



Nutrition for Chronic Kidney Disease for People Not on Dialysis

You can enjoy many foods when you have chronic kidney disease. Limiting a few others can also help you be healthy. You may even delay your kidney disease from getting worse. Try these tips:

Protein

Choose small amounts of plant proteins:

- beans (e.g., black, kidney, or white)
- edamame
- lentils
- nuts and nut butters
- split peas
- tofu

Limit animal proteins to less than ½ palm-size per serving:

- 1-2 eggs
- 1-2 ounces of fresh lean beef, lamb, veal, wild game, chicken, fish, pork, seafood, or turkey

Limit salty processed meats such as bacon, brats, deli meats, ham, hot dogs, and sausage.

Salt & Sodium

Choose foods with less than 200 mg sodium per serving. Packaged meals should have less than 600 mg per serving. Do not add salt to foods. Instead, use herbs and spices such as garlic, onion or garlic powder, basil, oregano, paprika, pepper, or thyme. You can also flavor food with lemon, lime, vinegar, or a salt-free seasoning blend like Mrs. Dash®. Do not use salt substitutes with potassium such as Nu-Salt® and Lite Salt™.

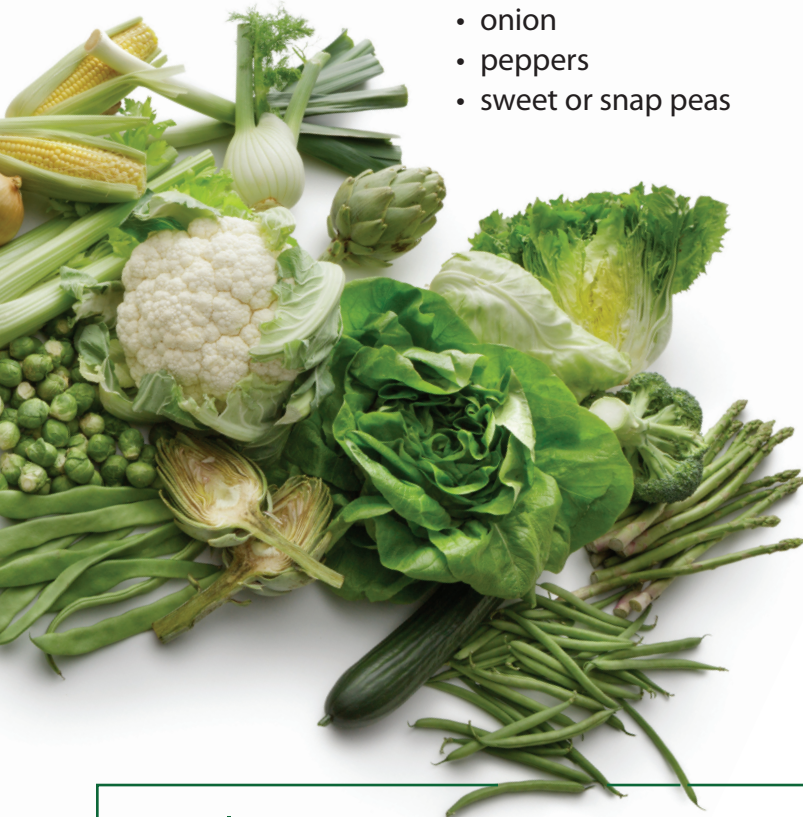
Added Phosphorus

Limit foods with added phosphorus (any words with “phos”, such as calcium phosphate or phosphoric acid, in the ingredients).

Fruits & Vegetables

You can eat at least 5 servings each day. If your potassium is high, choose from these lower potassium options:

- apples
- berries
- canned fruit
- clementine
- grapes
- pears
- pineapple
- plums
- tangerines
- asparagus
- cabbage
- carrots
- cauliflower
- celery
- corn
- cucumber
- eggplant
- green beans
- lettuce
- onion
- peppers
- sweet or snap peas



Dairy Products

Use small amounts of lower fat cheese, milk, ice cream, pudding, or yogurt. You can try unfortified rice, almond, or soy milks instead. Limit processed cheeses, such as American cheese, Cheez Whiz, Velveeta, boxed macaroni and cheese, and other cheese spreads or sauces with “phos” ingredients. Choose 1 ounce of natural cheese, such as cheddar, mozzarella or Swiss, instead.

Eat the Right Kinds of Carbohydrates

Choose white or whole grain breads and grains, lower-salt crackers, or snacks. Limit processed foods such as boxed mixes, biscuits, muffins, pancakes, waffles, instant hot cereals, and ready-to-eat baked goods.

Fluids

Choose water, coffee, lemonade, clear or orange sodas, root beer, or bagged teas. Limit beer, wine, and any drinks with “phos” ingredients, such as colas, energy drinks, or some flavored waters and bottled teas.

If you have Diabetes

Follow your diabetes meal and snack plan with the above diet changes. **Do not use orange juice to treat low blood sugars.** It is high in potassium. **Instead, choose glucose tabs or gel, or ½ cup regular cranberry grape, or apple juice or 7-Up or Sprite.**

Goal Summary

Foods I can enjoy each day:

Foods I may need to limit:

If you have questions about your diet for chronic kidney disease, ask for a “medical nutrition therapy” referral to meet with a registered dietitian nutritionist (RDN).

Can I do this?

Circle one: Not sure Somewhat sure Very sure

Questions about these changes:
