

DIET AND CHRONIC KIDNEY DISEASE - EARLY STAGES

What is Chronic Kidney Disease?

- Chronic Kidney Disease (CKD) is a progressive disease, causing permanent damage to the kidneys.
- CKD advances through 5 stages. Treatment and advice will vary depending on the stage of kidney disease.
- Your kidneys filter waste from your blood. When the kidneys become diseased, their function decreases, and waste products can end up in the blood.

Diet and CKD

A healthy, balanced diet is important for managing CKD. The key nutrients to keep in mind:

PROTEIN



Protein is important for building muscles and repairing tissues. Consuming too much, however, can lead to a build-up of urea (a waste product from protein) in your blood, while consuming too little can cause muscle loss. Aim for a moderate intake of protein each day from a variety of foods including meat, fish, chicken, eggs, nuts and lentils.

My protein requirements are: _____

SODIUM

Excess sodium (or salt) causes the body to hold onto extra fluid, contributing to high blood pressure, fluid retention and shortness of breath. Avoid adding salt in cooking and minimise high sodium foods including processed meats, sauces, snack foods, stocks and takeaways. Use herbs, spices and condiments to add flavour – your taste buds will slowly forget the salt.



My sodium requirements are: _____

PHOSPHATE



- Phosphate or phosphorus is a mineral stored in bones that helps to keep them strong.
- The kidneys filter the blood to help remove excess phosphate. With CKD, however, this does not happen as effectively, so phosphate can build up in the blood.
- You may need to reduce your intake of phosphate-containing foods or take a phosphate-binding medication with your meals and snacks.

Phosphate is found in: Bran; Hard cheeses; Chocolate; Animal products such as offal: shellfish, dark fleshed or bony fish and processed meats; Nuts and nut butters; Beverages: Cola, Milk, Coffee and Beer; Takeaway foods.

FLUID



Your healthcare professional may recommend you limit your fluid intake. If so, remember foods that are liquid at room temperature, like jelly and ice-cream, contribute to your fluid allowance. Water, jelly, gravy, soft-drinks and custard also contribute fluid.

My fluid requirements are: _____