

# Tips to Help Manage Your Chronic Kidney Disease



Chronic Kidney Disease (CKD) decreases your kidneys' ability to remove toxins from your body. CKD can cause waste to build up in your blood and make you feel sick. There is no cure for CKD, but early detection and treatment can help keep it from getting worse.

## Here are a few helpful tips to help control your CKD:

- **Maintain a healthy weight.** Too many or too few calories or eating poorly increases risk of illness.
- **Get enough calcium.** It keeps bones and teeth strong, helps muscles and blood to clot.
- **Watch fluids.** Damaged kidneys cannot remove extra fluid which strains the heart.

## Why is sodium restricted?

Sodium or salt can raise your blood pressure and cause you to retain fluids. This can affect your heart and lungs and strain your kidneys. Aim to consume 700 milligrams of sodium or less.

**Your eating plan:** \_\_\_\_\_ total milligrams **SODIUM**

## Why is protein important?

Protein is important to help your body stay healthy, but those with CKD may need to watch their protein intake. This is because poor working kidneys cannot break protein down like normal working kidneys can.

Replacing some animal proteins with proteins from plant sources, may further reduce how hard your kidneys have to work. Plant proteins help lower the levels of unhealthy fats in your blood and improve blood glucose control. However, plant proteins may have higher levels of potassium and phosphorus. They may need to be limited in stage 3 and/or 4, only if your blood potassium or phosphorus levels are elevated.

### Animal Proteins

- Meat
- Fish
- Poultry
- Dairy

### Plant Proteins

- Beans
- Nuts
- Nut Butters
- Soy Products

## How does phosphorus affect my kidneys?

Phosphorus helps build strong, healthy bones. Normal working kidneys can remove extra phosphorus, but poor working kidneys can't. High phosphorus levels can cause problems with your blood vessels and bones, chronic pain and itchy skin. It also may affect how wounds heal.

Most foods contain some phosphorus. You can eat these foods, just watch how much you eat. Stay away from fast food, processed food, canned and bottled drinks – these are full of phosphorus additives.

Phosphorus levels vary depending on the kidney function. Adults with CKD should limit their phosphorus to 800-1,000 mg/day. Check food labels for ingredients with words that contain "phos". Choose foods where words like this are low on the ingredient list. Some may need a phosphate binder to help control the amount of phosphorus your body absorbs.

**Your eating plan:** \_\_\_\_\_ total milligrams **PHOSPHORUS**

## How much potassium?

Potassium helps nerves, the heart and other muscles function. Potassium levels may rise if your kidneys are not working properly. High potassium may cause muscle and nerve weakness or can cause the heart to go out of rhythm, or even stop beating. A few high potassium foods are:

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

A healthy American should have about 3,500-4,500 mg of potassium per day. Those with CKD should only have about 2,500 mg/day.

**Your eating plan:** \_\_\_\_\_ total milligrams **POTASSIUM**

At Mom's Meals, we make it easier for you to keep your CKD under control by providing you fully-prepared renal-friendly meals. These meals meet the needs of those with Stage 5 End Stage Renal Disease, as well as those in Stage 3 or 4.

Our menu provides valuable nutrition information. It lists calories, protein, sodium, phosphorus and potassium for the entire meal (tray and sides). Our renal menu is also good for those who have diabetes in addition to CKD. Just check the amount of carbohydrates to make sure the number is within the range for your diabetes.

Meal Name	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly	
Wild Rice Salad and Spiced Fruit	627	15	478	255	790	67	99	♥
Over White Rice and Spiced	595	19	592	239	709	72	87	♥
Crisp, Syrup and	600	17	510	187	671	60	111	♥

For more information visit:  
[www.kidney.org](http://www.kidney.org) and [www.eatright.org](http://www.eatright.org)



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