

# Chronic Kidney Disease and Nutrition

When you have CKD, some foods can be bad for you. Eating the right way is important to keep you healthy!



You can ask your doctor or nurse if what you are eating is good or bad for you.

Some foods may be better for your kidneys than others.

Try to eat homemade meals to have more control over what you eat.

Most of the salt people eat comes from prepared foods, not from the salt shaker.

You can also learn to read nutrition labels on food to help you make healthy choices.

**sodium = salt**

Choose and prepare foods with less SODIUM.

Why? To help keep your blood pressure at a healthy level.

Fresh food has less salt than packaged food!

Aim for less than 1,500 milligrams of sodium each day.

## DRINK WATER INSTEAD OF JUICE OR SODA!



You can sometimes have lemon or lime soda, homemade iced tea, and lemonade if you do not want water.



Drink less dark soda, fruit punch, and bottled iced tea. If you're limiting potassium, try to avoid orange juice.

## Monitoring Phosphorus

Choose foods with less phosphorus!

Why? To help protect your bones and blood vessels.

**HIGH PHOSPHORUS**  
**EAT LESS OF THESE!**



meat, poultry, fish, oatmeal, dairy, beans, lentils, nuts

fresh fruits & vegetables, breads, pasta, rice, corn and rice cereals



**EAT MORE OF THESE!**  
**LOW PHOSPHORUS**



Most people with CKD are supposed to eat less potassium.

Choose foods with the right amount of potassium

Why? To help your body work correctly. When you have too much or too little potassium, things can go wrong!

foods with less potassium

apples, peaches, carrots, green beans, white bread & pasta, white rice, cooked rice & wheat cereals, grits, rice milk (not enriched)

oranges, bananas, potatoes, tomatoes, brown & wild rice, bran cereals, dairy foods, whole wheat bread & pasta, beans & nuts

foods with more potassium

## Monitoring Potassium

# Reading Food Labels: The Basics

What can you learn from a **FOOD LABEL?**

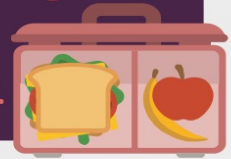
The **SERVING SIZE** tells you how much you should eat at a time.

One serving has 660 milligrams of sodium.

## REMEMBER!

In general, people with CKD should try to have less than 1500 milligrams of sodium a day.

1. How much of the package is one serving size.
2. What ingredients are in the food.
3. What nutrients are in the food.
4. How much of each nutrient there is.



This package has 2 servings.

This package has 28% of the DAILY VALUE of SODIUM in one serving. You should try and eat foods with less than 20% of your daily value.

## Nutrition Facts

Serving Size 1 cup (228g)	
Servings per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	<b>Calories from Fat</b> 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
<b>Cholesterol</b> 2mg	10%
<b>Sodium</b> 660mg	28%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 3g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<b>Calories:</b> 2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Fiber	25g      30g
<b>Calories per gram:</b>	
Fat 9	Carbohydrate 4      Protein 4

If you know how to read a food label, you will know which foods are better for you. Sometimes even if a food looks healthy, it might not be!

## Checking Ingredients

You can normally find a list of ingredients on the bottom of the food label.

Reading the ingredient list can help you decide whether you should eat the food or try something different.

### What to Look for on the Ingredient List

Phosphorus or words with PHOS. A lot of packaged foods have phosphorus. When the ingredient list has PHOS on the label you should choose a different food.

★ *Examples: PHOSphoric acid, calcium PHOSphate.*

Potassium can be hidden in some places like canned soups or tomato products. Depending on what your doctor has told you, limit foods with potassium.



Protect your kidneys, don't take risks!! Do NOT drink alcohol or use illegal drugs, they can hurt you and your kidneys!

Do NOT smoke!! Smoking can hurt you and your kidneys, even if you are doing everything else perfectly healthy!

