



Kidney Disease & Nutrition

Kidneys get rid of waste and extra fluid in the body by filtering blood. They serve numerous other functions, including:

- Balancing chemicals in the body
- Helping control blood pressure
- Keeping bones healthy
- Making red blood cells



Chronic kidney disease (CKD) refers to permanent damage to the kidneys that worsens over time. If the damage is severe, the kidneys may eventually stop working. If this happens, dialysis or a kidney transplant may be necessary. Dialysis involves connecting to a machine which performs some of the same functions as the kidneys.

The most common causes of CKD are diabetes and high blood pressure. Some infections, inherited diseases, and injuries can also cause CKD. Some nutrition-related complications that come out of kidney disease include:

- Anemia (having fewer red blood cells than normal)
- Hypertension (high blood pressure)
- Weight gain or weight loss
- Weak bones
- Hyperkalemia (too much potassium in the blood)
- Hyperphosphatemia (too much phosphate in the blood)

Wesley Glen
(614) 888-7492

Wesley Ridge
(614) 759-0023

Life Center
(614) 866-7212



Kidney Disease & Nutrition

Dietitians work closely with individuals that have CKD because many dietary factors can greatly impact kidney function. Depending on the severity of the disease, amongst other factors, a kidney disease diet plan will involve alterations in certain foods and/or nutrients, and will be highly individualized.

In general, a kidney disease diet plan will help control the levels of phosphorus, potassium, and sodium in the body; it will also prevent bone loss and help preserve nutritional status.

- **Limit high-phosphorus foods:** whole grains, bran oats, cheese, dairy products, nuts and seeds
 - Low-phosphorus foods include refined grains and cream cheese.
- **Limit high-potassium foods:** bananas, melons, oranges, prunes, spinach, potatoes, tomatoes, granola, beans, and chocolate.
 - Low-potassium foods include apples, grapes, strawberries, cauliflower, onions, peppers, tortillas, white bread, beef, and chicken.
- **Limit high-sodium foods:** canned foods, soups, bacon, deli meats, sausage, frozen dinners, table salt, sauces, and salad dressing.
 - Low-sodium foods include fresh or frozen vegetables, beef, fish, poultry, plain rice or noodles, herbs, pepper, and spices.
- The kidneys remove excess fluid from the body, but if they are not working properly, fluids may need to be limited. This would be recommended by a doctor. Foods high in fluid would also have to be limited; these would include soup, gelatin, popsicles, and sherbet.

Check with a dietitian or doctor for your specific dietary needs.

Additional Notes:

Wesley Glen
(614) 888-7492

Wesley Ridge
(614) 759-0023

Life Center
(614) 866-7212

