



KIDNEY CARE CENTER
Your Partners In Health

NUTRITION AND CHRONIC KIDNEY DISEASE (STAGES 1 - 4)

Read useful tips on managing your health!



**Your Treatment, Your Choice
Education Program**



Your Treatment, Your Choice Education

Program, also known as YEP, is dedicated to keeping you informed and providing you with options for improving and/or maintaining your health. In this booklet, you'll find useful tips and information on kidney disease; answers to why nutrition and food management is important; tips on which food choices are great for helping you maintain a healthier life, and more.

Stages of Kidney Disease

Be sure to discuss the five stages of kidney disease with your doctor.

STAGES OF KIDNEY DISEASE

Stage	Description	Glomerular Filtration Rate (GFR)
1	Kidney damage (e.g., protein in the urine) with normal GFR	90 or above
2	Kidney damage with mild decrease in GFR	60 to 89
3a	Moderate decreases in GFR	45 to 59
3b	Moderate decrease in GFR	30 to 44
4	Severe reduction in GFR	15 to 29
5	Kidney failure	Less than 15

*Your GFR number indicates how much kidney function you have. As chronic kidney disease progresses, the GFR number decreases.



How good nutrition benefits people with kidney disease:

- Gives you energy to do tasks and/ or activities
- Helps you maintain a healthy weight
- Great for building muscle
- Keeps your immune system stay strong, therefore, helps prevent infection
- May decrease the chances of your kidney disease or CKD from getting worse

The basics of good nutrition:

Maintaining a healthy meal plan ensures you're getting the right amount of:

- Protein
- Calories
- Vitamins
- Minerals



Did You Know?

Did you know that choosing foods that give you a balanced amount of protein, calories, vitamins and minerals will help keep you healthy and keep your kidney disease from getting worse?

Why do I need protein?



Protein, is an important nutrient that's vital to maintaining your health. Your doctor can tell you if limiting your protein intake each day is something you will need to do (*your

doctor's decision will be based on your muscle mass, level of nutrition, stage of kidney disease and other factors). Remember that protein is especially great for:

- Helping to build muscle
- Repair tissue
- Fight infection

Did You Know?

Did you know that watching the protein you eat, to prevent protein from building up in your blood, can help your kidneys function longer? Talk to your doctor so you'll know the right amount of protein intake you should get each day.

Where do you get protein from?

You can get protein from the following food sources:

- Red meat (beef, lamb, veal)
- Poultry (chicken and turkey)
- Fish
- Eggs
- Vegetables and grains



Red Meat



Poultry



Fish



Eggs



Vegetables



Grains

Did You Know?

Did you know that you can also get protein from pork and seafood? Be sure to talk to your doctor about your specific dietary needs.

How many calories should I have?

While calories are important for everyone, the amount of calories/calorie intake is different for everyone. Be sure to speak with your doctor or a dietician about how many calories you should get per day.

*Remember calories are key because they help you:

- Stay at a healthy body weight
- Help your body use protein properly to build your muscles and tissues
- Provides you with the energy you need to remain active and do daily tasks

Good sources of calories include:



Olive Oil



Soft Margarine



Canola Oil

What can I do to get the proper amount of vitamins?



Most people get the proper amount of vitamins by eating a wide variety of foods, but when you have KD/CKD (kidney/chronic kidney disease), you may have to limit some foods. If you have

dietary restrictions, it may also be necessary for you to take special minerals or vitamins. Discussing your needs with your doctor and dietician will ensure that you take the vitamins and minerals that are best for you.

Did You Know?

Did you know that some vitamins and minerals may be harmful to people with kidney disease? Be sure to talk to your doctor about which vitamins, minerals and herbal supplements are best for you.

What options do I have if I don't like my meal options or don't want to eat?

Sometimes, it may be difficult for people with kidney disease to get enough nutrients from food. If you find it difficult to eat enough calories each day, nutritional supplements may help. Below are a few options of supplements you can discuss with your doctor and dietician.



Nutritional Drinks



Pudding



Nutritional Bars

Did You Know?

Did you know that some nutritional supplements are made specifically for people with chronic kidney disease (CKD), kidney failure or diabetes? Before taking any supplement, be sure to ask your doctor which options are best for you.

Will I have to monitor or control other nutrients?



When you have chronic kidney disease (CKD) or kidney failure, a part of staying healthy, rests in balancing your fluids and important nutrients. The four primary nutrients you should discuss

with your doctor and dietician are:

- Sodium
- Phosphorus
- Calcium
- Potassium

Did You Know?

