

# GOOD NUTRITION

## CHRONIC KIDNEY DISEASE

Making healthy food choices is essential if you have kidney disease. Dietary changes may help control the buildup of waste and fluid in your blood. This means your kidneys do not have to work as hard to remove the extra waste and fluid. Food choices will depend on your lab values.

### When you have kidney disease may need to control the following:

- **Protein:** If you have stage 3 or 4 chronic kidney disease (CKD), you may need to watch how much protein you eat. Having too much protein can cause waste to build up in your blood, and your kidneys may not be able to remove all the extra waste. If you are on dialysis you will need to eat more protein to replace protein that is lost during the dialysis treatment. Protein sources include legumes, meat, poultry, fish, and eggs.
- **Sodium:** Healthy kidneys control how much sodium is in your body. If your kidneys do not work well, too much sodium can cause fluid buildup, swelling, higher blood pressure, and strain on your heart. High-sodium foods include table and seasoning salts, sauces such as soy and teriyaki, salty snacks, cured meats, and foods that are canned or processed.
- **Potassium:** Potassium works with muscles, including the heart. Too much or too little potassium in the blood can be very dangerous. The amount of potassium you need is based on how well your kidneys are working and your medications. High-potassium foods include bananas, oranges and orange juice, cantaloupe, dried fruits, winter squash, and salt substitute.
- **Phosphorus:** As kidney function gets lower, extra phosphorus can start building up in the blood. High phosphorus levels can cause bones to get weaker. The amount of phosphorus you may have each day is based on your blood phosphorus level. Your healthcare provider may also prescribe a phosphate binder medicine. High-phosphorus foods include dairy products, organ meats, colas, deli meats, and processed foods with phosphate additives.
- **Calcium:** Foods that are good sources of calcium are often high in phosphorus. Calcium and vitamin D work together to keep bones healthy. Before taking any over-the-counter vitamin D or calcium supplements, talk to your healthcare provider. You may also need to limit or avoid calcium-fortified foods.
- **Fluid:** Most people in the early stages of kidney disease do not need to limit how much fluids they drink. But if your kidney disease worsens you may need to limit your fluid intake. Fluids include any food that is liquid at room temperature such as beverages, soups, gelatin, frozen desserts, and ice.

Your healthcare provider can refer you to a kidney dietitian who can help you plan what to eat for good nutrition. You can also visit the CKD Kidney Dietitian Directory.

<https://sites.google.com/view/ckdrd/home>