

# Diet for Chronic Kidney Disease

When your kidneys don't work well, it is time to change what you eat and drink. This will help your body to work better, so you feel better.

Your doctor will tell you to control the amount of nutrients called **sodium**, **potassium** and **phosphorus** in your diet.

This will help keep healthy levels in your blood. It will stop bone loss and keep your body's nutrition status.

- Too much salt in your diet can make it harder to control your blood pressure, increase your thirst and hold fluids.
- High blood levels of phosphorus may be an early sign your kidney failure is affecting your bones.
- If blood levels of potassium is too high, you will be guided to eat fruits and veggies with less potassium. That will protect your heart.
- Extra fluid is removed by your kidneys. Since your kidneys are not working well, you will be guided to limit how much fluids you drink.

How to limit sodium, potassium and phosphorus

- Cook meals at home made from fresh ingredients as much as possible.

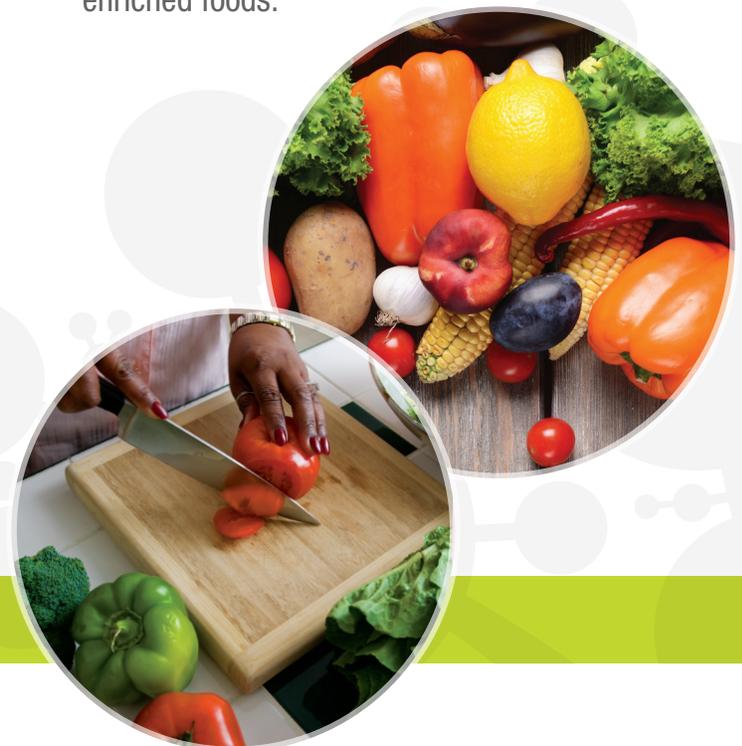
## Choose:

- Foods with 200mg or less sodium per serving
- Frozen or packaged meals with 600mg or less sodium

- Foods that do not have "potassium chloride" in the ingredient list
- Fruits and vegetables with low levels of potassium
- Condiments with low sodium such as horseradish and yellow mustard

## Limit:

- Any foods with added phosphorus (look for the words "phos" in the ingredient list. (like calcium phosphate)
- Pickled foods (like pickles, sauerkraut, olives)
- High sodium sauces (like BBQ, ketchup, soy, teriyaki, and tomato sauces)
- Canned soups, packaged foods, processed meats and cheeses, fast foods, gas station foods, vending machine foods and other convenience foods
- If your doctor told you to watch calcium intake, avoid calcium fortified or calcium enriched foods.



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## Protein foods

Look for “all natural” fish, chicken, turkey or seafood. They do not have added sodium or phosphorus. Plant proteins place less of a demand on the kidneys.

- Plant protein foods are tofu, legumes and nuts.

## Breads, Cereals and Grains

Look for lower sodium breads, cereals and grains.

## Fruits and Vegetables

If your blood potassium level is high, it will be important to limit fruits and veggies with high levels of potassium. To lower the amount of potassium in veggies:

- Cut them into pieces about 1/8th inch thick.
- Rinse and soak them in water for at least 2 hours.
- Use about 10 times more water than veggies.
- Drain and rinse them under warm water.
- Then boil them for 5 minutes before eating.

## Dairy and Milk Alternatives

Dairy foods can be high in phosphorus. Talk to a Dietitian about which dairy foods are best for you.

## Fats and Seasonings

- Use lemon, vinegar, herbs and spices to flavor foods instead of salt.

## Fluids

If your doctor tells you to limit fluids:

- Chew on ice chips.
- Use a 6-ounce glass for fluids with meals.
- Limit fluids with “phos” ingredients (like sodas). Read the nutrition facts label.

## Need help with your diet?

If you are on dialysis, meet with the dietitian at the dialysis center to talk about a food plan that is best for you.

If you are not on dialysis, and want to speak with a dietitian, ask your doctor for a referral.

If you have any other questions:

Call Molina’s Nurse Advise Line.  
We are here to help you.

**English: (888) 275-8750**

**Spanish: (866) 648-3537**

**TTY/TDD: 711**

To get this information in your preferred language or alternate formats, call Member Services. The number is on your ID card.



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