

Valuable information for
our customers living with
chronic kidney disease

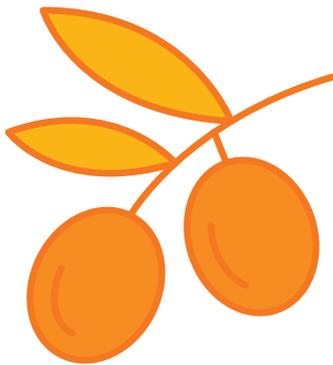
MOM'S
MEALS®



Managing Your Kidney Disease With Nutrition

CHRONIC KIDNEY DISEASE (CKD)

CKD includes conditions that damage the kidneys and decrease their ability to filter blood and remove toxins from the body. This causes waste to build up in the blood and can lead to other health concerns like high blood pressure and heart disease. There is no cure for CKD, but early detection and treatment is important. Getting proper nutrients and controlling blood pressure and blood glucose can help slow the progression of CKD and improve renal health.



At Mom's Meals[®], our mission is to improve life through better nutrition at home.

We deliver nutritious, ready-to-heat-and-eat meals to any address nationwide. Enjoy the option to choose every meal, every delivery* so you get the nutrition you need from the foods you enjoy most.

* Post-discharge members may receive a variety of meals based on their dietary preferences.

What does renal-friendly eating look like?

A renal-friendly diet is a healthy eating plan that is easier on your kidneys. It is low in sodium, phosphorous and protein. It also emphasizes the importance of eating high-quality protein. Potassium may need to be limited in some cases.

Why is sodium restricted on a renal diet?

Too much sodium (salt) can raise blood pressure and cause fluid retention in those with CKD. This can affect the heart and lungs and put additional strain on the kidneys. Most adults should consume less than 2,300 milligrams of sodium per day (most adults consume a lot more than this today). Those with CKD should aim for closer to 1,500 milligrams per day.

Why is the amount of protein important?

Protein helps heal wounds, maintain strength, fight infections and support overall health. It also produces waste the kidneys then need to remove from the body, making them work harder.

The amount of protein the kidneys can handle depends on your stage of CKD. People with Stage 3 or 4, not on dialysis, may need to limit protein intake. Too much protein can cause more damage and lead to complete kidney failure. But people on dialysis may need more protein, as dialysis causes protein loss, so a supplement may be needed.

Examples of good protein sources include:

- Beans
- Beef
- Chicken
- Eggs
- Fish
- Pork
- Soy (like tofu and edamame)
- Turkey

How does phosphorus affect my kidneys?

Phosphorus is a mineral, and like calcium, helps build strong, healthy bones. Normal functioning kidneys remove extra phosphorus from the blood, but poor working kidneys cannot. High phosphorus levels can cause hardening of blood vessels and organs. It can also result in poor wound healing, chronic pain and weakening of the bones.

For adults with CKD, it is important to keep phosphorus levels under control. They should limit their intake to 800-1,000 milligrams a day. Your health care provider may recommend a phosphate binder, which controls the amount of phosphorus the body absorbs from food. Nearly every food contains phosphorus.

Examples of foods with natural phosphorus (that also contain good protein):

- Beans
- Dairy products
- Fish
- Meats
- Nuts
- Poultry

It is advised to limit your intake of fast food, processed food, canned and bottled drinks. These tend to be full of phosphorus additives. Phosphorus isn't required to be on the nutrition facts panel, so it is hard to tell how much a food contains. Select foods where words that contain "phos" (like phosphoric acid) are near to the bottom of the ingredient list. These foods are likely to have less phosphorus.

How much potassium should I have?

Potassium helps nerves, heart and other muscles function. If kidneys are not working properly, your potassium levels may rise. This can result in nerve and muscle weakness and can cause the heart to go out of rhythm or even stop beating. According to the National Institutes of Health (NIH), men should consume about 3,400 milligrams per day and women about 2,900, but those with CKD should aim for about 2,500 milligrams per day.

Below are some high-potassium foods that may be consumed in small amounts:

- Bananas
- Cooked spinach
- Dried fruit
- Oranges
- Potatoes/sweet potatoes
- Tomato products



HELPFUL TIPS

- **Manage other conditions like diabetes.** This helps protect and reduce strain on the kidneys.
- **Choose and prepare foods with less salt/sodium.** Use herbs/spices and cook at home more often.
- **Decrease alcohol consumption**
- **Watch fluids.** Damaged kidneys cannot remove extra fluid, adding strain to the heart and causing swelling and fluid retention.
- **Get moving.** This can improve physical and mental well-being and reduce stress.



The good news is Mom's Meals makes it easy.



Food as medicine is an approach that delivers comprehensive nutrition support to keep individuals well-nourished and independent. It promotes consistent access to evidence-based solutions – delivered with compassion and in collaboration with health care and community partners.

Our renal-friendly meals use food as medicine as an important part of staying healthy when managing CKD.

For more information visit: momsmeals.com/renal-health

Which Mom's Meals are best if I have CKD?

Any of our meals can be part of a healthy eating plan. Our renal-friendly menu is marked with a  to help those with CKD eat nutritiously. These meals meet the needs of people with Stage 5 End Stage Renal Disease (ESRD), including those on hemodialysis. This menu is also suited for those with Stage 3 or 4 CKD due to their less restrictive dietary requirements.

Meals on our renal-friendly menu contain:

- 700 milligrams or less of sodium
- 330 milligrams or less of phosphorus
- 833 mg or less of potassium

	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)
ches,	568	16	524	292	807	44
nd	609	25	527	281	723	78
rots,	590	24	440	311	796	50

Our renal-friendly menu lists calories, protein, sodium, phosphorus and potassium for the entire meal. This menu does not include milk because it is high in phosphorus and potassium.

What if I have diabetes in addition to CKD?

Choosing meals from our renal-friendly menu allows you to check the number of carbohydrates for each meal. This menu lists two carb amounts – one for the entire meal and another for the tray only. If a meal has too many carbs for you to consume at one time, eat a portion of the meal, and save the rest for a snack.



Sources: <https://www.cdc.gov/kidney-disease/about/>
<https://www.cdc.gov/diabetes/diabetes-complications/diabetes-and-chronic-kidney-disease.html>
<https://www.niddk.nih.gov/health-information/kidney-disease>
<https://ods.od.nih.gov/factsheets/Potassium-Consumer/>

Contact your health care provider with questions about your CKD.

For more information about CKD or general nutrition visit: www.kidney.org and www.eatright.org