

## IMPORTANT THINGS TO CONSIDER:

# CHRONIC KIDNEY DISEASE STAGE 1-3

### What can you do?

According to Research in the American Journal of Kidney Disease<sup>1</sup> and the National Institute of Health,<sup>2</sup> you can significantly lower your risk of developing CKD by eating the following foods every single day:

Antioxidant intake (found in dark colored fruits, vegetables, and beans) can reduce risk of CKD.

- **Beans, lentils, and peas**
- **Vegetables and fruits**
- **Whole grains**  
(oatmeal, brown rice, barley, and quinoa) and nuts and seeds

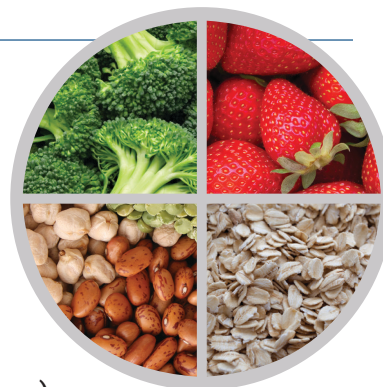
### What are antioxidants?

You may have heard that foods full of antioxidants are really good for you, but why? Antioxidants are compounds found in food that stop or delay damage to the cells. They are naturally found in many plant foods and help to ward off cell damage by cleaning up waste products in our cells. Antioxidants are released from the foods we eat through digestion and travel through the bloodstream and into cells.

Antioxidant foods like beans, vegetables, fruits, whole unprocessed grains (oatmeal, quinoa, and brown rice), and nuts and seeds are linked to decreased risk of inflammatory diseases. Focus your attention on eating anti-inflammatory foods to fight inflammation, stabilize blood sugars, lower blood pressure and cholesterol, keep the heart and kidneys healthy.<sup>3</sup>

### Get the right foods on your plate

1. Choose beans for protein. Renal patients are at increased risk for inflammatory diseases like cancer, heart diseases and stroke. Beans and peas are linked to decreased risk of these inflammatory diseases.<sup>4</sup> Eat 2 or more serving of beans (½ cup) every day.
2. Adding 3-4 MORE servings of fruits and vegetables every day to your diet may reduce blood pressure, reducing the amount of medication needed.<sup>5</sup>
3. Reduce sodium intake. Limit sodium intake to ¾ tsp a day (or 1500 mg)
4. Limit animal-based fat and protein intake to 2-3 times per week or less. A 3-ounce serving of meat is about the size of a deck of cards or the palm of a person's hand. For optimal kidney health remove completely.



The typical American diet contains more than enough protein. Eating more protein than the body needs may put an extra burden on the kidneys and cause kidney function to decline faster. **For optimal health of your kidneys limit total protein intake to 2-3 servings a day of plant-based protein sources (beans, lentils, peas, tofu, etc.)**

Most people – with or without CKD – can get the daily protein they need by eating three servings of plant food protein every day. These foods include beans, lentils, peas, nuts, seeds, tofu, tempeh, and whole grains such as oatmeal, brown rice, and quinoa.

## Eat MORE Plant Foods

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- Beans, lentils, and peas
- Vegetables
- Fruits
- Unprocessed whole grains (oatmeal, brown rice, quinoa, etc.)
- Nuts and seeds

## Eat LESS Animal Fat and Protein

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- Dairy products
- Meats (red, processed, chicken, fish, pork, sea food, turkey, etc.)
- Animal fat<sup>6</sup>
- Processed and packaged foods
- Sodium
- Sugar-sweetened beverages

## Menu Ideas

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**Breakfast:** Any cooked whole-grain cereal or muesli, fruit, and 1-2 tbsp seeds or nuts

- 1 c oatmeal, 1 c fruit, dash of cinnamon and dried ginger, 1 tbsp peanut butter
- 2 slices Food for Life Ezekiel 4:9 Bread (sprout 100% whole wheat), 1½ tbsp peanut butter, 1 banana

**Lunch:** Beans, whole grains, vegetables, and fruit

- ½ c brown rice, 1 c beans, 1 c cooked vegetable, and sauce (hummus, salsa, etc.)
- 1 c whole wheat pasta, ½ c chickpeas or lentils, ¼ c tomato sauce, 1 c cooked vegetable
- 2 c arugula, 2 c spinach, 1 grated carrot, ½ c chickpeas, chopped apple, 2 tbsp vinaigrette, and 1-2 pieces of whole wheat toast

**Dinner/Snack Ideas:** Repeat breakfast and lunch ideas or try these healthy meals and snacks

- 2 slices Food for Life Ezekiel 4:9 sprouted bread, 2 tbsp hummus, romaine lettuce, tomato, avocado, and 1 c carrots, with fruit for dessert
- Whole wheat tortilla, beans, brown rice, salsa, avocado, and spinach
- Whole wheat tortilla, 1½ tbsp peanut butter, 1 sliced apple, 1 sliced banana, cinnamon
- Smoothie: 1 cup berries, ½ c unsweetened almond milk, 1 frozen banana, cinnamon

## Resources

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- <sup>1</sup> Rebholz CM, Crews DC, Grams ME, et al. DASH (Dietary Approaches to Stop Hypertension) Diet and Risk of Subsequent Kidney Disease. *Am J Kidney Dis.* 2016;68(6):853-861.
- <sup>2</sup> <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>
- <sup>3</sup> Lin J, Hu F, Curhan G. Associations of diet with albuminuria and kidney function decline, *Clinical J Am Soc Nephrol.* 2010; 5(5): 836-43
- <sup>4</sup> Krishnamurthy VM, Wei G, Baird BC, et al. High dietary fiber intake is associated with decreased inflammation and all-cause mortality in patients with chronic kidney disease. *Kidney Int.* 2011;81(3):300-6.
- <sup>5</sup> [www.dpcedcenter.org/research-shows-eating-more-fruits-and-vegetables-cuts-kidney-patients'-medicine-expense-half](http://www.dpcedcenter.org/research-shows-eating-more-fruits-and-vegetables-cuts-kidney-patients'-medicine-expense-half)
- <sup>6</sup> <https://www.ncbi.nlm.nih.gov/pubmed/20299364>

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