FOUNDATION®

[KIDNEY.ORG](https://www.kidney.org)



This content is provided for informational use only and is not intended as medical advice or as a substitute for the medical advice of a healthcare professional.