



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

Renal Diet

A safe starting point - your labs decide the details

Start with less sodium and fewer additives, then personalize potassium, phosphorus, protein, and fluid.

START HERE

- 1 Cook mostly fresh foods and compare labels for sodium.
- 2 Look for PHOS ingredients and potassium chloride in packaged foods.
- 3 Ask which nutrients you need to limit - do not copy a generic kidney list.

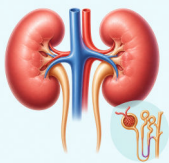


CHOOSE MORE OFTEN

- Fresh or frozen foods without salty sauces
- Home-cooked meals with real-food fats
- Herbs, pepper, garlic, and lemon
- The protein amount your clinician recommends
- Foods matched to your potassium and phosphorus labs

LIMIT OR CHECK FIRST

- Salty deli, instant, canned, and snack foods
- Restaurant sauces
- Foods with phosphorus additives
- Potassium salt substitutes unless approved
- Oversized protein portions if you are not on dialysis



WHY THESE CHOICES MATTER

Sodium can worsen swelling and blood pressure. Too much or too little potassium can affect the heart and muscles. Phosphorus can build up and affect bones and itching. Protein creates waste the kidneys remove, but too little can cause malnutrition. People on dialysis often need more protein. Fluid can build up when the kidneys cannot remove it, causing swelling and shortness of breath. Ask whether you have a fluid limit. If so, soup, ice, and gelatin count.

AN EASY DAY

Only if it fits your plan - Breakfast: egg or egg whites based on your phosphorus plan, berries or apple, toast. Lunch: chicken, rice, cabbage or green beans. Dinner: fish or tofu, rice, approved vegetables.

CHECK WITH YOUR CLINICIAN

Kidney diets change with CKD stage, dialysis, medicines, appetite, and lab results. This is not a personal potassium, phosphorus, protein, or fluid prescription. Call us about new or worsening swelling or breathlessness.