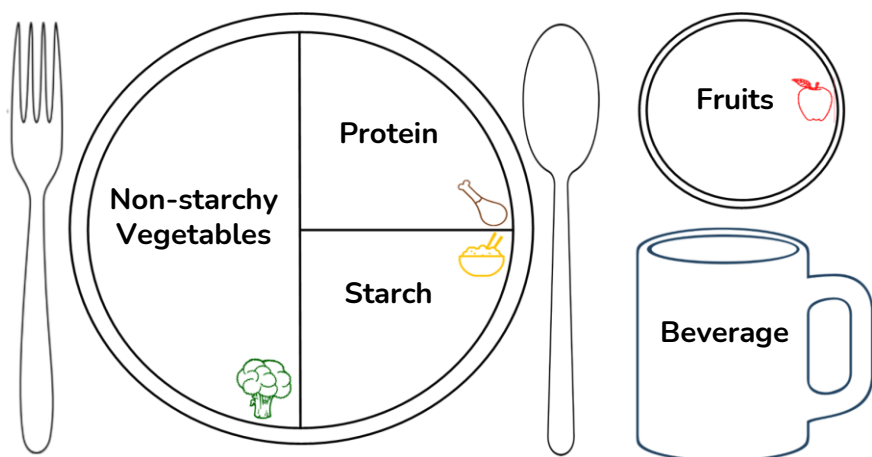


Meal Planner for Chronic Kidney Disease

Choose foods with less sodium to regulate blood pressure

Goal: <2300 mg/day, less than 1 teaspoon of salt per day.



Look for labels that say (*per serving)	<ul style="list-style-type: none"> Sodium free (< 5mg*) Light in sodium Low sodium (< 140mg*) Salt free No salt added 	<ul style="list-style-type: none"> Reduced/Less sodium Very low sodium (<35mg*) Unsalted Lightly salted
Low sodium foods	<ul style="list-style-type: none"> Fresh meats Fresh fruits 	<ul style="list-style-type: none"> Fresh vegetables Fresh seafood
High sodium foods	<ul style="list-style-type: none"> Sausages Hot dogs Instant noodles Soy sauce Fish sauce 	<ul style="list-style-type: none"> Fast foods Pizza Salami Canned soups

Eating the right amount and high quality protein helps reduce the burden of your kidney by decreasing protein byproducts which is excreted from your kidneys.

→ Non-dialysis individuals need a **low** protein diet, recommending ≤ 0.8 g/kg of body weight.

→ Dialysis individuals need a **high** protein diet.

Animal based proteins	<ul style="list-style-type: none"> Chicken Fish/Seafood (e.g. shellfish, tuna, clam) Red meat (e.g. beef, lamb, pork) 	<ul style="list-style-type: none"> Eggs Dairy (e.g. yogurt, milk, cheese)
Plant based proteins	<ul style="list-style-type: none"> Beans (e.g. lentils, hemp seeds, chia seeds, quinoa, spirulina, nutritional yeast) Nuts (e.g. almond, walnuts, cashew, pistachios, brazil nuts) 	<ul style="list-style-type: none"> Grains (e.g. wheat, rye, bran, barley)



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Meal Planner for Chronic Kidney Disease

Choose foods low in phosphorus to protect the bones and heart

Foods low in phosphorus

- Rice milk
- Small amount of Brie or Swiss cheese
- Sherbet or sorbet
- Frozen fruits
- Fresh fruits
- Fresh vegetables
- Bread
- Pasta
- Rice

Foods high in phosphorus

- Organ meats (e.g. beef liver, chicken liver)
- Fish (e.g. salmon)
- Bran cereals and oatmeal
- Dairy (e.g. milk, pudding, yogurt, cheese, ice cream, frozen yogurt)
- Non-dairy creamers
- Processed meats (e.g. ham, hot dogs)
- Seeds (e.g. pumpkin, squash)
- Chocolate
- Beer
- Cola

Choose foods low in potassium when potassium level is high
(Normal potassium level: 3.5 - 5 mEq/L)

Foods low in potassium

Fruits: Apples, grapefruits, blackberries, blueberries, cherries, cranberries, grapes, mandarin oranges, pineapples, raspberries, strawberries, tangerines, watermelons

Vegetables: Cauliflower, asparagus, beans, cabbages, celery, corn, kale, lettuce, onions, parsley, peppers, radishes, water chestnuts, yellow squash

Other: Rice, noodles, pasta, bread and other bread products

Foods high in potassium

Fruits: Apricots, avocado, banana, cantaloupe, dates, figs, honeydew, kiwi, mango, nectarine, oranges, papaya, pomegranate, prunes, raisins, persimmons, guavas

Vegetables: Artichoke, baked beans, beets, black beans, broccoli, cabbages, carrots, lentils, potatoes, pumpkin, spinach, tomatoes

Other: Bran/bran products, chocolates, granola, milk, nuts and seeds, peanut butter, yogurt



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