

Steps to Eating Right

Chronic Kidney Disease — Patient Education Handout

1 Choose and prepare foods with less salt and sodium.

This helps control your blood pressure. Your diet should contain less than 2,300 milligrams of sodium each day.

2 Eat the right amount and the right types of protein.

While protein is an important building block for a healthy body, it creates a waste called urea. With CKD, your body has trouble removing urea, which can make you feel tired and lose your appetite.

3 Choose foods that are healthy for your heart.

- Grill, broil, bake, roast, or stir-fry foods, instead of deep frying.
 - Cook with nonstick cooking spray or a small amount of olive oil instead of butter.
 - Trim fat from meat and remove skin from poultry before eating.
 - Try to limit saturated and trans fats. Read the food label.
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4 Choose foods with the right amount of phosphorus.

5 Choose foods with the right amount of potassium.

The right amounts of protein, phosphorus, potassium, and sodium are different for every person. Ask your care team or a kidney dietitian what targets are right for you.

More Resources

- Sodium
 - Protein
 - Phosphorus
 - Potassium
 - Food Analyzer
 - Kidney-Friendly Recipes
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