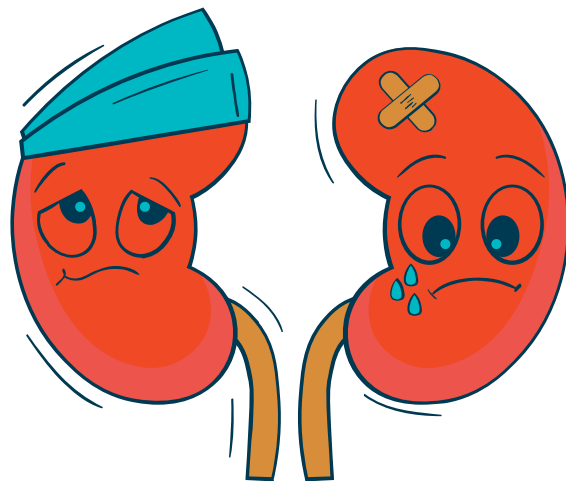


Chronic Kidney Disease

Your kidneys remove waste from your blood. When you have Chronic Kidney Disease (CKD), your kidneys don't work as well. Certain foods can help protect your kidneys. A kidney friendly diet can slow the progression to dialysis.

Nutrition tips to slow progression of CKD

- Control your blood pressure
- Control your blood sugar
- Stay hydrated
- Limit protein intake
- Limit phosphorus



Control Blood Pressure: Limit Salt Intake

Eating a lot of salt can increase your blood pressure.
High blood pressure can damage your kidneys.



- Rinse canned beans, vegetables and meats to remove salt
- Replace salt with citrus, herbs and spices
- Choose fresh foods when you can
- Restaurant foods can contain more salt. Eat at home when possible.



Control Blood Sugar

High blood sugar can cause more damage to your kidneys.

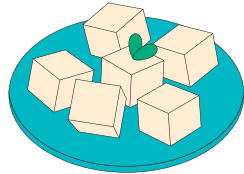


- Limit sweets like cakes, pies, cookies, soda and juice
- Fiber can help control blood sugars. Foods like, vegetables and fruits, whole grains, beans, nuts, seeds are all high in fiber
- Monitor your blood sugars. Have regular check ups with your doctor
- Move as you can. Moving helps control blood sugar. Anything counts!

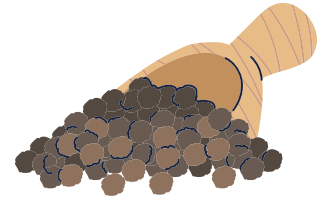


Chronic Kidney Disease

Limit Protein Intake, Choose More Plants!



- Beans
- Tofu
- Lentils
- Edamame
- Soy milk
- Nuts/seeds
- Quinoa
- Peanut butter
- Hummus
- Peas



Protein is an important part of your diet. When you eat protein, it breaks down to waste. More waste in your blood creates more work for your kidneys. Eating smaller portions of protein or choosing plant-based proteins can help support kidney function.

Stay Hydrated

Water helps kidneys move salt and toxins out of the body. Staying hydrated can help prevent UTI's and kidney stones.

Aim for
about
8 cups per
day



Limit Phosphorus

- Limit dark colored beverages like cola, dark sodas, bottled tea and fruit punch
- Look for the word "PHOS" on the ingredient list
 - ex: **phosphoric** acid, calcium **phosphate**

