

Tips to Help Manage Your Chronic Kidney Disease



Chronic Kidney Disease (CKD) includes conditions that damage the kidneys and decrease their ability to function. This leads to issues like high blood pressure and heart disease. There is no cure for CKD, but early detection and treatment is important.

A renal-friendly eating plan should limit sodium and phosphorus. It should also include the right amount of protein and control potassium intake. A registered dietitian or medical provider can provide a nutrition plan that is right for you.

Why is protein important when you have CKD?

Protein helps heal wounds, maintain strength, fight infections and support overall health.

Those with Stage 3 or 4, not on dialysis, may need to limit protein intake. Too much protein can cause more damage and lead to complete kidney failure. Those on dialysis may need more protein, as dialysis causes protein loss.

Why is sodium restricted?

Sodium or salt can raise blood pressure and cause fluid retention. This can affect the heart and lungs and strain the kidneys.

Your eating plan: _____ total milligrams (mg) **SODIUM**.

How does phosphorus affect my kidneys?

Phosphorus, like calcium, helps build strong, healthy bones. Poor working kidneys can't remove extra phosphorus as normal working kidneys can. High phosphorus levels can cause hardening of blood vessels and organs. It can also cause poor wound healing, chronic pain and weakening of the bones.

Foods with natural phosphorus (that are also good sources of protein) are:

- Meats
- Fish
- Beans
- Poultry
- Nuts
- Dairy product

Select foods where words that contain "phos" like phosphoric acid are closer to the bottom of the ingredient list. It is advised to limit fast food, processed food, canned and bottled drinks. Adults with CKD should limit their intake to 800-1,000 mg a day.

Your eating plan: _____ total mg **PHOSPHORUS**.

How much potassium should I have?

Potassium helps nerves, the heart and other muscles function. CKD may cause potassium levels to rise. This can cause nerve and muscle weakness or the heart to go out of rhythm or even stop beating.

High potassium foods include:

- Bananas
- Oranges
- Cooked spinach
- Tomato products
- Potatoes/sweet potatoes
- Dried fruit

The recommended daily potassium for adults is about 3,500-4,500 mg per day. It is about 2,500 mg per day for those with CKD.

Your eating plan: _____ total mg **POTASSIUM.**

Which Mom's Meals are best if I have CKD?

While any of our meals can be part of a healthy eating plan for those managing one or more health conditions, meals on our renal-friendly menu are best. This menu meets the needs of people with Stage 3 or 4 CKD and those in Stage 5 End Stage Renal Disease (ESRD), including people on hemodialysis. Milk is not included on our renal-friendly menus because it is high in phosphorus and potassium.

Meals on our renal-friendly menu have:

- 700 mg or less of sodium
- 330 mg or less of phosphorus
- 833 mg or less of potassium

	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
ches,	568	16	524	292	807	44	80
nd	609	25	527	281	723	78	78
rots,	590	24	440	311	796	50	71

Our renal-friendly menu lists calories, protein, sodium, phosphorus and potassium for the entire meal (tray and sides). Carbohydrates (carbs) are also listed for the tray only and also for the entire meal (tray and sides).

For more information about chronic kidney disease or nutrition visit: www.kidney.org and www.eatright.org.



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your CKD with Mom's Meals, visit our website at momsmeals.com.

Helpful Tips

- ✓ **Manage other conditions** to reduce strain on and protect the kidneys.
- ✓ **Choose and prepare foods with less salt/sodium.**
- ✓ **Get enough calcium.**
- ✓ **Watch Fluids.** Damaged kidneys cannot remove extra fluid, adding strain to the heart.
- ✓ **Get up and move.** This can improve physical and mental wellbeing and reduce stress.

What if I have diabetes in addition to my CKD?

Choose meals from our renal-friendly menu so you can check the number of carbs in each meal. If a meal has too many carbs for you to consume at one time, eat a portion of the meal or save the side as a snack.