

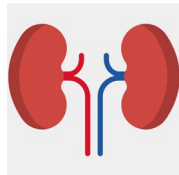
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Community Dining
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Kidney Disease and Nutrition

If you have been diagnosed with kidney disease (CKD- Chronic Kidney Disease), it is important to choose healthy foods, stay physically active and take your medicines as prescribed by your health care provider. Doing so can slow how fast your CKD progresses.



How Kidneys Function

Your kidneys help keep nutrients in balance and remove waste from your blood. The average pair of kidneys filter about 200 quarts of blood and produce roughly 2 quarts of urine daily. After filtering waste out of your blood, through millions of tiny blood filters (nephrons) your clean blood returns to your blood stream and the waste is stored in the bladder as urine. There are two tests that can check how well your kidneys are functioning: albumin to creatine ratio (ACR) and estimated glomerular filtration rate (eGFR).

ACR- measures albumin (protein) in your pee. Too much albumin can indicate damage to your kidney's nephrons. Heavy exercise and illness could also cause a high ACR

eGFR- blood test measuring creatinine (waste product from digestion of protein and routine muscle breakdown) which can indicate how well your kidneys are functioning. Other factors that can affect your eGFR are; diet, overall muscle mass, malnutrition and other chronic diseases

Why is Nutrition Important in Kidney Disease?

With kidney disease, your kidneys may not be able to do its job of filtering out waste very well. Making changes to your diet can help take some added stress off your kidneys. You may need to control the amount of protein, sodium, potassium, phosphorous or calcium, depending on instructions from your care team. If you have other chronic conditions such as heart disease or diabetes, you will need to follow dietary recommendations for those conditions as well. Thankfully these diets are similar and do not require more whole-sale changes to your eating routine. Your nutrition plan may change over time as the status of your condition changes. Consult regularly with your care team and your registered dietitian. Whether or not you are dialysis may also affect your nutrition plan.

How to Plan A Kidney Friendly Diet



Aim to make every meal include fruits and/or vegetables, whole grains (bread, cereals or grains), protein and a healthy fat (typically a plant-based fat).

Your body needs protein to help build muscle, repair tissue and fight infection. Discuss with your registered dietitian how much protein you should eat. Limit consumption of red meat like beef and pork as they are higher in saturated fat (bad fat). Try more plant-based alternatives like beans, lentils, nuts or tofu. Lean sources of meat such as chicken, fish and turkey. Avoid high sodium proteins (bacon, sausage, pre-marinated meats, full-sodium canned foods).

Fruits and vegetables are always a part of a healthy diet. Aim to eat 5 servings every day: fresh, frozen or canned! Choose a variety of colors to get a full range of nutrients and antioxidants. These foods are a source of potassium, however. Make sure you are aware if your potassium levels are high and discuss with your care team if you should be limiting your potassium intake.

Whole grains are a great source of fiber, but be aware whole grains also have more protein compared to refined grains. Switch from white bread to whole wheat, and instead of white rice use brown rice or a different grain like farro, quinoa or spelt.



Tips to Limit Sodium

You may need to limit your sodium intake, too. A high sodium intake can increase your blood pressure and cause your body to hold onto excess fluids; both putting more stress on your kidneys. Here are a few more tips to reduce your sodium intake:

- Purchase products labeled as "low sodium", or sodium-free condiments like Mrs. Dash seasonings. Remember whole fruits and vegetables are naturally sodium free.
- Choose foods and condiments with 200mg of sodium or less per serving.
- Purchase frozen meals, only if you have too. Look for meals with 600mg of sodium or less.
- Take the table salt off the table! Use sodium free seasonings like herbs, spices, lemon/lime juice and vinegar to add flavor to food.
- Eat out less. Home cooked meals with fresh ingredients have far less sodium than fast food and meals from restaurants. When out to eat, ask your server which menu items are lower in sodium.

Discuss with your healthcare team and registered dietitian what diet changes they recommend to specifically benefit you!

Nutrigram sourced from Nutrition Care Manual: Chronic Kidney Disease Stage 3-5 Nutrition Therapy

Source: www.nutritioncaremanual.org/client_ed.cfm?ncm_client_ed_id=157
www.kidney.org/kidney-topics/kidney-function