

# Chronic Kidney Disease Diet

This playbook provides a guide for dietary adjustments to support kidney health in individuals with chronic kidney disease (CKD). It outlines recommended foods to consume and those to avoid to slow the progression of CKD.

## Step 1: **Diet Assessment**

Evaluate your current diet and identify which foods you commonly consume that may be high in sodium, potassium, phosphorus, or protein.

## Step 2: **Consult Specialist**

Consult with a registered dietitian or a healthcare provider who specializes in dietary management of kidney disease to develop a personalized eating plan.

## Step 3: **Limit Sodium**

Reduce sodium intake by avoiding high-sodium foods, reading labels for sodium content, and using herbs and spices instead of salt for flavoring.

## Step 4: **Control Protein**

Moderate protein intake as per the guidance of your healthcare provider, focusing on high-quality protein sources like fish, egg whites, and lean meats.

## Step 5: **Phosphorus Management**

Limit foods high in phosphorus such as dairy products, beans, nuts, and processed foods. Opt for fresh fruits and vegetables.

## Step 6: **Potassium Monitoring**

Monitor and manage your potassium intake. High-potassium foods like bananas, oranges, potatoes, and tomatoes should be limited or balanced as recommended.

## Step 7: **Hydration**

Maintain appropriate fluid intake. Your healthcare provider can help determine the right amount based on your stage of CKD.

## Step 8: **Regular Review**

Regularly review and adjust your diet with your healthcare provider as your condition changes or as new clinical guidelines are released.

# **General Notes**

## **Individual Variances**

Dietary needs can vary significantly among individuals with CKD due to differences in remaining kidney function and other health factors.

## **Nutrition Labeling**

Learn to read and understand nutrition labels to make informed choices about the foods you eat. Pay attention to serving sizes and the amounts of sodium, potassium, and phosphorus.

## Meal Planning

Plan meals ahead of time to ensure a balanced diet that fits your kidney health objectives and lifestyle.

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