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This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. WHAT do you need to KNOW: What is a chronic kidney disease (CKD) diet? The CKD diet limits protein, phosphorus, sodium and potassium. Perhaps in the later stages of CKD fluids should also be limited. This diet can help slow down the rate of kidney damage. Your diet can change over time as your health status changes. You may also have to make other diet changes if you have other health problems such as diabetes. What diet changes are needed? There are 5 stages of CKD. The diet changes that need to be made are based on the stage of kidney disease. Work with your nutritionist or health care provider to plan the dishes that are beneath me. You may need any of the following: Limit the protein at all stages of kidney disease. Limit the amount of protein you eat to limit the amount of work your kidneys need to do. Foods high in protein: meat, poultry (chicken and turkey), fish, eggs and dairy products (milk, cheese, yogurt). Your doctor will tell you how much protein you eat each day. Limit your sodium content if you have high blood pressure. Limit your sodium intake to less than 2,300 milligrams (mg) each day. Ask your nutritionist or health care provider how much sodium you can have each day. The amount of sodium you should have depends on the stage of kidney disease. Table salt, canned food, soups, salty snacks and processed meats such as deli meat and sausage, high in sodium. Limit the amount of phosphorus you eat. Your kidneys can't get rid of the extra phosphorus that comes down in your blood. This can cause your bones to lose calcium and weaken. Foods high in phosphorus are dairy products, beans, peas, nuts and whole grains. Phosphorus is also found in cocoa, beer and cola drinks. Your doctor will tell you how much phosphorus you can have each day. Limit potassium if the level of potassium in the blood is too high. Your nutritionist or doctor will tell you if you need to limit potassium. Potassium is found in fruits and vegetables. Limit the amount of liquids as they are directed. Your doctor may recommend that you limit fluids in stages 4 and 5 of kidney disease. If your body retains fluid, you will have swelling and fluid can build up in your lungs. This can cause other health problems such as shortness of breath. What foods can I include? Your nutritionist will tell you how many portions you can have from each of the food groups below. The approximate amount of these nutrients is listed next to each group Power. Read the label to find the exact number. Bread, cereals and grains: These foods contain about 80 calories, 2 grams (g) of protein, 150 mg of sodium, 50 mg of potassium and 30 mg of phosphorus. 1 slice (1 ounce) bread (French, Italian, raisins, light rye or sourdough) sourdough small dinner roll, or 6-inch tortilla 1/2 burger bun, hot dog bun, or English muffin or 1/4 bagel 1 cup unsweetened cereal or 1/2 cup cooked flakes such as wheat cream 1/3 cup cooked pasta (noodles, pasta, or spaghetti) or rice 4 (2-inch) undisplaced crackers or 3 square graham crackers 3 cups air-popped, unsmearred popcorn 3/4 ounce unrenseated pretzels Vegetables: A portion of these foods contains about 30 calories, 2 grams of protein, 50 mg of sodium and 50 mg of phosphorus. Low potassium (less than 150 mg): 1/2 cup cooked green beans, cabbage, cauliflower, beetroot, or corn 1 cup raw cucumber, endive, alfalfa sprouts, cabbage, cauliflower, or watercress salad 1 cup of all kinds of salad 1/4 cup cooked or 1/2 cup raw mushrooms or onion 1 cup boiled eggplant Medium potassium (150 to 250 mg): 1 cup raw broccoli, celery, or zucchini 1/2 cup boiled broccoli, celery, green peas, summer zucchini, zucchini, or pepper 1 cup cooked cabbage or turnip Fruit: A portion of these foods contains about 60 calories, 0 grams of protein, 0 mg of sodium, and 150 mg of phosphorus. Each serving is 1/2 cup if another amount is not provided. Low potassium (less than 150 mg): Apple juice, applesauce, or 1 small apple cranberry or cranberry juice cocktail Fresh or canned pear (light syrup or packed in water) Grapes or grape juice Canned peaches (light syrup or packed in water) Pineapple or strawberry 1 tangerine watermelon medium potassium (150 to 250 mg): Fresh or fermented peaches Mango, or papaya grapefruit juice, poultry, and fish: These foods have about 75 calories, 7 grams of protein, an average of 65 mg of sodium, 115 mg of potassium, and 70 mg of phosphorus. Do not use salt to make these products. 1 ounce cooked beef, pork or poultry 1 ounce of any fresh or frozen fish, lobster, shrimp, crab, shellfish, tuna, unspoiled canned salmon or unmarked sardines Other protein foods: These foods contain about 90 calories, 7 grams of protein, an average of 100 mg of sodium, 100 mg of potassium and 120 mg of phosphorus. 