

# NUTRITION KEYNOTES

## Guidelines for Individuals with Decreased Kidney Function

For Adult Use Only



*Goal: To help slow down the progression of kidney disease.*

### Protein

Eat enough protein to maintain good health, yet decrease the workload for your kidneys. Protein needs vary with each person.

- **Limit** red meat, fish, and poultry to a total of 4 to 7 ounces a day or as prescribed by your physician. Have 2 to 3 ounces at each meal.
- **Limit** red meat (beef, pork, lamb) to two times a month.
- Fish and poultry are better choices of protein. Eat at least two fish meals a week, such as salmon, trout, tuna, or halibut.
- One egg may be substituted for 1 ounce of meat. (Two egg whites or ¼ cup egg substitute is encouraged.)
- **Avoid** processed, cured, canned, or smoked meats, such as bacon, lunch meat, ham, hot dogs, and sausage.

### Sodium/Salt

Sodium may raise blood pressure and increase fluid retention. Limit sodium to no more than 2,400 mg a day.

- **Avoid** salt (including table salt, sea salt, and kosher salt), and seasonings and sauces containing salt or sodium; smoked and cured foods, such as cured meats, pickles, olives, and cheese; and canned foods (except for those canned without salt).
- **Avoid** processed foods, including most frozen dinners, soups, and salty snack foods.
- Use herbs, vinegar, lemon, or lime to add flavor.

- When eating out, order foods without any salt or seasonings or sauces with salt. Ask for salad dressing on the side.
- Choose items with 140 mg of sodium or less per serving.

### Phosphorus

This mineral may speed up kidney disease and cause bone loss. Limit phosphorus if you are told to by a physician or dietitian.

- **Limit** nondairy creamer, milk, or yogurt to ½ cup a day. Better nondairy substitute choices are rice milk and almond milk.
- **Limit** processed meats and cheeses.
- **Avoid** colas (diet and regular).
- **Limit** nuts; seeds; beans such as pinto, kidney, and other dried beans; cheese; and chocolate if told to by your physician or dietitian.

### Potassium

Limit higher potassium foods **only** if told to by a physician or dietitian. Heart problems may occur when potassium is too high or too low.

- Choose up to 4 to 5 servings (½ cup each) of fruits and vegetables a day.
- **Higher potassium foods** include apricots, avocados, bananas, dried fruits, melons, oranges, prunes, leafy greens (spinach, swiss chard), tomatoes, potatoes, winter squash, dried beans and peas, salt substitutes, and chocolate.

- **Lower potassium choices** include applesauce, canned peaches, pears, apples, blueberries, grapes, pineapple, tangerines, raspberries, broccoli, cauliflower, corn, asparagus, carrots, green beans, and zucchini.
- **Do not use salt substitutes containing potassium chloride except as recommended by your physician.**

## Fats and Sweets

Have more if you need to gain weight and less if you need to lose weight.

- **Olive and canola oils are the recommended fats, replacing saturated, trans, and other fats and oils** (including butter and margarine). Trans-fat-free margarine is a good choice.
- **Avoid foods high in trans fats** (these foods will have the words “partially hydrogenated oils” on the ingredients list), such as store-bought crackers, cookies, cakes, pies, pastries, flour tortillas, and margarine. Read the label for other foods high in trans fats.
- **Sources of sugar:** table sugar, syrup, honey, jelly, jam, gelatin, nondairy whipped topping, hard candy, and marshmallows.
- **Avoid** molasses, caramel, carob, and chocolate.
- Limit fat and sugar if your triglyceride levels are high.

## Fluids

Talk with your physician about the amount of fluids you should have.

- Drink to quench thirst. Avoid salty foods because they increase thirst.
- Drinks with caffeine may cause a temporary rise in blood pressure. Better choices are water, sugar-free lemonade, and brewed tea.

## Sample Menu

### Breakfast

- ¾ cup fresh blueberries
- 1 egg
- 1 cup oatmeal
- ½ cup nondairy substitute
- trans-fat-free margarine
- coffee with sugar

### Lunch

- 2 slices whole-wheat bread
- 1–3 oz. turkey
- lettuce
- mayonnaise
- 1 cup carrot and celery sticks
- 17 small grapes
- water with lemon

### Dinner

- 2–3 oz. salmon
- 1 cup brown rice
- ½ cup green beans
- green salad with fresh vegetables, olive oil, and vinegar
- trans-fat-free margarine
- small apple
- brewed tea

### Snack

- 3 graham cracker squares
- ½ cup unsweetened almond milk

For more information, please contact your registered dietitian or local Health Education Department.