

# Manage your Kidney Disease with Nutrition

Valuable information for our customers living with Chronic Kidney Disease



MOM'S  
MEALS®







Chronic Kidney Disease (CKD) includes conditions that damage your kidneys. It decreases their ability to remove toxins from your body.

As kidney function declines, waste can build up in your blood and make you feel sick. This can cause high blood pressure, anemia (low blood count) and weak bones. It also can cause poor nutritional health, nerve damage and increase your risk of having heart and blood vessel disease. These problems may happen over a long period of time. Diabetes, high blood pressure and other disorders can cause CKD.

There is no cure for CKD, but you can keep it from getting worse with early detection and treatment. Getting proper nutrients can help slow the progression of CKD and improve your quality of life. Your registered dietitian or doctor can provide a plan that lists the amounts of each nutrient you need.

At Mom’s Meals®, we know that better health begins with the very meals we eat. We provide nutritious meals at every stage in life. We recognize everyone’s needs are unique. We empower you with a voice in your care. You have the option to choose every meal, every delivery. Our goal is to provide a pathway to help you manage your Kidney Disease.

Here are answers to the more common questions we get from our valued customers.

### WHICH MEALS ARE BEST IF I HAVE KIDNEY DISEASE?

Diet and nutrition are an important part of living well with CKD. As this disease progresses, your diet needs will likely change as well. Our renal-friendly menu meets the needs of people with Stage 5 End Stage Renal Disease (ESRD). This includes people on hemodialysis who must watch their diet. It is also good for those in Stage 3 or 4 as their diet needs are not as strict. CKD is different for everyone.

Our renal-friendly menu provides you with valuable nutrition information for each meal. It lists calories, protein, sodium, phosphorus and potassium. These nutrients are listed for the entire meal (tray and sides). Two amounts of carbohydrates are also listed. One for the tray only and another for the entire meal (tray and sides). This information should help you choose meals that are best for your eating plan.

Meals	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
Spiced Fruit and Rice	605	15	467	211	764	58 97	♥
Spiced Rice and Vanilla Wafers	195	25	703	233	776	69 106	♥

## WHY IS SODIUM RESTRICTED ON A RENAL DIET?

Sodium, or salt, can raise your blood pressure and cause you to retain fluids. Extra sodium and fluid can build up in the bodies of those with CKD. This can affect your heart and lungs and strain the kidneys. Meals on our renal-friendly menu have 700 milligrams (mg) of sodium or less.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*				
Serv. size	[259g]	Total Fat	18g	30%	Total Carb.	31g	10g	10%	
Servings	1	Sat. Fat	6g	30%	Fiber	4g	15g	15%	
Calories	360	Trans fats	0g		Sugars	12g			
Fat Cal.	170	Cholest.	45mg	15%	Protein	20g			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium	640mg	25%					
		Vitamin A	8%	Vitamin C	10%	Calcium	15%	Iron	10%

## WHY IS PROTEIN IMPORTANT WHEN YOU HAVE KIDNEY DISEASE?

Protein helps heal wounds and maintain strength. It also helps fight off infections and preserve good health. But, poor working kidneys can't break down protein into energy.

The amount of protein your kidneys can handle depends on your stage of CKD. Those with Stage 3 or 4, not on dialysis should limit protein intake. Too much can cause more damage and lead to complete kidney failure. But, those on dialysis should have a high protein diet as dialysis causes protein loss.

A doctor and registered dietitian can help you figure your protein needs. If your needs are higher, you may need to take a supplement between meals. Our renal-friendly meals have a range of protein content to meet the needs of those at any stage of CKD. Beef, pork, chicken, turkey, fish, and eggs are all high in protein.

## HOW DOES PHOSPHORUS AFFECT MY KIDNEYS?

Phosphorus is a mineral. Like calcium, it helps build strong, healthy bones. Normal working kidneys remove extra phosphorus in your blood. Poor working kidneys cannot. High phosphorus levels can cause hardening of blood vessels and organs and weakening of bones. It also causes poor wound healing, chronic pain and itchy skin. When you have CKD it is important to keep your phosphorus levels under control.

Most foods contain some phosphorus. Meats, poultry, fish, nuts, beans and dairy products contain natural phosphorus. They are also good sources of protein. You don't need to avoid these foods, just be aware of how much you are eating. Because milk is high in phosphorus and potassium, it is not on our renal-friendly menu.



Fast food, processed food, canned and bottled drinks should be limited. These are full of phosphorus additives. Phosphorus isn't required to be listed on the Nutrition Facts panel. So, it is difficult to tell how much phosphorus a food contains. Check ingredients, look for words that contain "phos", like phosphoric acid or disodium phosphate. Choose packaged foods without these types of ingredients or ones where they are at the bottom of the list.

Small amounts of food like cheese, beans, or wheat bread products can be part of a renal-friendly diet. Phosphorus needs vary, depending on kidney function. Adults with CKD should limit their intake to 800-1,000 mg a day. Meals on our renal-friendly menu have 330 mg or less for the entire meal. Your doctor may have you take a phosphate binder. This is a medicine that controls the amount of phosphorus your body absorbs from food. You should take this medicine with meals or snacks.

## Helpful tips

- ✓ **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 contract and aids with blood clotting and several nerve functions.
- ✓ **Watch Fluids.** Damaged kidneys cannot remove extra fluid and it strains the heart.

### HOW MUCH POTASSIUM SHOULD I HAVE?

Potassium is needed for nerves, heart, and other muscles to function. Your potassium levels may rise, if your kidneys are not working properly. This can cause muscle and nerve weakness. It can also cause the heart to go out of rhythm and even stop beating. Those on a renal diet are told to limit their potassium intake. Bananas, tomato products and oranges are all high potassium foods. Cooked spinach, dried fruit, potatoes and sweet potatoes are too. These foods are not off limits, but can be eaten in small amounts.

A healthy American should have about 3,500-4,500 mg of potassium per day. Someone with CKD should have about 2,500 mg per day. Meals on our renal-friendly menu have 833 mg or less for the entire meal. Talk to your doctor or registered dietitian about how much potassium you should have based on your health.

### WHAT IF I HAVE DIABETES IN ADDITION TO MY KIDNEY DISEASE?

Many people with CKD also have Diabetes. We suggest these people select meals from our Renal-friendly menu too. This allows you to check the amount of carbohydrates in each selection. If a meal has too many carbohydrates, eat a portion of the meal, and save the rest for a snack. Or, you can eat the meal side as a snack.

If you have Chronic Kidney Disease or are at high risk, contact your doctor or a registered dietitian. They can help you put together an eating and lifestyle plan.

**FOR MORE INFORMATION ABOUT  
CHRONIC KIDNEY DISEASE OR NUTRITION**  
visit: [www.kidney.org](http://www.kidney.org) and [www.eatright.org](http://www.eatright.org)



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your Chronic Kidney Disease with Mom's Meals, visit our website at [momsmeals.com](http://momsmeals.com).

