

# Nutrition for People With Chronic Kidney Disease (CKD):

# Sodium

**Control Your Sodium Intake.** Sodium is a mineral found in many foods and is the major part of table salt. The primary role of sodium in the body is to maintain normal fluid balance. Food usually contains more sodium than the body needs, and too much can be harmful for people with CKD. Sodium causes fluid to build up in your body and leads to many problems like raising blood pressure, swelling, and putting a strain on your heart and kidneys.

## Good Choices



Fresh herbs and salt-free spices (eg, garlic powder, onion powder, paprika, etc)



Unsalted crackers, popcorn, pretzels, graham crackers



Lean beef, pork, poultry, fish, low-salt deli meats



Homemade soups, canned vegetables without added salt, fresh or frozen vegetables



Plain dry noodles and rice



Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

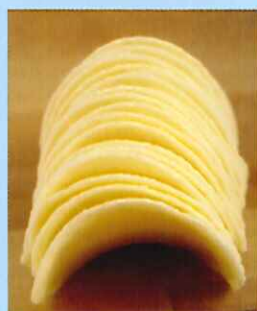
## Poor Choices



Table salt, seasoning salt, garlic salt, bottled barbecue sauce, steak sauce, soy sauce



Fast food, frozen dinners, take-out, many restaurant foods



Potato chips, salted crackers, corn chips, pretzels, popcorn



Cold cuts/deli meats, ham, bacon, sausage, hot dogs, bologna, regular corned beef, pastrami



Pickles, pickle relish, sauerkraut, olives



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# Nutrition for People With Chronic Kidney Disease (CKD): Phosphorus

**Control Your Phosphorus Intake.** Phosphorus is a mineral found in many foods and food additives. When your kidneys aren't working right, phosphorus can build up in your blood. Too much phosphorus can lead to bone and heart problems, so it's important to control the amount of phosphorus you eat.

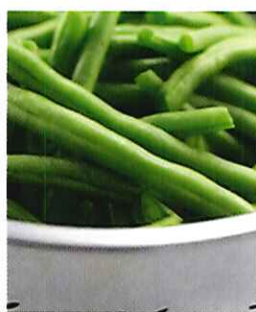
## Good Choices



Chicken, beef



French, Italian, or white bread, pasta, white rice, couscous, unsalted popcorn, pretzels, corn or rice cereals, Cream of Wheat



Asparagus, green beans, broccoli, cabbage, carrots, cucumbers, peppers, onions, spinach



Apples, berries, grapes, plums, pineapple, canned fruit cocktail, sherbet, sorbet

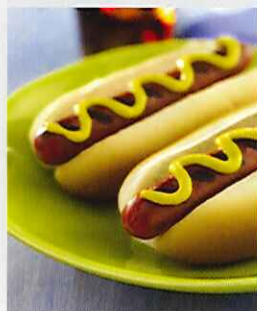


Ginger ale, lemon-lime soda



Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

## Poor Choices



Processed meats (eg, hot dogs, bologna)



Dairy (eg, milk, cheese, yogurt, ice cream, pudding)



Dried beans/peas (eg, kidney beans, split peas, lentils), nuts, peanut butter, whole-grain breads



Chocolate



Dark colas, hot chocolate



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# Nutrition for People With Chronic Kidney Disease (CKD):

# Potassium

**Control Your Potassium Intake.** Potassium is a mineral found in many fruits and vegetables, and it helps your nerves, muscles, and heart work properly. For people with CKD, the kidneys can no longer remove excess potassium, so high levels can build up in the blood, leading to nausea, weakness, irregular heartbeat, and even heart failure. So it's important to control the amount of high-potassium foods you eat.

## Good Choices



Apples, berries, grapes, peaches, plums, pineapple, watermelon



Cranberry juice, apple juice, grape juice



Carrots, green beans, cauliflower, eggplant, cucumbers, lettuce, mushrooms



Non-dairy whipped topping, non-dairy creamer, sherbet, sorbet



Unenriched rice milk, non-dairy creamer



Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

## Poor Choices



Bananas, oranges, avocado, cantaloupe, dates, apricots, nectarines, raisins, kiwi



Tomatoes, spinach, potatoes, greens, pumpkin, sweet potatoes, Brussels sprouts



Nuts, cooked dried beans, peas, seeds



Yogurt, ice cream, milk



Chocolate



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