

# Managing your Kidney Diet

This handout will explain how you can manage your intake of the following to keep the kidneys healthy:

- Phosphorous
- Sodium
- Potassium
- Fluid intake

## How do I manage my phosphorous intake?

Maintaining a good Phosphorous level prevents bone breakdown & muscle pain  
→ Avoid foods such as:

- Dairy
- Egg yolk
- Dark sodas
- Beef
- Processed foods

→ Read food labels for any ingredient with 'phos' in the title

	<b>Milligrams (Mg) per Serving</b>	<b>Percent (%) Daily Value</b>
Low Phosphorous	Less than 50mg	Less than 5%
Medium Phosphorous	51 - 150mg	5% - 15%
High Phosphorous	More than 150mg	More than 15%

## How do I manage my Sodium intake?

### Reduce sodium (salt) intake:

- Decrease or try to remove salt when preparing food at home.
- Try other spices (without added salt) to flavor food.
- Do **not** add salt from a saltshaker after food is prepared.

### Tips:

- Foods should have no more than 6-10% of the percent daily value of sodium
- “**Reduced sodium**” items have 25% less salt than the original
- “**Light sodium**” items have 50% less salt than the original

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## How do I manage my fluid intake?

My fluid goal / restriction is: \_\_\_\_\_ liters per day

There are fluids hidden in many of your favorite foods!

<b>Food item</b>	<b>What percentage is fluid:</b>
Lettuce	96%
Cucumber, Celery	95%
Zucchini	94%
Watermelon, Cabbage, Cauliflower, Bell Peppers	92%
Strawberries	91%
Cantaloupe	90%

## How do I manage my Potassium intake?

High potassium levels can cause serious heart issues.

→ Avoid foods such as:

- Bananas
- Potatoes
- Avocados
- Oranges
- Cantaloupe
- Starchy beans
- Tomatoes
- High levels of potassium are also found in some preservatives in processed foods

	<b>Milligrams (mg) per serving</b>	<b>% Daily Value</b>
Low Potassium	Less than 100mg	Less than 3%
Medium Potassium	101-200mg	3-6%
High Potassium	201-300mg	6-9%
Very High Potassium	More than 300mg	More than 9%

**References:**

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