

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

Chronic Kidney Disease Stage 3-5 Nutrition Therapy

Choosing healthy food, staying physically active and taking medicines as prescribed by your health care provider may help slow down the progression of kidney disease. There is not one eating plan that is right for everyone with kidney disease. Your registered dietitian nutritionist (RDN) will help you identify what's best for you to eat.

Why is nutrition important in kidney disease?

Your kidneys help keep nutrients and minerals balanced in your body and remove the waste products from your blood. With kidney disease, your kidneys may not be able to do this job very well. You may need to make some changes to your diet.

You may need to control the amount of protein, sodium, potassium, phosphorus or calcium in your diet. You will also still need to follow diet recommendations for any other conditions you have, like heart disease or diabetes. Fortunately, these diets are similar.

Your nutrition care plan might change over time depending on the status of your condition. Your registered dietitian nutritionist or health care provider will tell you if changes are needed based on your blood test results.

Tips

How to plan a kidney-friendly meal

- Fill a 9-inch or 10-inch plate with:
 - Fruits and/or vegetables
 - Breads, cereals, or grains
 - Protein
 - A healthy fat

- Your body needs protein to help build muscle, repair tissue, and fight infection. If you have kidney disease, eating less protein can help protect your kidneys if you are not on dialysis. The most effective way to protect your health is to eat less red meat such as beef or pork and smaller protein portions and to choose plant-proteins as a meat alternative. If you are on dialysis, the protein serving is the size of your palm. If you are not on dialysis, the protein serving is 1/3 to 1/2 the size of your palm. Your RDN will discuss how much protein you should eat.
- Eat at least 6 servings of grain daily and choose whole grains for at least half those servings.
- Fruits and vegetables are an important part of a healthy diet and help increase your intake of fiber. Eat at least 5 servings of fresh, frozen, or canned fruits and vegetables daily. These foods are a source of potassium but you only need to limit how much you eat if your potassium level is high.
- Products labeled as “low sodium” may use potassium chloride in place of sodium. Check the ingredient list to make sure you can safely eat low-sodium foods.
- You can enjoy ___servings of dairy and dairy alternatives. Your RDN will make a specific recommendation based on your individual needs.
- Your health care provider will let you know if you need to limit fluid intake. Less fluid will help you manage urine output, and avoid fluid retention which can cause shortness of breath, swelling, high blood pressure, and increased strain on your heart and blood vessels.

Nutrients to Monitor

You may need to pay attention to sodium, phosphorus, and potassium in your diet. Your RDN can provide you handouts on potassium and/or phosphorus for more details and strategies to manage these nutrients.

Tips to limit sodium:

- Eat home-cooked meals made from fresh ingredients.
- Choose foods and condiments with 200 milligrams of sodium or less per serving.
- Use frozen or packaged meals with 600 milligrams or less sodium per serving if you are too tired to cook.
- Check labels to avoid foods that have more than 200 milligrams of sodium per serving. These foods may include canned soups or soup mixes, packaged foods, pickled foods, sauces, and seasonings.
- Limit how much salt you add to foods or avoid it altogether. Salt-free seasonings like herbs, spices, lemon juice, and vinegar will flavor to your food without adding salt.
- Ask your RDN which frozen and convenience foods, fast foods, or restaurant meals may be ok for you.

If you also have diabetes and/or heart disease:

It is easy to manage these multiple diets because they are similar in many ways.

- Eat a variety of healthy foods.
- Choose whole grain foods.
- Eat a moderate amount of protein and choose low-fat, lean, and heart-healthy options.
- Eat at least 5 servings/day of fruits and vegetables. Your blood potassium level will affect which fruits and vegetables you can safely eat.
- Eat less food with added salt, sugars, and fats.

Your RDN can provide you with additional recommendations if necessary.

Foods to Choose or Limit

Your RDN will tell you if you need to limit phosphorus or potassium in your diet and provide you separate handouts about foods to choose or limit.

Food Group	Choose	Limit
Grains	<ul style="list-style-type: none"> ▶ Whole grain cereal ▶ Oats, oatmeal ▶ Whole wheat bread, pita ▶ English muffin ▶ Corn tortillas ▶ Whole wheat pasta ▶ Brown rice ▶ Quinoa ▶ Couscous ▶ Grits ▶ Popcorn ▶ Rice cakes ▶ Whole wheat crackers 	<ul style="list-style-type: none"> ▶ Grains with more than 200 milligrams of sodium per serving ▶ Boxed biscuit, cake, pancake/waffle mixes and other convenience foods ▶ Snacks and sweets should be eaten in moderation
Protein Foods	<ul style="list-style-type: none"> ▶ Eggs or egg whites ▶ Lean beef, wild game, and “all natural” chicken, fish, pork, seafood, or turkey ▶ Legumes/Pulses: Beans (such as black, kidney, or white beans), lentils, split peas, black-eyed peas ▶ Soy: Tofu, edamame ▶ Nuts and nut butters 	<ul style="list-style-type: none"> ▶ Protein with more than 200 mg sodium per serving ▶ Processed or frozen protein foods ▶ Salty processed meats (such as bacon, bologna, salami and other lunch meats), ham, hot dogs, sausage, breakfast sausage, and pre-seasoned meats
Dairy and Milk Alternatives	<ul style="list-style-type: none"> ▶ Lower-phosphorus milk alternatives include unfortified almond, rice, soy or other plant beverages ▶ Lower-phosphorus cheeses include brie, goat, cream cheese, mozzarella, parmesan, or ricotta cheese 	<ul style="list-style-type: none"> ▶ Processed cheeses, such as American cheese, cheese spreads, boxed macaroni and cheese ▶ Milk-based or cheese-based soups or sauces ▶ Nondairy creamers

