



GOALS WITH CHRONIC KIDNEY DISEASE:

- Blood pressure under 130/80
- Avoid anti-inflammatory medications like Ibuprofen and Aleve
- Avoid certain types of antibiotics
- Make sure you get adequate hydration daily

NUTRITIONAL RECOMMENDATIONS FOR CHRONIC KIDNEY DISEASE:

- Protein: < 0.8 g/kg/day, increase plant protein in diet
- Salt: <2.3 g/day
- Potassium: individualized to keep within normal range
- Calcium: 1.5 g/day from both dietary and supplemental sources
- Phosphorus: individualized to keep within normal range. Increase vegetable source and avoid processed foods as much as possible
- Carbohydrate: 30 kcal/kg/day;
- Fats: less than 40% of total calories from fat; <10% of total fat from saturated fat; DASH diet highly recommended
- Fiber: 25-38 g per day.