

Healthy Food Choices for Chronic Kidney Disease



Choosing healthy foods can help you manage kidney disease and prevent it from getting worse. As your kidney function changes, your food choices may need to change. Talk with your doctor about a working with a dietitian who can help you set up a meal plan that includes foods that you like.

If you're living with kidney disease, you need to limit sodium and maybe your protein. As your kidney function decreases, you may also need to limit potassium, phosphorous, calcium, or fluids.

Meal planning tips ($\frac{1}{2}$ veg, $\frac{1}{4}$ grains, $\frac{1}{4}$ protein)



- Fill half of your plate with vegetables and/or fruit. They fiber and are a good part of a healthy diet. Fruits and vegetables are a source of potassium, so if your potassium is high, choose fruits and vegetables that are low in potassium.
- A quarter of your plate can include breads, cereals, or grains. Choose whole grains for half of your servings.
- Add protein to the other quarter of your plate to help build muscle, repair tissue, and fight infection. Watch your portion sizes and follow the advice from your health care team.
- You can add dairy and dairy options to your meals or snacks. Your dietitian will make give you advice based on your own needs.

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- Your health care team will let you know if you need to limit fluids. The right amount of fluid will help you stay hydrated and manage your urine output and prevent fluid retention. Drinking the right amount of fluid also helps reduce the stress on your heart, blood vessels, and lungs.
- Grill, broil, bake, roast, or stir-fry foods instead of deep frying. Choose foods that are good for your heart such as salmon. Be sure to limit your saturated and trans fat.
- Limit alcohol. Check with your doctor about if you can safely drink alcohol. General guidelines are one drink (5 oz. wine, 12 oz. beer, or 1.5 oz. spirits) per day for women or no more than two drinks per day for men.

Sodium

Too much salt or sodium in the diet can cause high blood pressure or make it worse, which can contribute to kidney disease. It can also promote an imbalance of fluids in your body, causing more health concerns. Here are some tips to cut back on salt while still enjoying foods.

Salt or sodium is found in many processed, packaged, and fast foods, such as canned vegetables, tomato sauce, frozen or boxed dinners, and snack foods like chips and pretzels. There's also a lot of sodium in cured or canned meats such as bacon, ham, sausage, Spam, lunchmeat, and bologna; pickles; and condiments like soy sauce (soy sauce), fish sauce, ketchup, and barbecue and teriyaki sauces. Limiting these types of foods will significantly decrease the amount of sodium you eat.

Most healthy adults in the U.S. should eat less than 2,300 mg of sodium a day, including any salt you add to meals. That's about one teaspoon of table salt. Adults with prehypertension, high blood pressure, or chronic kidney disease should consume less than 1,500 mg of sodium a day.

Salt substitutes

Many salt substitutes are available at the market. Check the nutrition facts to be sure they're low in sodium or sodium-free. Salt substitutes can be very high in potassium. Check with your health care team before using them.

You can also make your own salt-free blends at home with herbs and spices such as thyme, oregano, rosemary, cumin, sage, marjoram, cayenne, chili powder, or basil. Combine ingredients, keep them in a covered container, and add to foods for extra flavor.

Try these simple recipes or create your own.

Mixed herb blend

¼ cup dried parsley flakes

2 tablespoons dried tarragon

1 tablespoon each of dried oregano, dill weed, and celery flakes

Italian blend

2 tablespoons each dried basil and dried marjoram

1 tablespoon each garlic powder and dried oregano

2 teaspoons each thyme, crushed dried rosemary, and crushed red pepper

Mexican blend

¼ cup chili powder

1 tablespoon each ground cumin and onion powder

1 teaspoon each dried oregano, garlic powder, and ground red pepper

½ teaspoon cinnamon

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Read the food label

An easy way to find out how much sodium you're eating is to read the nutrition facts label.

The serving size is under the words "Nutrition Facts" before. In this example, the amounts listed are for one serving ($\frac{2}{3}$ cup); if you eat twice that, you'll need to double the amounts and percentages on the nutrition facts label.

Look for foods with less than 140 mg sodium per serving.

Different products may vary. Check the food label.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235 mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Protein

Protein helps maintain muscles and organs. Eating the right amount of protein can help protect your kidneys. When your body uses protein, it creates waste that your kidneys have to remove. If you eat too much protein, your kidneys must work harder. Please talk to your care team or dietitian for the right amount of protein for you.

My protein goals

Choices per day _____ or _____ ounces

Tips to make better protein choices:

- Eat small servings of lean meat, chicken with no skin, fish, pork, seafood, turkey, eggs or egg whites, and low-fat dairy (contains phosphorous).
 - A cooked serving should be about 2 to 3 ounces or about the size of a deck of cards.
 - Dairy foods – one serving is $\frac{1}{2}$ cup milk or yogurt or 1 ounce cheese.
- Some plant foods contain small amounts of protein. Choose beans, lentils, peas, tofu, edamame, nuts, and nut butters.
 - One serving is $\frac{1}{2}$ cup cooked beans, $\frac{1}{4}$ cup nuts.

Here are some examples of sodium content of foods.

Item	mg of sodium
1 teaspoon salt	2,300
1 cup miso soup	1,460
1 tablespoon patis (fish sauce)	1,088
1 cup pinakbet (pork with vegetables)	1,083
1 cup kimchi	1,050
1 teaspoon baking soda	1,000
1 tablespoon shoyu (soy sauce)	914
1 ume (pickled plum)	810
1 slice Spam (2 ounces)	767
1 tablespoon low-sodium shoyu	620

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Food Choices



- High potassium
(more than 200 mg per serving)








- High sodium
(more than 200 mg per serving)



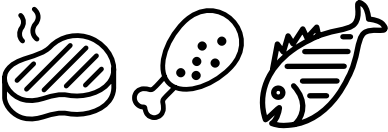
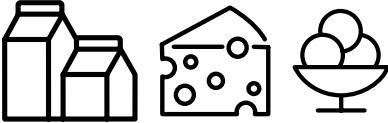

- High phosphorous
(more than 100 mg)

Check the food label as products may differ. Be aware of serving sizes.