1 large whole egg or 1/4 cup low cholesterol egg replaced 1 ounce of cheese 1/4 cup cottage cheese or tofu 1 ounce unlabeled nuts or 2 tablespoons peanut butter fats: These foods have very little protein and about 45 calories, 55 mg of sodium, 10 mg of potassium, and 5 mg of phosphorus. Include healthy fats such as unsaturated fats, which are listed below. 1 teaspoon margarine or mayonnaise 1 teaspoon oil (safflower, sunflower, corn, soy, olive, peanuts, rapeseed) 1 tablespoon butter salad dressing (e.g. Italian) or 2 tablespoons of mayonnaise based on salad dressing (e.g. ranch) What foods should I limit or avoid? Starch: The following foods have more sodium, potassium or phosphorus. Biscuits, muffins, pancakes and cake and cornbread from boxed mix of oatmeal and whole-grain whole-grain Salted pretzel sticks or rings and sandwich cookies Meat and protein products: Next high in sodium and phosphorus. Delhi-style meats such as roast beef, ham, and turkey canned salmon and sardines Are Melted Cheese, such as American cheese and cheese spreads smoked or cured meats such as corned beef, bacon, ham, hot dogs, and sausage legumes: These foods have about 90 calories, 6 grams of protein, less than 10 mg of sodium, 250 mg of potassium, and 100 mg of phosphorus. 1/3 cup black beans, red beans, black eye peas, garbanzos, and lentils 1/4 cup green or mature soybeans Dairy: The following foods have about 8 grams of protein, an average of 120 mg of sodium, 350 mg of potassium, and 220 mg of phosphorus. 1 cup milk (skimmed, skimmed, whole, buttermilk or chocolate milk) 1 cup skimmed plain or sugar-free yogurt or ice cream 1/2 cup pudding or nondairy custard milk substitutes: These products have 75 calories, 1 gram protein, and an average of 40 mg of sodium, 60 mg of potassium, and 60 mg of phosphorus. Serve 1/2 cup of almonds, rice or soy milk, or non-dery cream. Vegetables: Next vegetables high in potassium. Each serving contains more than 250 mg of potassium. The portion is 1/2 cup if another amount is not provided. Artichoke or 1/4 medium avocado Brussels sprouts, beetroot, chard, collar or mustard greens Potatoes, sweet potatoes, pumpkin, and yams 3/4 cup of okra raw tomatoes and low-sodium tomato juice, or tomato sauce Winter squash, cooked asparagus, and cooked spinach fruits: Next fruits with high potassium content. Each serving contains more than 250 mg of potassium. 3 fresh apricots 1 small nectarine (2 inches across) 1 small orange and 1/2 cup orange juice 1/4 cup 1/8 small honey melon 1 six-inch banana 1/2 cup prunes juice or prunes and kiwi: Limit unhealthy fats such as saturated fats, which are below. Butter, lard, cream cheese, whipped cream, and sour cream Powdered Coffee Cream Others: Next foods high in sodium. Frozen lunches, soups and fast food such as burgers and pizza (see label for serving sizes) Table salt and seasoned with salts such as onion or garlic salt barbecue sauce, ketchup, mustard, soy sauce, steak sauce, and teriyaki sauce When should I contact my health care provider? You gain or lose weight very quickly. You're short of breath. You're nauseous and vomiting. You feel very weak and tired. You are having problems after the CKD diet. Care agreement you have the right to help plan your treatment. Discuss treatment options with your doctor to decide what kind of help you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a consultations for individual conditions or treatment. Talk to your doctor, nurse or pharmacist After any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson HealthFurther InformationAlways to ensure that the information displayed on this page is relevant to your personal circumstances. Medical waiver This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. WHAT DO YOU NEED TO KNOW: What is chronic kidney disease (CKD)? CKD is a gradual and permanent loss of kidney function. It is also called chronic renal failure, or chronic renal failure. Typically, the kidneys remove fluid, chemicals and waste from the blood. These wastes are turned into kidney urine. CKD can get worse over time and lead to kidney failure. What increases the risk of developing CKD? Diabetes or Obesity High Blood Pressure or Heart Disease Kidney Infection or Kidney Stones Autoimmune Diseases Such as Lupus Increased Prostate NSAIDs, Illegal Drugs, or Smoking Family History of Kidney Disease What are the signs and symptoms of CKD? Signs and symptoms depend on how well your kidneys work. You may not have symptoms, or you may have any of the following: Changes in how often do you need to urinate swelling in your hands, feet, legs, or feet Shortness or weakness Bad or bitter taste in your mouth Nausea, vomiting, or loss of appetite How is diagnosed with CKD? CKD has 5 stages. Your doctor will use the results of the following tests to find the stage CKD you have: Blood and urine tests show how well your kidneys are working. They can also show the cause of your CKD. Ultrasound, CT or MRI photos can be used to check the