

# Healthy Eating for Chronic Kidney Disease Stages 3, 4, and 5



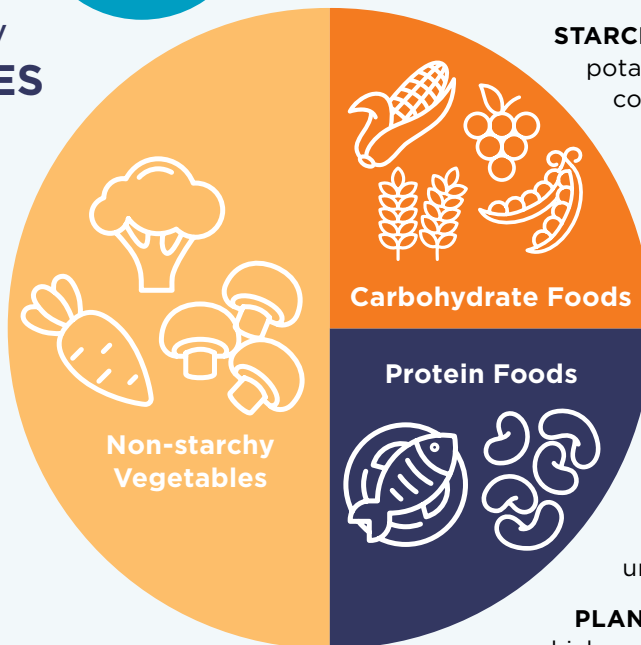
Kidneys help to keep the balance of nutrients and minerals in the blood and remove waste products. Chronic kidney disease (CKD) can make it hard for the body to keep this balance. There are many healthy eating guidelines for people with CKD. Your diet may need to change over time based on blood test results and other health conditions such as diabetes or heart disease. A healthy diet can help slow the progression of CKD.

Research shows that people with CKD generally benefit from eating less salt (sodium) and lower amounts of protein,\* while eating foods like fruit, vegetables, and whole grains. The information below provides guidance on how to create a plate with different foods that are good for kidney health. Always check with your doctor about which foods are right for you to eat.



## Non-starchy VEGETABLES

Fill **half your plate** with non-starchy vegetables such as okra, lettuce, carrots, onions, spinach, peppers, broccoli, zucchini, cabbage, cauliflower, cucumbers, and mushrooms.



## CARBOHYDRATES

Fill **one quarter of your plate** with carbohydrates.

### WHOLE GRAINS:

brown rice, oatmeal, quinoa, barley, farro, whole wheat pasta, whole wheat bread, whole wheat tortillas, whole grain cereals

### STARCHY VEGETABLES:

potatoes, sweet potatoes, corn, peas, winter squash

### FRUITS:

apples, cherries, bananas, berries, pineapple, melon, grapes, pears, peaches

## PROTEINS

Fill **one quarter of your plate** with protein.

### ANIMAL SOURCES:

poultry, fish, eggs, wild game, or other lean/unprocessed meats

**PLANT SOURCES:** beans, chickpeas, nuts and nut butters, seeds, lentils, tofu, soy products

*Image adapted from the American Diabetes Association's "Diabetes Plate Method"*

\*Eating less protein may help slow the progression of CKD by causing less strain on the kidneys.

# HEALTHMAP HEALTHY CHOICES



## Eat less **SODIUM (SALT)**

Choose foods low in salt to help lower blood pressure, limit fluid buildup, and keep your heart healthy. Instead of salt, use herbs, spices, citrus, or vinegar to season food. Limit prepackaged foods, deli meats, bacon, sausage, potato chips, and canned soups. Rinse canned vegetables before eating to reduce salt.



## Eat more **FRUITS AND VEGETABLES**

Make sure your diet includes fruits and vegetables. Seasonal fruits and vegetables often cost less. Fresh, frozen, or canned fruit packed in juice are all healthy options. Avoid canned fruit packed in heavy syrup. When choosing vegetables, purchase fresh, frozen without seasoning, or canned. Remember to rinse canned vegetables before using them to reduce salt. Keep in mind, frozen produce is often picked at peak ripeness when most nutritious.



## Eat **LOW-FAT FOOD**

Swap out fried foods for foods that are baked, grilled, steamed, air-fried, broiled, or sautéed in a small amount of oil. Use fats that are liquid at room temperature, like olive or canola oil, when cooking. Olive oil, walnut oil, or pecan oil can be great for making salad dressings. Unhealthy fats such as saturated or trans fats found in fried foods, prepackaged foods, animal products, and coconut and palm kernel oils, all increase the risk of chronic disease. Eating plant-based meals can help lower saturated fat in your diet.

## **STAY ACTIVE**

Physical activity is good for everyone! There are many fun and safe ways to be active. Even small amounts of activity help with your sleep and mental health and lower your risk for chronic diseases. Try walking, gardening, swimming, yoga, household chores, chair exercises, stretching, or weight-bearing exercises. Pick an activity that you like or invite a friend or family member to join in. Check with your doctor before starting a new exercise or physical activity.

As CKD progresses, you **may need to limit foods high in potassium and phosphorus**, as well as fluid intake.



**To learn more about what kinds of foods you should eat or avoid**, talk to your doctor or ask your Healthmap Solutions Care Navigation team member to introduce you to a dietitian to help you meet your healthy eating goals. To learn more about Healthmap Solutions and our Kidney Health Management program, call **1-800-481-0474** or visit **[patients.healthmapsolutions.com](https://patients.healthmapsolutions.com)**.

#### REFERENCES

American Diabetes Association. (2020, February 1). *What is the Diabetes Plate Method?*. Diabetes Food Hub. <https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html>

Ikizler TA, Burrowes JD, Byham-Gray LD, et al; KDOQI Nutrition in CKD Guideline Work Group. KDOQI clinical practice guideline for nutrition in CKD: 2020 update. *Am J Kidney Dis.* 2020;76(3)(suppl 1):S1-S107.