Food group	Choose more often Each item is one serving	Limit high sodium 
<p>Grains</p> <p>_____ choices per day</p> <div></div>	<p>1 slice bread</p> <p>½ muffin</p> <p>½ cup whole grain cooked cereal</p> <p>¾ cup dry cereal</p> <p>¾ cup long rice</p> <p>½ cup spaghetti or macaroni</p> <p>4-inch pancake or waffle (♥)</p> <p>1 slice whole-wheat bread, pita</p> <p>1 dinner roll or pan de sol</p> <p>½ bagel</p> <p>1 slice angel food cake</p> <p>1 saloon pilot or crème cracker</p> <p>3 graham or soda crackers</p> <p>½ English muffin</p> <p>1 cup oatmeal</p> <p>6-inch corn tortilla</p> <p>3 cups popcorn (unsalted)</p> <p>2 rice cakes</p> <p>One 1-inch maki sushi roll</p> <p>2-5 whole-wheat crackers</p> <p>½ cup white rice, brown rice (♥), quinoa, couscous</p> <p>5 small vanilla wafers</p>	<p>Boxed biscuit, cake, pancake/ waffle mixes (🦴) and convenience foods, chow mein (♥), chow fun (♥), somen or soba (♥), cornbread (🦴), chips (♥), salted crackers and pretzels (🦴), arare (rice crackers), saimin (♥), sweet roll, yeast donut, croissant, cake donut (♥)</p>







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<p>Protein Foods</p> <p>_____ choices per day</p> 	<p>1 egg, 2 egg whites, ¼ cup egg substitute</p> <p>1 ounce cooked lean beef, lamb, chicken, fish, pork, duck, seafood, or turkey</p> <p>⅓ cup shellfish: oysters (♥), clams (#), shrimp, crab</p> <p>2 ounces eel or snail</p> <p>2 tablespoons canned tuna (♥), 1 ½ small sardine (♥)</p> <p>½ cup tofu (firm, soft, silken) (♥), edamame (♥), 1 ounce aburage (♥)</p> <p>2 tablespoons nut butter (♥)(🦋)</p> <p>1 ounce natural cheese (♥)</p>	<p>Protein with more than 200 mg sodium per serving: bacon, ham, Spam, lunchmeat, sausage, bologna, salami and lunch meats, ham, hot dogs, corned beef, Vienna sausage, kamaboko, imitation crab, prepared opihī, salted eggs, salted or smoked fish or beef, dim sum, pork and beans, cottage cheese (♥)</p>
<p>Dairy and Dairy Alternatives</p> <p>_____ choices per day</p> 	<p>¼ cup milk (🦋), half and half (🦋), yogurt (🦋), ice cream (🦋), cottage cheese (🦋)</p> <p>2 tablespoons evaporated or canned milk (🦋)</p> <p>1½ tablespoons dry milk powder (🦋)</p> <p>1 tablespoon cream cheese</p> <p>½ cup heavy cream (🦋)</p> <p>1 cup milk alternatives including unfortified almond, rice, or oat beverages</p>	<p>Processed cheeses, such as American cheese, cheese spreads, boxed macaroni and cheese</p> <p>Milk-based or cheese-based soups or sauces</p> <p>Nondairy creamers, buttermilk</p>
<p>Vegetables</p> <p>_____ choices per day</p> 	<p>½ cup fresh, frozen, or no-salt- added canned vegetables or 1 cup leafy greens</p>	<p>Processed vegetables or vegetable juice with more than 200 mg sodium per serving</p> <p>Pickled foods, such as olives, sauerkraut, pickles, kimchi, tsukemono</p> <p>Vegetables with added sauces</p>



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<p>Fruit</p> <p>_____ choices per day</p> 	<p>½ cup or 1 small fruit fresh, frozen, or canned fruit</p>	<p>Canned fruit in syrup or with added sugar</p>
<p>Fats and Oils</p> <p>_____ choices per day</p> 	<p>1 tablespoon healthy fat such as olive oil</p> <p>2 tablespoons reduced sodium salad dressings</p> <p>1 tablespoon butter, margarine, mayonnaise, unsalted gravy, and sour cream</p>	<p>Dressing, condiments, and other sauces with more than 200 mg of sodium per serving</p>
<p>Beverages</p> 	<p>Water</p> <p>Coffee</p> <p>Tea</p> <p>Lemonade (no sugar added)</p> <p>Seltzer</p> <p>Jello (sugar-free)</p> <p>Popsicles (no sugar added)</p> <p>Sherbet</p>	<p>Processed beverages such as most colas, fruit punch, sports drinks, energy drinks, some flavored waters, drink mixes, some bottled teas</p> <p>Soups with more than 200 mg sodium per serving</p> <p>Beer and wine</p>
<p>Other</p> 	<p>Herbs, spices, lemon or lime juice, vinegars to flavor food instead of salt</p> <p>Stocks or broths labeled "no salt added"</p> <p>Condiments and sauces with less than 200 mg sodium per serving</p>	<p>Salt, shoyu, oyster or teriyaki sauce, bagoong, patis, Worcestershire, or BBQ sauce, Chinese seeds</p> <p>Condiments, sauces, bouillon, and broths with more than 200 mg per serving, canned soups, miso</p>

Consult your doctor, dietitian, or care team for your own individual meal plan guidelines or other diet limits.