

## DIETARY RECOMMENDATIONS:

# CHRONIC KIDNEY DISEASE STAGE 4-5

### 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:

- Beans, lentils, and peas
- Vegetables and fruits
- Whole grains (oatmeal, brown rice, barley, and quinoa)
- 1-2 servings of nuts and seeds

Eat MORE Plant Foods	Eat LESS Animal Fat and Protein
Beans, lentils, and peas, Vegetables, Fruits, Unprocessed whole grains (oatmeal, brown rice, quinoa, etc.), nuts and seeds	Dairy products, red and processed meats, chicken, fish, pork, sea food, turkey, etc., Animal fat, processed and packaged foods, salt, sugar-sweetened beverages

### 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>3</sup> Eat 1 or more cups 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>4</sup>
3. Reduce sodium intake. Limit sodium intake to  $\frac{3}{4}$  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.



## Menu Ideas

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

- 1 c oatmeal, 1 c blueberries, dash of cinnamon and dried ginger, 2 tbsp almonds
- 2 slices Food for Life Ezekiel 4:9 Bread (sprout 100% whole wheat), 2 tbsp almond butter, 1 c blueberries
- ¼- ½ c beans, ½ c brown rice, 1 c cooked onions and peppers, 1 whole wheat tortilla, 1 tbsp salsa
- 1 c oatmeal, 1 apple shredded, dash of cinnamon and dried ginger, 1 tsp honey, 1 tbsp chopped pecans
- 1 c oatmeal, 1 c raspberries, dash of cinnamon and dried ginger, 1 tbsp peanut butter
- ½ c rolled oats, ½ c unsweetened soy or almond milk, cinnamon, ½ c frozen fruit, 1 tbsp nuts, mix and let sit for 30 minutes or overnight. Eat cold or warm.



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

- 1 c brown rice, 1 c green peas, 1 ½ c cooked cabbage, and Garlic Tahini Sauce (mix together 1 tbsp tahini, 1 tbsp water, 1 tbsp lemon juice, ¼ tsp garlic powder)
- 1 c brown rice, ¼ c black beans, 2 c arugula, 2 tbsp salsa, and 2 tbsp avocado
- 1 c whole wheat pasta, ¼ c chickpeas, 2 tbsp tomato sauce, and 1 c vegetables
- 2 slices Food for Life Ezekiel 4:9 Bread (sprout 100% whole wheat) with 2 tbsp hummus and 2 tomato slices, garlic and pepper to taste with 1 c of carrot sticks
- ½ c black bean chili, 2 corn tortillas, 1 c cabbage, 1 tbsp salsa, 2 tbsp avocado (spread on tortillas with, sprinkled with cabbage and salsa, and eaten with black bean chili topped with cabbage)



**Dinner/Snack Ideas:** Repeat breakfast or lunch ideas

- Smoothie: 1 cup berries, ½ c unsweetened almond milk, frozen peaches, ½ banana
- 5 c air popped popcorn (sprinkle with vinegar, garlic, and/or onion powder) and apples slices with cinnamon
- 1 c celery sticks with 1 tbsp peanut butter, 1 c oatmeal with 1 c pears, peaches, or apples
- Smoothie: ½ frozen banana, ½ c unsweetened soy milk, few drops vanilla, ½ frozen strawberries, 1 tbsp natural peanut butter
- 2 corn tortillas and ½ c refried beans (spread beans between tortillas and lightly toast on a skillet till brown) top with 1 tbsp low sodium salsa, lettuce, and eat with a side of 1 cup cooked vegetables (cauliflower, broccoli, or other)



## 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> 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>4</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)

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