

Better nutrition for a better you

Once you've been diagnosed with chronic kidney disease (CKD), it becomes more important than ever that you watch your nutrition. One simple way to do this is by creating a weekly meal plan for yourself. Use this tool when talking with your doctor or dietitian to fill out your meal plan.

Breakfast



TIP

This is your chance to set yourself up for success. **Keep breakfast light and filling.**

Lunch



TIP

Pay attention to how much sodium (salt) you have at lunch. **Depending on your stage of CKD, you many need to watch your sodium intake.**

Dinner



TIP

Success at dinner starts with a well-stocked, **kidney friendly food pantry.** This can help you to cook for yourself without the temptation of eating out.

Snack



TIP

As you snack throughout the day, make sure you are reading the nutrition labels. This will help ensure your snacks are in line with your overall meal plan.

Fluids



TIP

Plan the fluids you will drink throughout each day to help make sure you stay hydrated without overworking your kidneys.