

Your nutrition with late stage kidney disease

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The right nutrition for your kidneys can make all the difference in managing your chronic kidney disease (CKD). Because your kidneys don't work as well as they should, avoiding certain foods can make their job easier.

If you have stage 3 or 4 CKD, you will want to limit potassium and phosphorus, in addition to sticking to a healthy diet. That includes lowering your salt intake, eating the right amount of protein (mostly from plant-based sources), choosing heart-healthy foods and limiting your alcohol.

Making a healthy menu

Sometimes, putting together a quick menu for your week made up of simple but healthy recipes can help you get on the right path. We'll share some ideas to get you started on your menu plan. Ask your doctor to refer you to a dietitian who can help put together a menu that's right for you.

Here's how your menu could look



Breakfast

- 1 serving berry and nut breakfast parfait
- 1 slice whole-wheat toast with 1 tablespoon unsalted almond butter
- Coffee with 2 tablespoons half and half, milk or soy milk

Lunch

- 1 serving rigatoni with sautéed eggplant and tomatoes
- Salad of 1 cup green-leaf lettuce, 1 sliced radish, 4 slices cucumber
 - Dressing: 2 teaspoons olive oil, 1 teaspoon red wine vinegar, pepper
- Iced tea with lemon

Snack

- 2 tablespoons hummus
- 1/2 whole-wheat pita

Dinner

- 1 serving loaded bell peppers
- 1 cup brown rice
- 1 cup baked apples with cinnamon
- Iced tea with lemon

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Stay on the right track

Create a nutritious menu with simple, healthy recipes that you can follow weekly. You can help manage your kidney disease by sticking with a kidney healthy diet.



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