Did you know that talking to your dietician, and learning how to read food labels, can help you identify which foods are best for you?

Why is limiting my sodium important?



Sodium is found in most foods and in table salt but knowing how to limit your sodium intake offers countless benefits to your overall health. A few of

the benefits, for maintaining a low-sodium health plan, includes:

- Prevents high blood pressure
- Prevents swelling of your ankles, fingers, or eyes
- *Prevents further damage to your kidneys

Did You Know?

Did you know that fresh or dried herbs and spices are great for adding flavor to your favorite dishes, without adding salt?

Examples of foods with high levels of sodium



Since sodium is a major component to most foods, it's important to know which foods have higher levels of sodium than others.

To control your sodium intake limit:

- Seasonings like soy sauce, sea salt, garlic salt, onion salt or teriyaki sauce
- Most canned foods and frozen dinners
- Processed meat (ham, hot dogs, deli meat, sausage and bacon)
- Salted snack foods (crackers, potato chips, pretzels)
- Canned or dehydrated soups (packaged noodle soup)
- Most restaurant takeout and fast foods.



What about my phosphorus intake?

- Phosphorous is also a mineral that is found in most foods. Eating high-phosphorus foods can raise the level of phosphorus in your blood, making it difficult for your kidneys to remove the excess of the mineral. When there's too much phosphorous in your body, it may cause:
 - Damage to the heart and other organs
 - Poor blood circulation
 - Bone pain
 - Skin ulcers

Did You Know?

Did you know some milk substitutes, without added phosphorus, may actually help lower the amount of phosphorus in your diet?

Examples of foods, you should limit, with high amounts of phosphorus



Dairy Products



Dried Beans & Peas



Nuts/Peanut Butter



Cocoa



Dark Cola



Beer



Bran Bread(s) & Bran Cereal(s)



Processed/ Fast Foods

*Please note this list is just an example, and does not depict all high-phosphorus foods. Be sure to speak with your doctor or dietician about a healthy meal plan that works for you.

What about my calcium intake?



Calcium is a mineral that is important for maintaining and building strong bones. In spite of this, foods that are usually good sources of calcium are often found to be

high in phosphorous. Your doctor may suggest you take a special form of vitamin D to balance both your calcium and phosphorous levels.

Did You Know?

Did you know over-the-counter vitamin D or calcium supplements may not be good for you? Be sure to speak with your kidney doctor before starting any vitamins.

What about my potassium intake?



Potassium can be found in most foods. Potassium is important to your diet because it helps your heart and muscles work properly. Too much or too little potassium in

your blood can be dangerous. Speak to your doctor about the level at which your kidneys are working to determine how much potassium you need.

Did You Know?

Did you know a simple blood test can determine the level of potassium in your body? If you're concerned about your potassium or would like to know your levels, be sure to talk to your doctor.

Examples of good sources of potassium

The following foods are considered acceptable forms of potassium; however, be sure to talk to your doctor or dietician about what the appropriate serving size for you may be.



Apples



Peaches



Plums



Pineapple



Strawberries



Watermelon



Grapes



Cherries



Lemons



Mixed Berries

Did You Know?

Did you know a simple blood test can determine the level of potassium in your body? If you're concerned about your potassium or would like to know your levels, be sure to talk to your doctor.

*Please note this list is just an example, and does not depict all good sources of potassium. Be sure to speak with your doctor or dietician about a healthy meal plan that works for you.

Should I watch my fluid intake?



Did you know that most people with early stage kidney disease do not have to limit the amount of fluids they drink? To be sure that you're taking in the

proper amount of fluids each day, be sure to talk to your doctor about:

- Your stage of kidney disease
- Avoiding dehydration
- Which beverages are okay for you to drink
- *Whether or not limiting your fluid intake is needed

Did You Know?

Did you know that if you're in early stages for kidney disease, you may not have to watch your fluid intake? Be sure to talk to your doctor about your stage of kidney disease and the amount of fluid intake you need each day.

How can I take control?



Sometimes, it may feel overwhelming to remember everything you should discuss with your doctor. Below, are a few things you can discuss with your doctor

on your next appointment, so as to take control of your healthcare and stay well informed.

- What is my stage of kidney disease?
- Am I getting enough vitamins and nutrients?
- Is there a dietician that can help me start a healthy meal plan?
- Do I need a Physical Nutrition Exam?

Did You Know?

Did you know you may be eligible to receive reimbursement for medical nutrition therapy with a dietician under Medicare or your health insurance plan? Contact your insurance company or Medicare at www.medicare.gov to learn more.