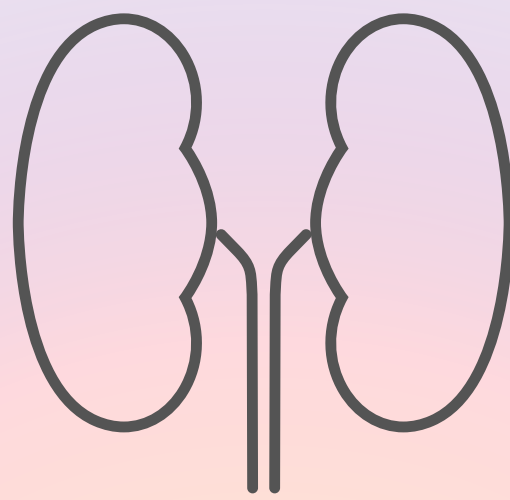


Presented by Kidney Disease
Screening & Awareness Program
(KDSAP) UC Berkeley

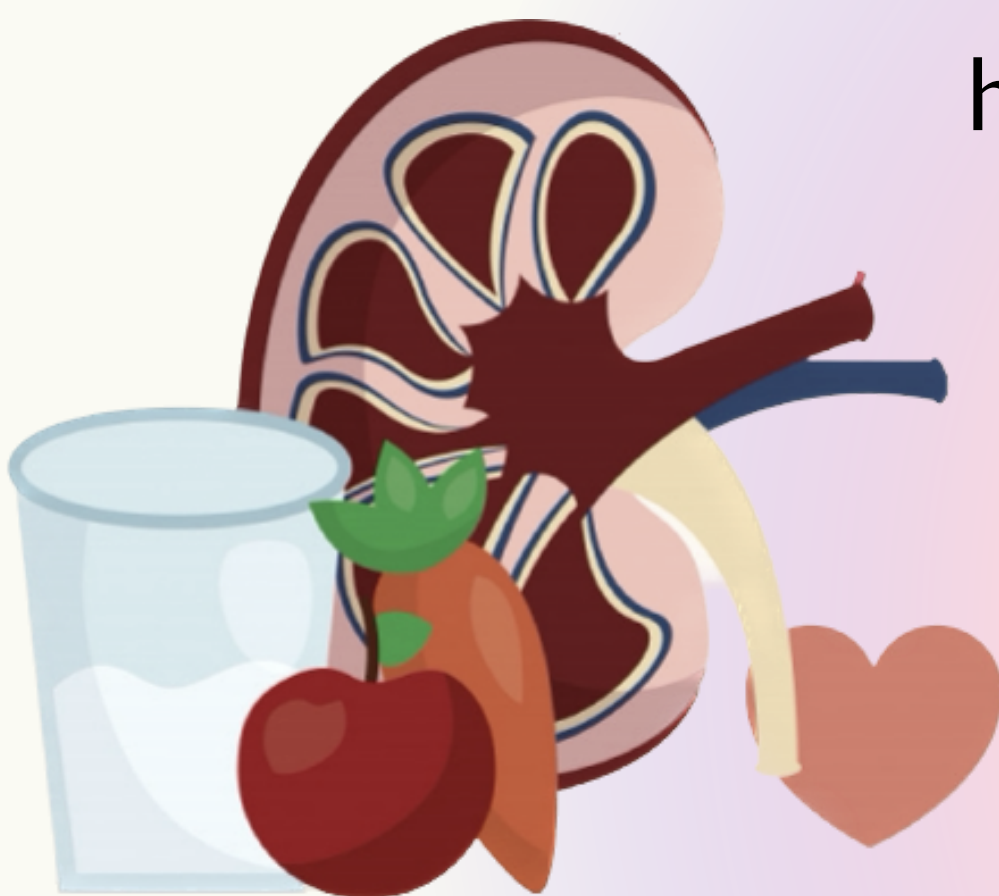


CHRONIC KIDNEY DISEASE DIET

A guide to a kidney-friendly and
nutritional eating plan for CKD

WHY A CKD DIET IS IMPORTANT

Eating right for CKD can help you manage and slow damage to your kidneys. A CKD diet restricts certain types of foods & minerals, as your kidneys are not able to filter waste in your body as well.



