

CKD MEDICAL NUTRITION THERAPY

For people with CKD Stage 1-4 (not on dialysis), it was previously recommended to limit intake of fresh fruits and vegetables due to elevated levels of potassium and phosphorus naturally occurring in these foods. Currently, recommendations encourage adequate intake of fruits and vegetables with limitations on fruits and vegetables high in potassium and phosphorus. The nutritional recommendations for patients with CKD include:

1. Limit Sodium (salt) intake to <2,000mg daily.
 - Use Mrs. Dash, herbs, and spices to season foods
 - 1 teaspoon of table salt contains 2,300mg of sodium
 - Limiting salt intake can help to manage blood pressure

2. Use the plate method for balanced meal planning.
 - Eat a balanced diet consisting of fruits, vegetables, carbohydrates, protein, and healthy fats
 - Try to consume 4-5 servings of fruits and vegetables daily
 - Consider plant proteins. Ask your doctor or dietitian about how much protein is appropriate for you
 - Do not skip meals (try to have 3 balanced meals or 4-6 small meals daily)

3. If there are no fluid limitations, aim to drink 8-10 cups of water per day.
 - Limit intake of beverages high in sugar
 - Limit intake of alcohol due to the potential damage that may occur to liver, brain, and heart
 - Consult your doctor regarding alcohol consumption

4. Stay Active
 - Aim to engage in 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week.

For patients with CKD Stage 5 (on dialysis) which is also known as End Stage Renal Disease (ESRD), the same nutritional recommendations apply, with special attention to protein and fluid needs. Those patients on dialysis require more protein due to serum protein losses during the dialysis process, especially for those patients on Peritoneal Dialysis (PD). Inadequate intake may lead to:

- Muscle wasting
- Fatigue
- Unintentional weight loss
- Increased risk of infection

Additionally, those on dialysis may require a fluid restriction. Fluids include anything that is liquid at room temperature (ice cream, ice, gelatin, etc.). Talk to your physician to determine if a fluid restriction may be necessary for you.

Your doctor may encourage you to lose weight. Consult with your dietitian and doctor to determine if weight loss is appropriate and necessary.