How does phosphorus affect my kidneys?

Phosphorus is a mineral, like calcium, that helps build strong, healthy bones. Normal working kidneys can remove extra phosphorus in your blood, but poor working kidneys cannot. High phosphorus levels can cause hardening of blood vessels and organs, weakening of bones, poor wound healing, chronic pain and itchy skin. So controlling phosphorus and calcium is very important when you have CKD.

Most foods contain some phosphorus. Meats, poultry, fish, nuts, beans and dairy products contain natural phosphorus and are good sources of protein. You don’t need to avoid these foods, just be aware of how much you are consuming. Because dairy is high in both phosphorus and potassium, milk is not part of our Renal-friendly menu. It is best to limit fast foods, processed foods and canned and bottled beverages. These foods are full of phosphorus additives. It is difficult to tell how much phosphorus a food contains. This is because it isn’t required to be listed on the Nutrition Facts panel. You should check the ingredients to look for words that contain “phos”, like phosphoric acid or disodium phosphate. Choose packaged foods that don’t have these types of ingredients or ones where they are at the bottom of the list.

Again, the rule of moderation is important. Small amounts of food such as 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 800-1000 mg a day. Meals on our Renal-friendly menu have 330 mg or less (for the entire meal). Your doctor may also order a medicine called a phosphate binder for you to take with meals and snacks. This will control the amount of phosphorus your body absorbs from food.

What if I have Diabetes in addition to my Kidney Disease?

Many people with CKD are also managing Diabetes. We recommend these people also select meals from our Renal-friendly menu. This allows you to check the amount of carbohydrates in each selection. If a meal contains too many carbohydrates, try eating a portion of the meal, and saving the rest for a snack. Or eat the meal side, like vanilla wafers or fruit, as a snack.

Other helpful tips for managing your Kidney Disease.

• Maintain a Healthy Weight - Consuming too many or too few calories, or eating poorly, increases your risk of illness.
• Get Enough Calcium - Calcium is needed to keep bones and teeth strong, to help muscles contract and to help with blood clotting and several nerve functions. When dairy products are limited due to decreased kidney function, calcium intake must also be limited. Your renal doctor or registered dietitian may suggest you take a calcium supplement in order to obtain enough calcium to meet your body’s every day needs.
• Watch Fluids – Damaged kidneys cannot remove extra fluid. Those with advanced CKD may need to limit how much they drink if fluid builds up in the body as it strains the heart. Tell your health care provider about any swelling around the eyes or in the legs, arms, or abdomen.

For additional information regarding Chronic Kidney Disease, or nutrition in general, visit the following websites: www.kidney.org and www.EatRight.org

*If you have Chronic Kidney Disease or are at high risk, contact your health care provider or a registered dietitian. They can help you improve your existing condition or help lower your risk by developing a personalized eating and lifestyle plan.*
Chronic Kidney Disease (CKD) includes conditions that damage your kidneys and decreases their ability to remove toxins from your body. As kidney function declines, waste can build to high levels in your blood and make you feel sick. You may develop problems like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. In addition, CKD increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. CKD can also be the result of Diabetes, high blood pressure and other disorders.

There is no cure for CKD, but early detection and treatment can often keep it from getting worse. Part of your treatment plan will include following a special diet with specific daily amounts of protein, potassium, phosphorus and sodium. Keeping these nutrients in check can slow the progression of CKD and improve your quality of life.

At Mom’s Meals Nourish Care®, we know that what you eat can make a difference in your health, which is why we provide nutritionally complete, condition-appropriate meals to make it easier for those managing a chronic condition.

We recognize the challenges you may face as you try to manage your CKD and we’ve done our best to make it easier for you. Our menus are designed so you can easily access the information you need to make the best choices. Because there are various stages of CKD, and the dietary recommendations vary slightly between them, we give you the option to choose the meals that best suit your particular needs—every meal, every order.

Here are answers to some of the more common questions we receive from our valued customers living with CKD.

Which meals are appropriate if I have Kidney Disease?

Diet and nutrition are an important part of living well with CKD. As this disease progresses, your dietary needs will likely change as well. Our Renal-Friendly menu meets the needs of people with Stage 5 End Stage Renal Disease (ESRD) who are on hemodialysis and have to carefully watch their diets. Our Renal-Friendly menu provides the approximate amount of calories, as well as important nutrients including protein, sodium, phosphorus and potassium for the entire meal (which includes the entrée and sides). It also includes grams of carbohydrates for both the entrée (tray only) and the entire meal. With this information you can choose meals that are best for your eating plan.

Our Renal-friendly menu provides the approximate amount of calories, as well as important nutrients including protein, sodium, phosphorus and potassium for the entire meal (which includes the entrée and sides). It also includes grams of carbohydrates for both the entrée (tray only) and the entire meal. With this information you can choose meals that are best for your eating plan.

Why is Protein important in Kidney Disease?

Protein helps heal wounds, maintain strength, fight off infections, and preserve good health. But poor working kidneys can’t break protein down into energy. The amount of protein your kidneys can handle depends on the stage of CKD. Those with Stage 3 or 4 CKD that are not on dialysis are advised to limit protein intake. Too much protein can cause more damage to their kidneys, leading to complete kidney failure. Dialysis is hard on the body and causes protein loss. Those on dialysis are encouraged to eat a high protein diet. High quality animal sources such as beef, pork, chicken, turkey, fish, or eggs are all high in protein.

A physician and registered dietitian will determine your protein needs. If your needs are higher, you may be required to take a supplement between meals. Our Renal-friendly meals provide a range of protein content to meet the needs of those at any stage of CKD.

How much potassium should I have?

Potassium is necessary for nerves, heart, and other muscles to function. If your kidneys are not working properly, potassium levels in your blood may rise. This can cause muscle and nerve weakness, or cause the heart to go out of rhythm and even stop beating. So those following a renal diet are instructed to limit their potassium intake. High potassium foods include bananas, tomato products, oranges and orange juice, cooked spinach, dried fruit, potatoes and sweet potatoes. These foods are not off limits completely, but in small amounts, these foods can safely fit into your renal eating plan.

A normal amount of potassium in a typical diet of a healthy American is about 2,500-4,500 mg per day. The amount of potassium recommended for someone with CKD is typically about 2,500 mg per day. Meals on our Renal-friendly menu have 833 mg or less for the entire meal. Your physician or registered dietitian will let you know your specific level of restriction based on your health.

Why is sodium restricted on a Renal Diet?

Sodium, or salt, can raise your blood pressure and cause you to retain fluids. For clients with CKD, extra sodium and fluid can build up in your body, which can affect your heart and lungs and strain the kidneys. Meals on our Renal-friendly menu are limited to 700 mg of sodium or less.

Your menu will give you the estimated amount of sodium in the entire meal (entree and sides). You can refer to the Nutrition Facts Panel on the meal to provide the sodium content in the entree only.
Chronic Kidney Disease (CKD) includes conditions that damage your kidneys and decreases their ability to remove toxins from your body. As kidney function declines, waste can build to high levels in your blood and make you feel sick. You may develop problems like high blood pressure, anemia (low blood count), weak bones, poor nutritional health and nerve damage. In addition, CKD increases your risk of having heart and blood vessel disease. These problems may happen slowly over a long period of time. CKD can also be the result of Diabetes, high blood pressure and other disorders.

There is no cure for CKD, but early detection and treatment can often keep it from getting worse. Part of your treatment plan will include following a special diet with specific daily amounts of protein, potassium, phosphorus and sodium. Keeping these nutrients in check can slow the progression of CKD and improve your quality of life.

At Mom’s Meals Nourish Care®, we know that what you eat can make a difference in your health, which is why we provide nutritionally complete, condition-appropriate meals to make it easier for those managing a chronic condition.

We recognize the challenges you may face as you try to manage your CKD and we’ve done our best to make it easier for you. Our menus are designed so you can easily access the information you need to make the best choices. Because there are various stages of CKD, and the dietary recommendations vary slightly between them, we give you the option to choose the meals that best suit your particular need—every meal, every order.

Here are answers to some of the more common questions we receive from our valued customers living with CKD.

Which meals are appropriate if I have Kidney Disease?

Diet and nutrition are an important part of living well with CKD. As this disease progresses, your dietary needs will likely change as well. Our Renal-Friendly menu meets the needs of people with Stage 5 End Stage Renal Disease (ESRD) who are on hemodialysis and have to carefully watch their diets. Our menus are designed so you can easily access the information you need to make the best choices. Because there are various stages of CKD, and the dietary recommendations vary slightly between them, we give you the option to choose the meals that best suit your particular need—every meal, every order.

Here are answers to some of the more common questions we receive from our valued customers living with CKD.

Why is Protein important in Kidney Disease?

Protein helps heal wounds, maintain strength, fight off infections, and preserve good health. But poor working kidneys can’t break protein down into energy. The amount of protein your kidneys can handle depends on the stage of CKD. Those with Stage 3 or 4 CKD that are not on dialysis are advised to limit protein intake. Too much protein can cause more damage to their kidneys, leading to complete kidney failure. Dialysis is hard on the body and causes protein loss. Those on dialysis are encouraged to eat a high protein diet. High quality animal sources such as beef, pork, chicken, turkey, fish, or eggs are all high in protein.

A physician and registered dietitian will determine your protein needs. If your needs are higher, you may be required to take a supplement between meals. Our Renal-friendly meals provide a range of protein content to meet the needs of those at any stage of CKD.

How much potassium should I have?

Potassium is necessary for nerves, heart, and other muscles to function. If your kidneys are not working properly, potassium levels in your blood may rise. This can cause muscle and nerve weakness, or cause the heart to go out of rhythm and even stop beating. So those following a renal diet are instructed to limit their potassium intake. High potassium foods include bananas, tomato products, oranges and orange juice, cooked spinach, dried fruit, potatoes and sweet potatoes. These foods are not off limits completely, but in small amounts, these foods can safely fit into your renal eating plan.

A normal amount of potassium in a typical diet of a healthy American is about 2,500-4,500 mg per day. The amount of potassium recommended for someone with CKD is typically about 2,500 mg per day. Meals on our Renal-friendly menu have 833 mg or less for the entire meal.

Our Renal-friendly menu provides the approximate amount of calories, as well as important nutrients including protein, sodium, phosphorus and potassium for the entire meal (which includes the entree and sides). It also includes grams of carbohydrates for both the entree (tray only) and the entire meal. With this information you can choose meals that are best for your eating plan.

Why is sodium restricted on a Renal Diet?

Sodium, or salt, can raise your blood pressure and cause you to retain fluids. For clients with CKD, extra sodium and fluid can build up in your body, which can affect your heart and lungs and strain the kidneys. Meals on our Renal-friendly menu are limited to 700 mg of sodium or less.

Your menu will give you the estimated amount of sodium in the entire meal (entree and sides). You can refer to the Nutrition Facts Panel on the meal to provide the sodium content in the entree only.
**How does phosphorus affect my kidneys?**

Phosphorus is a mineral, like calcium, that helps build strong, healthy bones. Normal working kidneys can remove extra phosphorus in your blood, but poor working kidneys cannot. High phosphorus levels can cause hardening of blood vessels and organs, weakening of bones, poor wound healing, chronic pain and itchy skin. So controlling phosphorus and calcium is very important when you have CKD.

Most foods contain some phosphorus. Meats, poultry, fish, nuts, beans and dairy products contain natural phosphorus and are good sources of protein. You don’t need to avoid these foods, just be aware of how much you are consuming. Because dairy is high in both phosphorus and potassium, milk is not part of our Renal-friendly menu. It is best to limit fast foods, processed foods and canned and bottled beverages. These foods are full of phosphorus additives. It is difficult to tell how much phosphorus a food contains. This is because it isn’t required to be listed on the Nutrition Facts panel. You should check the ingredients to look for words that contain “phos”, like phosphoric acid or disodium phosphate. Choose packaged foods that don’t have these types of ingredients or ones where they are at the bottom of the list.

Again, the rule of moderation is important. Small amounts of food such as 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 also order a medicine called a phosphate binder for you to take with meals and snacks. This will control the amount of phosphorus your body absorbs from food.

**What if I have Diabetes in addition to my Kidney Disease?**

Many people with CKD are also managing Diabetes. We recommend these people also select meals from our Renal-friendly menu. This allows you to check the amount of carbohydrates in each selection. If a meal contains too many carbohydrates, try eating a portion of the meal, and saving the rest for a snack. Or eat the meal side, like vanilla wafers or fruit, as a snack.

**Other helpful tips** for managing your Kidney Disease.

- **Maintain a Healthy Weight** - Consuming too many or too few calories, or eating poorly, increases your risk of illness.
- **Get Enough Calcium** - Calcium is needed to keep bones and teeth strong, to help muscles contract and to help with blood clotting and several nerve functions. When dairy products are limited due to decreased kidney function, calcium intake must also be limited. Your renal doctor or registered dietitian may suggest you take a calcium supplement in order to obtain enough calcium to meet your body’s every day needs.
- **Watch Fluids** – Damaged kidneys cannot remove extra fluid. Those with advanced CKD may need to limit how much they drink if fluid builds up in the body as it strains the heart. Tell your healthcare provider about any swelling around the eyes or in the legs, arms, or abdomen.

For additional information regarding Chronic Kidney Disease, or nutrition in general, visit the following websites: [www.kidney.org](http://www.kidney.org) and [www.EatRight.org](http://www.EatRight.org)

*If you have Chronic Kidney Disease or are at high risk, contact your health care provider or a registered dietitian. They can help you improve your existing condition or help lower your risk by developing a personalized eating and lifestyle plan.*