This diet can also help prevent other health problems that contribute to CKD, such as diabetes & high blood pressure.

FOOD RESTRICTIONS

#1-3 are recommended for all people with kidney disease. #4-5 are for those with CKD Stages 3, 4, & 5.

#1. Salt &
Sodium

#2. Protein

#3. Heart-
Healthy Food

#4
Phosphorus

#5 Potassium

#1. SALT & SODIUM

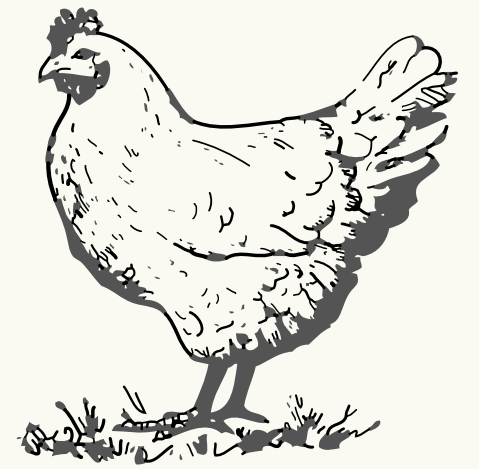
Eating meals with high salt & sodium causes your kidneys to hold onto too much water. This causes swelling and raises blood pressure.

Lower your sodium intake by:

- Using herbs and spices instead of salt when seasoning food.
- Buying fresh food.
- Choosing food with "Low Sodium" or "Unsalted" on the food label.
- Rinsing canned foods with water before eating.



#2. PROTEIN



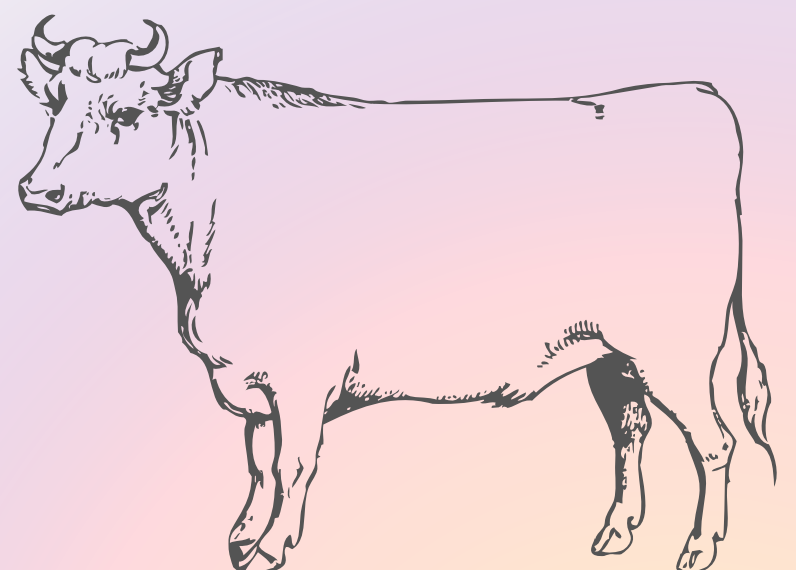
Eating too much or the wrong kinds of protein causes your kidneys to work harder. This is because protein causes the body to produce more waste for the kidneys to filter. Low protein diets have also been shown to help postpone dialysis.

Adjust protein intake by:

- Eating smaller portions of protein
- Opting for low-fat dairy

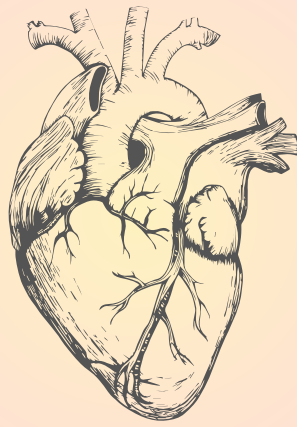
Quality sources of protein:

- fish
- chicken & turkey
- lean pork
- egg
- trimmed cuts / red meat



#3. HEART- HEALTHY FOOD

Heart-healthy foods prevent fat from building up in your blood vessels, heart, & kidneys.



