

# NUTRITIONAL THERAPY IN CHRONIC KIDNEY DISEASE (CKD)

## BENEFITS



**Control blood pressure**



**Maintain bone health**



**Improve blood sugar control**



**Slow the disease progression**



**Improve your quality of life**

By sticking to nutritional recommendations you may be able to maintain residual kidney function, control symptoms, and delay need for dialysis

## RECOMMENDATIONS FOR BETTER KIDNEY HEALTH

This pyramid depicts the foods most recommended for better kidney health at the base or foundation. As you move up the pyramid, foods that should be eaten less often are listed.



### Boiling

**Advice:** To reduce the amount of phosphorus and potassium, discard the cooking water after boiling. The boiled food may be stir-fried in a pan or browned in the oven (ie, with olive oil and spices) or cooked with fresh tomatoes.



**Quit smoking**



**Physical activity**  
if approved by your physician



For quick go-to options that taste great and meet your nutritional needs, check out the latest products by Dr Schär: **FLAVIS kidney friendly medical food**. These are the only unique food products designed specifically for CKD patients on the US market. They are low in protein, phosphorus, salt and potassium and a good source of energy and fiber. Dr Schär has over 30 years of experience in the development and production of special dietary products.

# FOOD CHOICE IN CHRONIC KIDNEY DISEASE (CKD)

Adjust the portion size of foods rich in protein according to your dietitian's directions. It may be necessary to control your intake of the following foods:

## POTASSIUM

- Fruits (eg, bananas)
- Beans, peas, lentils and soybeans
- Potatoes and potato products
- Chocolate and cocoa
- Vegetables and vegetable juices (eg, spinach, beets, beans, mushrooms)
- Tomato and tomato juice
- Nuts and seeds

To reduce the potassium content in certain foods, cook them in lots of water (remove from water before serving).

## SALT

- All types of salt
- Salted peanuts and seeds
- Frozen and shelf-stable meals
- Water softener
- Broth, soup base, ketchup, canned vegetables, soy sauce
- Salted fish and smoked meats
- Certain types of mineral water
- Sauces and dressings

A reduction of salt intake also reduces the cravings for salty meals. It is a good idea to gradually reduce use of salt in cooking and consumption of salty products. Request food without salt at restaurants.

## PROTEIN

- Lean meats
- Dairy products
- Fish and seafood
- Eggs
- Legumes
- Protein supplements (eg, drinks, bars)

Less protein may help maintain kidney function and delay the need for dialysis.

## PHOSPHORUS

There are two types of phosphorus: phosphorus additives and natural phosphorus-rich foods like cheese and meat (animal products). Phosphorus additives are found in the list of ingredients on the Nutrition Facts Label. Look for "PHOS" to find phosphorus additives in the food. Phosphorus additives found in foods include:

- Dicalcium phosphate
- Disodium phosphate
- Monosodium phosphate
- Phosphoric acid
- Processed meat products
- Milk and dairy products
- Cereal flakes, muesli
- Chocolate, unsweetened cocoa
- Fast food
- Processed foods with additives that contain phosphorus (eg, processed cheese, yeast, cake mix, sauce, ready meals, processed meats and cold cuts).
- Sodium hexametaphosphate
- Trisodium phosphate
- Sodium tripolyphosphate
- Tetrasodium pyrophosphate
- Fish and seafood
- Nuts, seeds
- Dried mushrooms
- Drinks (beverages with phosphorus or phosphorus additives in it)
- Egg yolk

Normal working kidneys can remove extra phosphorus in your body. When you have CKD, your kidneys cannot remove phosphorus very well. Extra phosphorus causes body changes that can weaken your bones.

## A MENU MAY LOOK LIKE THIS:



### BREAKFAST

3.5 oz FLAVIS Hearty White Bread  
1 egg  
Butter/margarine  
Jam/honey  
Tea/coffee



### SNACK

2 FLAVIS cookies or a fruit bar,  
1 portion of fruit eg, 1 apple, 2 apricots or 5 strawberries



### LUNCH

1 portion of FLAVIS Penne pasta (3-4.5 oz) with olive oil or unsalted butter  
2 oz of poultry and bowl of salad with dressing



### SNACK

1 yogurt (4 oz)  
Honey, diced apple, blueberries or strawberries



### DINNER

2 oz of poultry  
5 oz boiled carrots and zucchini  
3.5 oz FLAVIS Hearty White Bread  
Water/fruit juice