Food Group	Choose	Limit
Vegetables	<ul style="list-style-type: none"> ▶ Fresh, frozen, or no-salt added canned vegetables 	<ul style="list-style-type: none"> ▶ Processed vegetables or vegetable juice with more than 200 milligrams sodium per serving. ▶ Pickled foods, such as olives, sauerkraut, pickles, kimchi ▶ Vegetables with added sauces
Fruit	<ul style="list-style-type: none"> ▶ Fresh, frozen, or canned fruit 	<ul style="list-style-type: none"> ▶ Canned fruit in syrup or with added sugars
Fats and Oils	<ul style="list-style-type: none"> ▶ Healthy fats such as olive oil, vegetable oil or lower sodium salad dressings ▶ Butter, margarine, mayonnaise, and sour cream in moderation 	<ul style="list-style-type: none"> ▶ Dressing, condiments and other sauces with more than 200 mg of sodium per serving
Beverages/ Fluids (Fluids include anything that is liquid at room temperature. You may need to limit how much you drink if you are producing less urine.)	<ul style="list-style-type: none"> ▶ Water ▶ Coffee ▶ Tea ▶ Lemonade ▶ Seltzer 	<ul style="list-style-type: none"> ▶ Processed beverages (such as most colas, sports drinks, energy drinks, some flavored waters, drink mixes., some bottled teas and others) ▶ Canned soups with more than 200 mg sodium per serving ▶ Beer and wine
Other	<ul style="list-style-type: none"> ▶ Herbs, spices, lemon juice, vinegars to flavor food instead of salt ▶ Stocks or broths labeled as “no salt added” ▶ Condiments and sauces with less than 200 mg sodium per serving 	<ul style="list-style-type: none"> ▶ Salt, and salt substitutes ▶ Bouillon and broths with more than 200 milligrams per serving ▶ Broths and soups labeled as “low sodium” ▶ Condiments and sauces with more than 200 mg sodium per serving

Chronic Kidney Disease Stage 5 (on Dialysis) Sample 1-Day Menu

Meal	Menu
Breakfast	<ul style="list-style-type: none">■ 1 egg, hard-boiled■ 1 cup oatmeal■ ½ cup blueberries■ ½ cup soy yogurt■ 1 cup coffee
Lunch	<ul style="list-style-type: none">■ Sandwich made with: 2 slices whole wheat bread■ 2 ounces sliced turkey■ 2 leaves lettuce■ 1 teaspoon mustard■ 1 tablespoon mayonnaise■ 1 cup carrots, raw■ 1 apple■ 1 cup water with lemon
Afternoon Snack	<ul style="list-style-type: none">■ 2 tablespoons peanut butter■ 4 celery sticks
Evening Meal	<ul style="list-style-type: none">■ 3 ounces fish, broiled■ ½ cup brown rice, cooked■ ¼ cup green peppers, sautéed■ ¼ cup mushrooms, sautéed■ 1 tablespoon olive oil■ ½ cup green beans■ ½ cup peaches
Evening Snack	<ul style="list-style-type: none">■ 3 cups popcorn, air-popped topped with:■ 1 teaspoon parmesan cheese■ 1 pear

Chronic Kidney Disease Stage 3-5 (Not on Dialysis) Sample 1-Day Menu

Meal	Menu
Breakfast	<ul style="list-style-type: none">■ 1 egg, hard-boiled■ 1 cup oatmeal■ 1 cup blueberries■ 1 cup coffee
Lunch	<ul style="list-style-type: none">■ Sandwich made with: 2 slices whole wheat bread■ 1 ounce sliced turkey■ 2 leaves lettuce■ 1 teaspoon mustard■ 1 tablespoon mayonnaise■ 1 cup carrots, raw■ 1 apple■ 1 cup water with lemon
Afternoon Snack	<ul style="list-style-type: none">■ 2 tablespoons hummus■ 4 celery sticks
Evening Meal	<ul style="list-style-type: none">■ 2 ounces fish, broiled■ 1 cup brown rice, cooked■ ¼ cup green peppers, sautéed■ ¼ cup mushrooms, sautéed■ 2 tablespoons olive oil■ ½ cup green beans■ ½ cup peaches
Evening Snack	<ul style="list-style-type: none">■ 3 cups popcorn, air-popped■ 1 pear

Notes:
