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Principles	Foods of Concern	Action Plan										
<b>Lower Sodium Intake</b>  Day's Sodium Budget:	<b>High sodium foods</b> Salt Seasoned salt Barbecue sauce Soy sauce Ketchup Baking mixes Frozen dinners Instant noodles Biscuits Quick bread Canned food Soup mixes Tenderizers Fast foods Pasta mixes Dressings	Read labels for sodium words: Instant Ramen Noodle Soup INGREDIENTS: Enriched wheat flour, salt, dehydrated vegetables, monosodium glutamate, chicken fat, sugar, soy sauce, sodium carbonate, sodium phosphate, disodium inosinate, disodium guanylate.										
<b>Control Phosphorus to Maintain Healthy Bones</b> Ask your doctor: - If you should take vitamin D <sub>3</sub> - If you should take other vitamins - If you need phosphorus binder pills to take with your meals.	<b>Beware of High phosphorus foods</b> Milk Ice Cream Processed foods Pancake mix Biscuits Dried beans Whole grains Phosphate additives Cheese Colas Chocolate Canned rolls Hot dogs Lunch Meats Nuts	<b>Choose low phosphorus foods</b> Cream cheese, sour cream Unenriched rice milk Clear colorless soft drinks Fresh or frozen foods Fresh fruits and vegetables White breads, pasta, rice Vanilla wafers, jelly beans										
<b>Eat High Quality Protein</b>  Fats, oils, sugar 0 Milk (1 cup) 8 g pro Meat (1oz) 7 g pro Veg 2 g pro Fruit 0 Starches 3 g protein per serving Serving = 1 slice bread, 1/2 cup cereal, 1/2 cup pasta or rice. My daily PROTEIN budget:	Chicken Noodle Soup <b>Nutrition Facts</b> Serving Size 1/2 cup (120 ml) condensed soup Servings Per Container about 2 1/2 Amount Per Serving Calories 60 Calories from Fat 15 Total Fat 1.5g % Daily Value 3% Saturated Fat 0.5g 10% Trans Fat 0g Cholesterol 15mg 30% Sodium 100mg 20% Total Carbohydrate 6g 12% Dietary Fiber 1g 2% Sugars 1g Protein 3g	<b>Breakfast</b> oz meat or egg bread/starch fruit fats <b>Lunch</b> oz meat bread/starch fruit vegetable fats <b>Dinner</b> oz meat bread/starch fruit vegetable fats <b>Snacks</b>										
<b>Manage Your Potassium</b>  If your potassium level is too high, you may need to choose lower potassium fruits and vegetables. Day's Potassium Budget:	<b>100 – 200 mg potassium per serving</b> Apple 1 medium Applesauce 1 cup Asparagus 1/2 cup cooked Bean Sprouts 1/2 cup Blueberries 1 cup Cauliflower 1/2 cup cooked Corn fresh 1/2 cup cooked Fruit cocktail 1/2 cup Grapes 15 grapes Lettuce 4 large leaves Peach 1 medium, fresh Pineapple 1/2 cup, fresh Plum 1 medium Raisins 1 packet (1/2 oz) String beans 1/2 cup cooked Watermelon 1 cup Zucchini 1/2 cup cooked	<b>Notes:</b> <table border="1"> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table>										

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Table 1. Stages of CKD\*

Stage	Description	GFR (mL/min/1.73 m <sup>2</sup> )
1	Kidney damage with normal or GFR	≥ 90
2	Kidney damage with mild GFR	89-60
3A	Mild to moderate GFR	59-45
3B	Moderate GFR	45-30
4	Severe GFR	30-15
5	Kidney failure	< 15 or dialysis

CKD, chronic kidney disease; GFR, glomerular filtration rate.  
 \*Adapted from the Renal Association. <http://www.renal.org/whatwedo/InformationResources/CKDeGUIDE/CKDstages.aspx>. Accessed November 16, 2013.

**PRESENIUS MEDICAL CARE - NUTRITION EDUCATION**

## POTASSIUM and Your Renal Diet

**Potassium and Your Renal Diet**

Potassium is a mineral found in most foods. You need some potassium to keep your heart working as it should. If your kidneys do not work well, potassium can build up in your blood. This can cause diarrhea, nausea, weakness and breathing problems. It can also cause your heart to stop. To keep potassium at a safe level in your blood, limit the potassium you eat.


**How can I limit my potassium?**

- High potassium foods come mainly from fruits and vegetables. (See chart below)
- Choose no more than \_\_\_\_\_ servings of fruits & fruit juices each day from the acceptable list
- \_\_\_\_\_ servings of vegetables each day from the acceptable list
- \_\_\_\_\_ servings of potatoes each week
- Avoid the high potassium foods.
- A large serving of a low potassium food can turn into a high potassium food.

**Acceptable and High Potassium Foods**  
 (Servings are 1/2 cup or as noted)

FRUITS	VEGETABLES
<b>ACCEPTABLE POTASSIUM FOODS</b> Apple (sliced) (1 small) Applesauce Blueberries Cantaloupe Cauliflower (1 cup) Grape (sliced) Grapefruit (1 small) Grape (12 small) Lemon (1/2) Mango Papaya Peach (sliced) or both (2 small) Pear (sliced) or both (2 small) Pineapple (sliced) or both (2 small) Raisins (1/2 cup) Strawberry Watermelon	<b>VEGETABLES</b> Artichoke (1) Asparagus, cooked (2/3 cup) Broccoli Cabbage, raw Carrots, raw (2 small) Cauliflower Celery, raw (1 small) Cooked (1/2 cup or 1/2 each) Eggplant Green bean Lettuce, all varieties (1 cup) Parsnips Spinach, raw Sprouts (alfalfa or bean) Summer squash Zucchini
<b>HIGH POTASSIUM FOODS</b> Avocado, canned or both (1/2) Apricots, dried (1) Banana (1 medium) Dates (1 cup) Figs, dried (2 whole) Kiwi (2 medium) Melon (1/2 small) Nectarine (1 small) Orange (1 small) Pear, fresh (1 medium) Prunes, dried (1/2 pear)	Artichoke (1/2) Avocado (1/2 whole) Beet (1/2 cup) Bean Brussels sprouts Celery, cooked Chestnut, cooked Chive, cooked Chlorophyll (1 small) Mushroom, fresh (1 small) Pumpkin Spinach, cooked Tomato (1/2 cup or 1/2 small) Vegetable (1/2 cup) White & sweet potato Winter squash (1 cup)

CHRONIC KIDNEY DISEASE STAGE 1 (CKD-1)







# POTASSIUM and Your Renal Diet

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## How can I limit my potassium?

- High potassium foods come mainly from fruits and vegetables. (See chart below)
- Choose no more than \_\_\_\_\_ servings of fruits & fruit juices each day from the acceptable list
- \_\_\_\_\_ servings of vegetables each day from the acceptable list
- \_\_\_\_\_ servings of potatoes each week
- Avoid the high potassium foods.
- A large serving of a low potassium food can turn into a high potassium food.

## Acceptable and High Potassium Foods

(Servings are 1/2 cup or as noted)

FRUITS	VEGETABLES
<p><b>ACCEPTABLE POTASSIUM FOODS</b></p> <ul style="list-style-type: none"> <li>Apple, juiced or apple (1 small)</li> <li>Apricots</li> <li>Blueberries</li> <li>Cherries</li> <li>Cherry juice (1 cup)</li> <li>Grape juice</li> <li>Grapefruit (1 small)</li> <li>Oranges (1 small)</li> <li>Lemons</li> <li>Mango</li> <li>Pineapples</li> <li>Raspberries</li> <li>Strawberries</li> <li>Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>Asparagus (1/2 cup)</li> <li>Asparagus, cooked (2/3 cup)</li> <li>Beets</li> <li>Cabbage, raw</li> <li>Carrots, raw (2 small)</li> <li>Cauliflower</li> <li>Celery, raw (1 stalk)</li> <li>Corn (1/2 cup or 1/4 ear)</li> <li>Fennel</li> <li>Cucumbers</li> <li>Edamame</li> <li>Green or wax beans</li> <li>Lentils, all varieties (1 cup)</li> <li>Parsnips</li> <li>Spinach, raw</li> <li>Sprouts (alfalfa or bean)</li> <li>Sweet potato</li> <li>Turnips</li> </ul>
<p><b>HIGH POTASSIUM FOODS</b></p> <ul style="list-style-type: none"> <li>Apricots, canned or dried (2 halves)</li> <li>Apples, dried (1)</li> <li>Bananas (1 medium)</li> <li>Dates (1 cup)</li> <li>Figs, dried (1 whole)</li> <li>Kiwifruit (1 medium)</li> <li>Melons (1, 1/2 small)</li> <li>Nectarines (1 small)</li> <li>Oranges (1 small)</li> <li>Pear, fresh (1 medium)</li> <li>Pears, dried (1/2 pear)</li> </ul>	<ul style="list-style-type: none"> <li>Asparagus, raw or frozen (1/2 cup)</li> <li>Avocado (1/4 whole)</li> <li>Beet greens (1/2 cup)</li> <li>Beets</li> <li>Broccoli</li> <li>Cauliflower</li> <li>Chard, cooked</li> <li>Chlorophyll</li> <li>Chlorophyll, cooked</li> <li>Maize (corn), fresh</li> <li>Pumpkins</li> <li>Spinach, cooked</li> <li>Sweet potato</li> <li>Sweet potato, cooked</li> <li>White &amp; sweet potatoes</li> <li>Winter squash (1/2 cup)</li> </ul>

Give brief dietary guidelines for chronic kidney disease. What foods are good to eat for chronic kidney disease. What is a good diet for someone with chronic kidney disease. What kind of diet for chronic kidney disease. Dietary guidelines for dogs with chronic kidney disease. Ideal diet for chronic kidney disease. Dietary guidelines for chronic kidney disease. What is the best diet for ckd patients.

Ask your doctor or diet of the sodium quantity you need every day. A slightly spoiled piece of fruit can destroy the entire batch. Plan your healthy meals of the heart in advance preparing the healthy meals of the heart in advance, it is more suitable to stick to a healthy food plan. You will have to limit some foods and fluids in order to other fluids and minerals such as electrolytes do not accumulate in your body. If you are looking for foods that can help reduce the risk of heart disease, check the following. Select whole grains and other high fiber food products made of whole grains are loaded with fiber. They tend to be high sodium. Read the labels when shopping, and choose low sodium foods. Boxed foods are available (vegetables, beans, cold cuts and fish) with water before serving. You need these minerals to keep your healthy and strong bones. One night he has salmon with a dog-pistachio salad and a full rice. Aim for adequate calories to prevent weight loss and help to preserve your body muscle stores. Fluid weight gains occur rapidly and are associated with swelling and lack of breath. Reviewed by Neha Patak, it's MD on August 25, 2020 if you have chronic kidney disease (CKD), it is important to see that you eat and drink. The changes of phosphorus-calcium and bone changes can already occur in advance how the CKD of phase 3, but the high levels of phosphorus cannot occur until phase 5. An assessment of nutrition by a recorded dietician determines the right quantity of proteins. All rights reserved. But if you have CKD, your phosphorus levels can become too high. 1. Avoid the most high potassium foods and trace your potassium level by obtaining normal blood tests. But if yours worsen, the doctor let you know if it is necessary to limit yourself also to those who need to limit yourself. That's because your kidneys are unable to remove waste products from your body in the way they should. Weighed daily to keep track of weight gains. Integrated cereals also help you keep your yours pressure in the control. However, a low protein diet is coupled with the loss of appetite puts you at high risk for malnutrition. One thing to note: if you have a piece of fruit that is going badly, throw it out. Naturally highly chocolate chocolate phosphorus content bindings milk and yogurt dice and seeds 5. At the same time, you will have to make sure to obtain the right balance of proteins, calories, vitamins and minerals. If you are in the early stages of the CKD, there may be few, if there are limits on it that you can eat. Potassium accumulates in the body when renal function decreases. View privacy policy and trusted information creation of a healthy heart diet is not difficult if you know what foods to target. Limiting proteins helps to reduce the accumulation of waste in the blood and can help control uremia. These foods can influence blood potassium levels. Here are five diet guidelines to help you manage your 5-CKD internship diet before dialysis or transplantation. Phosphorus levels are likely to occur naturally if they limit themselves to limiting food with high protein content. They may recommend: this mineral is naturally found in many foods. Eat quite calories to maintain your weight, even if you are overweight. These include meats, seafood and dairy products. To make sure to obtain your complete daily compensation of whole grains, you should eat about six portions of whole grains per day, as indicated by the American Heart Association. Check the fluid retention and blood pressure with sodium and lower fluid intake and prescribed drugs. But when you have CKD, your body cannot filter extra potassium. The meals prepared in advance are fast and easy to make and from With you moving. Talk to your doctor about which rich food foods you can eat when you have ckd.dash stand for diet approaches to stop hypertension. Even if you are overweight, a low calorie intake and a weight loss is not recommended in phase 5. The additional phosphorus sources are Phosphate additives in processed foods. While your body needs protein

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