kidneys. You may be given a contrasting liquid to help your kidneys appear better in photos. Tell your doctor if you have ever had an allergic reaction to a contrast fluid. Don't enter the MRI room with anything metal. Metal can cause serious injury. Tell your doctor if you have metal in or on your body. A biopsy is a procedure to take tissue from the kidney. This is done to find the cause of your CKD. How is CKD treated? Treatment can help control signs and symptoms, and prevent worse stage CKD. Your care team may include specialists such as a nutritionist or a heart specialist. It depends on the stage of your CKD and if you have other health conditions to manage. Health care providers will work with you to create a plan based on your for treatment. Your treatment plan may include any of the following: Medications can be given to lower blood pressure and get rid of extra fluid. You can also get to get to manage the health conditions that may occur in CKD, such as anemia, diabetes and heart disease. Dialysis is a treatment for removing chemicals and waste from your blood when your kidneys can no longer do so. Surgery may be necessary to create arteriovenous fistulas (AVF) in the hand or insert a catheter into the abdomen. This is done so that you can get dialysis. A kidney transplant can be done if your CKD gets serious. What can I do to manage CKD? Management may include making some lifestyle changes. Tell your doctor if you have any concerns about the possibility of making changes. He or she can help you find solutions, including working with specialists. Ask for help in creating a plan to break down larger goals into smaller steps. Your plan may include any of the following: Managing other health conditions. Your primary care physician will work with you to draw up a health plan that meets your needs. You will be regularly checked for heart disease or other diseases that can make CKD worse, such as diabetes. Your blood pressure will be carefully monitored. You will also get targeted blood pressure and help make a plan to achieve your goal. This may include taking your blood pressure at home. Maintain a healthy weight. Being overweight can strain your kidneys. Ask what a healthy weight is for you. Your is provider can help you create a weight loss plan if you are overweight. Create an exercise plan. Regular exercise can help you manage CKD, high blood pressure, and diabetes. Exercise also helps to control weight. Your provider can help you create training goals and plan to achieve those goals. For example, your goal may be to exercise for 30 minutes a day. Your plan may include breaking exercise in 10 minute sessions, 3 times during the day. Create a healthy eating plan. Your supplier can tell you to eat foods low in sodium (salt), potassium, phosphorus or protein. A nutritionist can help you plan meals if necessary. Ask how much liquid to drink each day and what liquids are best for you. Limit your alcohol consumption depending on the time. Alcohol can cause fluid retention and can affect your kidneys. Ask how much alcohol is safe for you. The drink of alcohol is 12 ounces of beer, 5 ounces of wine, or 11/2 ounces of liquor. Don't smoke. Nicotine and other chemicals in cigarettes and cigars can cause kidney damage. Ask your doctor for information if you are currently smoking and needs help to quit smoking. E-cigarettes or smokeless tobacco contain nicotine. Talk to your supplier before using these products. Ask about revolutionary medicines. Medications such as NSAIDs and laxatives can harm the kidneys. Some coughs and cold medications can raise blood pressure. Always ask if the medicine is safe before taking it. Ask about vaccines you may need. Infections such as pneumonia, flu and hepatitis may be more harmful or more likely to occur in a person who has CKD. Vaccines are reducing the lower for infection. Call your local emergency number (911 in the U.S.) if: You have a seizure. You're short of breath. When should I call my doctor? You are confused and very sleepy. You suddenly gain or lose more weight than your doctor told you, it's normal. You have itchy skin or a rash. You urinate more or less than you normally do. You have blood in your urine. You're nauseous and vomiting. You have fatigue or muscle weakness. You have a hiccup that won't stop. You have questions or concerns about your condition or care. Care agreement you have the right to help plan your treatment. Learn about your health and how it can be treated. Discuss treatment options with health care providers to decide what kind of care you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a medical consultation for individual conditions or treatment. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson HealthFurther InformationAlways to ensure that the information displayed on this page is relevant to your personal circumstances. 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