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CKD DIET

A Chronic Kidney Disease (CKD) diet is essential for managing the condition and reducing the workload on the kidneys. Depending on the stage of CKD and individual health status, the diet may vary. However, here's a general guideline for a CKD-friendly diet:

- 1. Limit Protein Intake:** Protein metabolism can burden the kidneys. Reduce high-protein foods such as meat, poultry, fish, eggs, and dairy. Instead, opt for plant-based protein sources like beans, lentils, tofu, and tempeh. Consult a dietitian to determine the appropriate amount of protein for your stage of CKD.
- 2. Control Sodium (Salt) Intake:** Excessive sodium can lead to fluid retention and high blood pressure, which is harmful to kidneys. Limit processed foods, canned soups, fast food, and salty snacks. Use herbs, spices, lemon juice, or vinegar to season foods instead of salt.
- 3. Manage Potassium Levels:** High potassium levels can cause heart problems in CKD patients. Limit potassium-rich foods such as bananas, oranges, potatoes, tomatoes, and avocados. Choose low-potassium alternatives like apples, berries, cabbage, and green beans.
- 4. Watch Phosphorus Intake:** High phosphorus levels can weaken bones and damage blood vessels. Avoid phosphorus-rich foods like dairy products, nuts, seeds, and processed foods. Choose lower phosphorus alternatives and limit portion sizes.
- 5. Monitor Fluid Intake:** Fluid retention can lead to swelling, high blood pressure, and strain on the kidneys. Follow your healthcare provider's recommendations for fluid intake. Limit beverages such as soda, sports drinks, and alcohol. Choose water and other approved fluids in moderation.
- 6. Moderate Carbohydrate Consumption:** Carbohydrates can affect blood sugar levels, which can be problematic for CKD patients with diabetes. Choose complex carbohydrates like whole grains, fruits, and vegetables over refined sugars and processed foods.

7. Maintain a Healthy Weight: Obesity can exacerbate CKD and related complications. Aim for a healthy weight through a balanced diet and regular exercise. Consult with a healthcare provider or dietitian to determine a suitable weight management plan.

8. Consider Calcium and Vitamin D: CKD patients may be at risk of bone disease due to imbalances in calcium and vitamin D. Ensure adequate intake of these nutrients through dietary sources or supplements, as recommended by a healthcare provider.

9. Follow Medical Recommendations: CKD management often involves medications and treatments prescribed by healthcare providers. Follow their instructions closely and communicate any concerns or changes in your condition.

10. Regular Monitoring: Regularly monitor your kidney function, blood pressure, blood sugar, and other relevant health markers as advised by your healthcare team. Adjust your diet and lifestyle accordingly based on changes in your health status.

Remember, individual dietary needs can vary based on factors such as CKD stage, comorbidities, medications, and nutritional status. It's crucial to work closely with a healthcare provider or registered dietitian to develop a personalized CKD diet plan that meets your specific needs and goals.