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.

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

**LOW PHOSPHORUS**

EAT MORE OF THESE!

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

**Monitor Potassium**

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, whole rice, cooked rice & wheat cereals, grits, rice milk (not enriched)

**foods with more potassium**

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

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!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (228g)</th>
<th>Servings per Container 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>280</td>
<td>Calories from Fat 10%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>660mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage Daily Value</th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
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</thead>
<tbody>
<tr>
<td>Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Checking Ingredients

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.

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.

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

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