

# Healthy Diet for Kidney Patients



You may need to change what you eat to manage chronic kidney disease (CKD). Consult with a dietitian to create a meal plan that include foods you enjoy eating while keeping your kidneys healthy

**The following steps will help you eat properly while managing your kidney disease:**

# 01

## Choose and prepare foods that are lower in salt and sodium

**Why?** To help regulate blood pressure. Your diet should contain less than **2,300** milligrams of sodium per day

- Buy fresh foods instead of canned. Sodium is added to many packaged foods that are bought at the supermarket or in restaurants
- Prepare food at home instead of eating ready-made foods, "fast" foods, and packaged foods that contain a high percentage of sodium. When you prepare your food, you can control what goes in it
- Use sodium-free spices, herbs, and seasonings instead of salt
- Read the food label and check the amount of sodium in food products
- Wash vegetables, legumes, canned meat, and fish with water before eating them

# 02

## Monitor protein sources (quantity and quality)

**Why?** Eating large amounts of protein increases the work of the kidneys efficiency

- It is preferable to eat small amounts of proteins according to the daily needs.
- Protein can be obtained from both plant and animal sources. Most people eat both types of protein
- Talk to a dietitian on counting the right amount and combination of proteins for you

### Animal protein sources:

chicken  
fish  
meat  
eggs  
Dairy

### Plant protein sources:

Beans and beans  
Nuts  
legumes



# 03

## Monitor protein sources (quantity and quality)

**Why?** Choose foods that are healthy for your heart

- Grill, boil, bake, roast or fry foods instead of deep frying.
- It is important to remove fat from meat and remove skin from poultry before eating.
- Try to limit saturated and trans fats
- Read the food label.

### Heart healthy foods:

Lean cuts of meat  
Poultry without skin  
fish  
Beans

Vegetables  
fruits  
Low-fat or fat-free milk, yogurt and cheese







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2023

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