

Healthy Eating for Your Kidneys

What you eat is an important part of managing your kidney disease. Eating a healthy, balanced diet can help slow the progression of kidney disease. Your diet can also help to manage kidney related conditions such as high blood pressure, diabetes, gout, and high cholesterol.

Information found online may not be right for you. Speak with a dietitian on your kidney care team for recommendations that are specific to you.



Source: Canada's Food Guide

The Basics of Healthy Eating

- Use your plate as a guide:
- Half vegetables and fruit
 - One quarter whole grains
 - One quarter protein



Fresh Foods: Eat mostly unprocessed foods. Cook from scratch using fresh or frozen whole ingredients.



Vegetables and Fruit: Include vegetables and fruit at every meal and snack.



Whole Grains: Choose whole grains such as whole grain breads, barley, oats, brown and wild rice.



Protein: Choose a variety of proteins from plant and animal-based sources. Choose plant-based proteins such as tofu, beans, lentils, nuts, seeds and nut butters more often. Speak with a dietitian to discuss your protein needs.



Fluids: Drink mostly water to keep hydrated. Enjoy it plain or add lemon, cucumber, cut up fruit, or a squirt of flavour drops.



Sodium: Choose foods that have less than 10-15% sodium per serving. Fresh foods and foods labeled “No Salt Added” or “Low Sodium” are good choices.



Sugar: Choose fruit more often when you want to eat something sweet. Limit high sugar foods and drinks such as juice, pop, iced tea, candy, and baked goods.



Potassium and Phosphorus: Potassium and phosphorus additives are often in processed foods and should be avoided if you've been told your potassium or phosphorus level is high. Cutting out fresh or whole foods is not necessary. Speak to your dietitian on your kidney care team for recommendations that are specific to you.

Example meal plan

Breakfast: Oatmeal, blueberries, yogurt topped with seeds

Lunch: Salad with mixed greens, cucumber, orange slices, wild rice and chickpeas drizzled with olive oil and balsamic vinegar

Snack: Apple slices with nut or seed butter

Dinner: Salmon (fresh or canned) with broccoli, cherry tomatoes and whole wheat pasta tossed with olive oil, a sprinkle of parmesan cheese, fresh or dried herbs (eg. oregano, thyme) and black pepper



Need more ideas? Contact your Dietitian and check out these websites:

- [BC Renal, Diet](https://www.bcrenal.ca/diet) tinyurl.com/498x9hgz
 - [Mediterranean Diet and Kidney Disease](https://www.bcrenal.ca/diet/mediterranean-diet-and-kidney-disease) tinyurl.com/bdd733tn
 - [Recipes and cooking videos](https://www.bcrenal.ca/diet/recipes-and-cooking-videos) (scroll to the bottom of the page, under the heading "Recipes and Cooking Videos") tinyurl.com/498x9hgz
- [Kidney Community Kitchen](https://www.bcrenal.ca/diet/kidney-community-kitchen) tinyurl.com/nsd344r2
- [Kidney Wellness Hub, Eating Well](https://www.bcrenal.ca/diet/kidney-wellness-hub-eating-well) (cooking classes, interactive Q&A with dietitians) tinyurl.com/jvfwwmbp
- [Spice it Up!](https://www.bcrenal.ca/diet/spice-it-up) (recipes) tinyurl.com/4423x2e6

If you have early stages of kidney disease and do not have access to a dietitian who works in kidney care, you can call 811 and speak to a HealthLink dietitian (Monday to Friday, 9am to 5pm) for general nutrition advice.

[Healthlinkbc.ca/more/contact-us/8-1-1](https://healthlinkbc.ca/more/contact-us/8-1-1)