Heart-healthy foods:

- Lean cuts of meat
- Poultry without skin
- Fish
- Beans
- Vegetables
- Fruits
- Low-fat dairy

More tips:

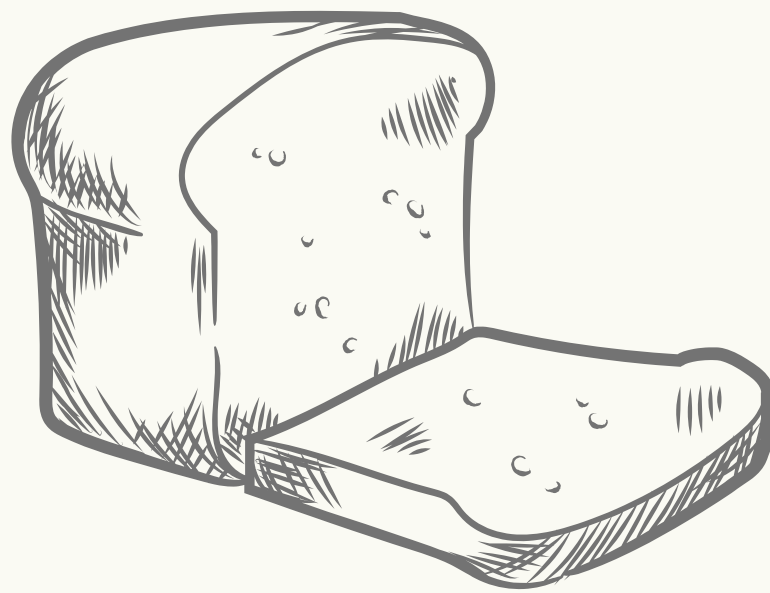
- Limited saturated & trans fats
- Grill, broil, bake, roast, or stir-fry foods
- Cook w/ olive oil instead of butter

#4. PHOSPHORUS

CKD can lead to high levels of phosphorus in your blood, which causes your bones to weaken & other health problems.

Low phosphorus foods:

- Fruits & vegetables
- Sourdough & Italian bread
- Corn & rice cereal
- Lemonade



High phosphorus foods:

- Dairy foods
- Whole grain bread
- Beans, nuts, lentils, & seeds
- Dark-colored sodas

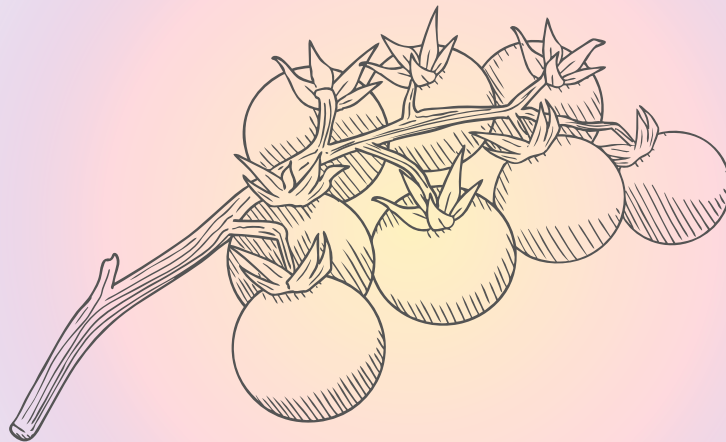
#5. POTASSIUM

When kidneys are not functioning properly, potassium levels may build up, causing muscle & heart problems.



Low potassium foods:

- White bread / rice
- Apples, cranberries, grapes, pineapples & strawberries
- Carrots, green beans, lettuce



High potassium foods:

- Whole-wheat bread & brown rice
- Bananas, oranges, tomatoes, & potatoes
- Beans, nuts, & bran cereal