

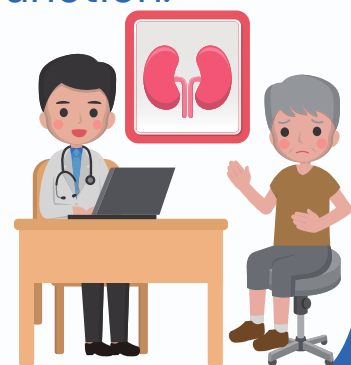
NUTRITION TIPS FOR CHRONIC KIDNEY DISEASE

What is Chronic Kidney Disease (CKD)?

CKD is described as the gradual loss of kidney function.

Your kidneys help to:

- filter waste
- remove excess fluids
- balance electrolytes (such as sodium, potassium, phosphorus).



Importance of Nutrition in CKD

Eating well when you have kidney disease helps you **stay healthy, strong & slow the progression of the disease.**

There is **NO 'one size fits all'** approach when deciding what to eat for CKD.



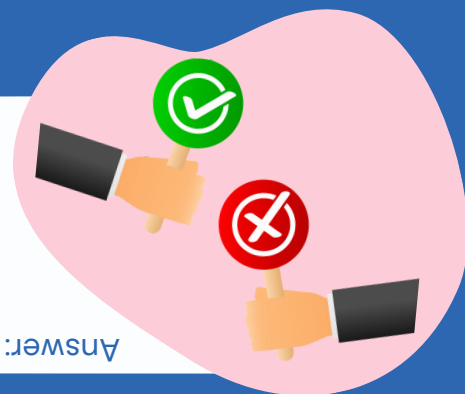
Ask your Doctors to refer you to a Dietitian.
Your Dietitian will work with you for an **INDIVIDUALISED Nutrition Care Plan.**

True or False?

I need to **restrict**

Protein, Fat and Carbohydrate to delay the progression of kidney disease.

Answer: False



RESTRICTED PROTEIN DIET

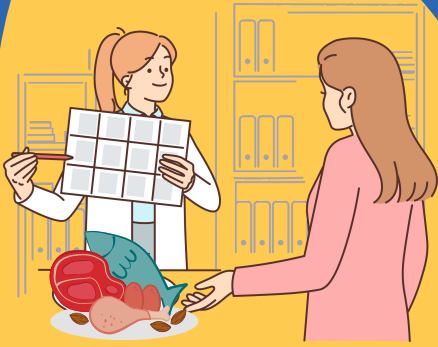
Protein

Proteins are essential nutrients that help build muscle, repair tissues & fight infection.

Your protein requirement depends on your weight, age, medical conditions and physical activity.

- Too **MUCH** protein can overwork your kidneys!
- People with CKD may need to **eat less protein**.
- Too **LITTLE** protein can lead to malnutrition!

Your Dietitian will guide you on the SOURCES and AMOUNT of protein you will require.



Animal Protein

- Meat
- Fish
- Poultry
- Egg
- Seafood
- Dairy products



Plant Protein

- Soybean Products
- Nuts
- Seeds
- Beans
- Lentils
- Grains

Important Tips

- **Distribute your protein intake evenly** throughout the day.
- Follow a **healthy balanced diet** using 'My Healthy Plate' as a guide.
- Consume **adequate energy (calories)** from fats & carbohydrate to prevent weight loss & malnutrition!
- As CKD progresses, your nutritional requirements may change. Thus, **regular follow-up** with your Dietitian is crucial to monitor & adjust your nutrition care plan periodically.

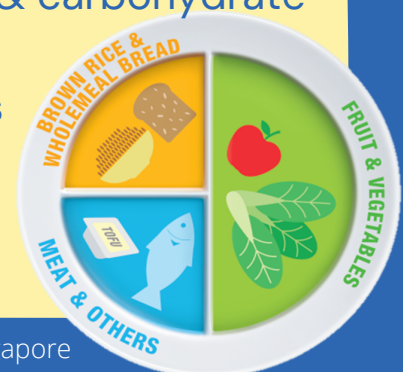


Image courtesy of Health Promotion Board, Singapore