

Healthy Eating for Early Stages of Chronic Kidney Disease

Making healthy food choices is important for everyone, but it is especially important for managing chronic kidney disease. Good nutrition can keep you feeling well and keep your kidney disease from getting worse.

(If you have stage 4 or 5 kidney disease, please consult your doctor or dietitian for more information.)

STEP 1: Choose and prepare foods with less salt and sodium

Why? To help control your blood pressure. Your diet should contain less than 2,300 mg of sodium per day.

- Eat fresh food as much as you can. This includes fresh vegetables, fruits, meats, and seafood.
- Cook foods from scratch.
- Use spices, herbs, and sodium-free seasonings in place of salt.
- Read food labels. Choose foods that have <20% daily value of sodium.
- Rinse canned foods with water before eating.



STEP 2: Eat the right amount and the right types of protein

Why? When your body uses protein, it makes waste. Your kidneys work to remove this waste. Eating more protein than you need can make your kidneys work harder.

- Eat both plant and animal-based proteins
 - Animal proteins → chicken, fish, meat, eggs, dairy
 - Plant proteins → tofu, beans, nuts, legumes, grains
- Eat an appropriate portion size
 - Chicken, fish, or meat → 2-3 ounces or the size of a deck of cards
 - Dairy → ½ cup of milk or yogurt, or 1 slice of cheese
 - Beans → ½ cup
 - Nuts → ½ cup



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STEP 3: Choose foods that are healthy for your heart

Why? To keep fat from building up in your blood vessels, heart, and kidneys and manage other diseases that can worsen kidney disease.

- Eat more fresh foods. Limit processed foods.
- Choose whole grains.
- Use low-fat cooking methods such as baking, boiling, steaming, broiling, or grilling instead of frying.
- Serve foods without gravy, sauces, or added fats.
- Trim fat from meat and remove skin from poultry before eating.
- Drink enough water. Aim to drink 8 cups of water per day.

STEP 4: Pick foods that are healthy for your gut

Why? Having a healthy gut with the right balance of bacteria has shown to reduce inflammation, improve kidney function, and slow down the progression of chronic kidney disease.

- Add prebiotics and probiotics to your diet to promote the growth of good bacteria and prevent the overgrowth of bad bacteria in your gut.

PREBIOTICS & PROBIOTICS:

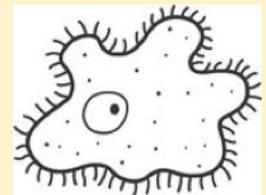
Prebiotics, also known as fiber, are food for the good bacteria and help the good bacteria live.

- Asparagus
- Bananas
- Eggplant
- Garlic
- Honey
- Leeks
- Onions
- Peas
- Whole grains



Probiotics contain live, good bacteria that help restore healthy bacteria levels.

- Yogurt
- Kimchi
- Kefir
- Kombucha
- Miso
- Sauerkraut
- Tempeh
- Yakult drink
- Fermented vegetables



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