

Kidney Disease: Your Food and Fluid Guide

Medical-Surgical • Renal & Genitourinary

Chronic kidney disease means your kidneys cannot remove extra salt, water, and waste from your blood well. The right foods and fluids keep your body in balance and protect your kidneys.

Eat less salt

- Eat less than 2,000 mg of sodium (salt) a day.
- Read food labels. Limit canned, frozen, fast, and deli foods.
- Season food with herbs, lemon, and spices.
- **Do not use salt substitutes. Most contain potassium.**

Know your potassium and phosphorus

- Follow only the limits your provider or dietitian gives you. Your blood tests guide them.
- High in potassium: bananas, oranges, potatoes, and tomatoes.
- High in phosphorus: milk, cheese, colas, and processed foods.
- Take your phosphate binder with meals and snacks.

Eat the right amount of protein

- Before dialysis, you eat less protein. On dialysis, you need more, because dialysis removes some protein.
- Your protein plan: _____.

Watch fluids and weight

- Your fluid limit, if prescribed: _____ a day.
- Ice, soup, and gelatin count as fluid. Use a small cup.
- Sugar-free hard candy helps when your mouth feels dry.

- Weigh every morning after using the bathroom. Write it down.

Take care with medicines

- Do not take ibuprofen (Advil, Motrin) or naproxen (Aleve).
- Ask before taking herbs, laxatives, antacids, or any new medicine.
- Take your blood pressure and diabetes medicines as directed.

Call your provider today if you have

- Weight gain of 2 to 3 pounds in one day or 5 pounds in one week
- More swelling in your feet, legs, hands, or face
- Less urine than usual
- Itching, nausea, a poor appetite, or feeling more tired than usual

Call 911 or your local emergency number if you have

- Trouble breathing
- Chest pain
- Very weak muscles, or a very slow or uneven heartbeat
- New confusion or a seizure

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/chronic-kidney-disease-diet/patient

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