

# Nutrition for Stage 3 Chronic Kidney Disease (CKD)

Learn about how to manage your health and nutrition when living with Stage 3 CKD.

## Make lifestyle changes to delay the damage to your kidneys:

- Lowering your blood pressure
- Controlling your blood sugars
- Having healthy cholesterol levels
- Staying at a healthy weight

## Remember the 3 P's: Protein, Phosphorus, and Potassium

1

**Protein:** Limiting how much protein you eat is important to slow down the effects of kidney failure. Follow a low protein diet. The amount of protein you eat during each meal should be no bigger than the size of a deck of cards.

Good sources of **lean protein** include:



Skinless chicken



Fish



Turkey

Consider eating more **plant-based proteins**:



Beans



Lentils



Nuts



Tofu



Quinoa

2

**\*Phosphorus:** Watching the amount of phosphorus foods you eat is important for preventing bone damage. Limit the amount of processed and packaged phosphorus foods with additives and preservatives, such as dairy foods (milk, cheese, and yogurt) to 1 per day.

If possible, **avoid** eating these foods:



Bottled iced tea



Processed meats (deli meats)



Instant puddings and sauces



Spread cheeses (cream cheese)

**\*Potassium:** Too much potassium can be harmful to your heart. Limit the amount of high potassium foods you eat.

Here is a list of **high and low potassium foods** to select in your diet:

### High potassium foods to limit:

|                     |  |
|---------------------|--|
| Acorn squash        | White potatoes                                       |
| Banana (1/2, whole) | Sweet potatoes                                       |
| Cantaloupe          | Salt substitute (if you use KCL ingredient "NuSalt") |
| Dates               | Pre-made frozen foods                                |
| Dried fruit         | Brown rice   |
| Grapefruit/juice    | Tomatoes   |
| Beets               | Granola  |
| Honeydew            | Swiss chard  |
| Kiwi                | Spinach  |
| Mango               | Beet greens  |
| Orange/juice        | Pretzels   |
| Papaya              | Chips  |
| Pomegranate/juice   | Crackers   |
| Prune/juice         | Whole wheat bread                                    |
| Raisins             |  |

### Low potassium foods to enjoy:

|                   |                          |
|-------------------|--------------------------|
| Apple/juice       | Watermelon (1 cup only)  |
| Applesauce        | Kale and Lettuce         |
| Apricots (canned) | Mixed veggies            |
| Blackberries      | Mushrooms, raw (1/2 cup) |
| Blueberries       | Onions                   |
| Raspberries       | Parsley                  |
| Strawberries      | Green peas               |
| Cherries          | Peppers                  |
| Cranberries       | Radish                   |
| Fruit cocktail    | Watercress               |
| Grapes/juice      | Yellow, zucchini squash  |
| Mandarin          | White bread              |
| Pears and plums   | Asparagus                |
| Pineapple/juice   | Celery                   |
| Tangerine (1)     | Green beans              |

## What is Leaching?

**Leaching** is a way to pull potassium out of some high potassium veggies. It won't pull out all potassium, so you will still need to limit the amount you eat. To leach potatoes, sweet potatoes, carrots, beets, winter squash, and rutabagas:

1. Peel and place the veggies in cold water so they won't darken.
2. Slice veggies into 1/8-inch thick pieces (small pieces).
3. Rinse in warm water for a few seconds.
4. Soak for at least 2 hours in warm water. Use 10 times the amount of water to the amount of veggies.
5. Rinse again under warm water for a few seconds.
6. Cook veggies with 5 times the amount of water to the amount of veggies.

**\*Always check with your doctor to see what your phosphorus and potassium levels are to watch the amount of phosphorus and potassium you are eating through food.**