Making healthy food choices is important for everyone. When you have Chronic Kidney Disease (CKD), what you eat is an important part of your care plan. There is no set meal plan for people with kidney disease. In Stages 1, 2 & 3, living a healthy lifestyle may help prevent, slow or even stop the progression of kidney disease.

By eating healthy, exercising and taking medications as prescribed by your doctor you can:

- help keep your blood sugar well-controlled
- help keep your blood pressure in the normal range

It is recommended that people with Stage 1, 2 and 3 CKD:

1. **Aim for a healthy** by eating healthy and being active.

2. **Eat healthy by following Canada’s Food Guide**

   - Include a variety of whole grains, fresh fruits and vegetables.
   - Cut down on foods and drinks high in sugar.

   **Sodium** (salt)

   - affects your blood pressure and can cause your body to hold onto more water. Cut down on processed foods and prepare foods without adding salt.
   - Aim for 2000-3000 milligrams (mg) of sodium daily.
   - Check food labels and ingredient lists for the word salt or sodium (e.g. monosodium glutamate).
   - If the word sodium is close to the top of the ingredient list then you know it is high in sodium (salt).

To be used in conjunction with advice from a Registered Dietitian.
Processed Foods have more Sodium- see for Yourself

<table>
<thead>
<tr>
<th>Naturally found in Foods</th>
<th>Processed Foods</th>
<th>Processed Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber 7 slices= 2 mg</td>
<td>Cucumber/salad dressing 234 mg</td>
<td>Dill pickle 928 mg</td>
</tr>
<tr>
<td>Chicken ½ breast= 69 mg</td>
<td>Chicken pie 1 frozen= 907 mg</td>
<td>KFC dinner 2,243 mg</td>
</tr>
<tr>
<td>Lemon 1 mg</td>
<td>Soy Sauce 1 tbsp= 1,029 mg</td>
<td>Salt 1 tsp= 1,938 mg</td>
</tr>
<tr>
<td>Pork 3 oz= 59 mg</td>
<td>Bacon 4 slices= 548 mg</td>
<td>Ham 3 oz= 1,114 mg</td>
</tr>
</tbody>
</table>

Sample Meal Day –What does a low salt day look

<table>
<thead>
<tr>
<th>MEAL</th>
<th>HIGH SALT DAY</th>
<th>HEALTHY-LOW SALT DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>½ cup juice</td>
<td>apple sauce</td>
</tr>
<tr>
<td></td>
<td>4 slices bacon &amp; 2 eggs</td>
<td>1 egg</td>
</tr>
<tr>
<td></td>
<td>2 slices toast</td>
<td>2 slices toast</td>
</tr>
<tr>
<td></td>
<td>1 cup coffee/tea</td>
<td>1 cup coffee/tea</td>
</tr>
<tr>
<td>LUNCH</td>
<td>½ cup canned soup</td>
<td>½ cup homemade low salt soup</td>
</tr>
<tr>
<td></td>
<td>1 pastrami sandwich</td>
<td>1 roast beef sandwich</td>
</tr>
<tr>
<td></td>
<td>pickle slices</td>
<td>cucumber slices</td>
</tr>
<tr>
<td></td>
<td>1 bag of chips</td>
<td>grapes</td>
</tr>
<tr>
<td></td>
<td>1 can Pepsi®/7-up®</td>
<td>water/milk/hot beverage</td>
</tr>
<tr>
<td>SUPPER</td>
<td>3 ounces ham</td>
<td>3 ounces pork roast</td>
</tr>
<tr>
<td></td>
<td>½ cup canned peas</td>
<td>½ cup frozen or fresh peas</td>
</tr>
<tr>
<td></td>
<td>10 piece frozen fried potatoes</td>
<td>½ cup homemade potatoes</td>
</tr>
<tr>
<td></td>
<td>cheese cake</td>
<td>1 dinner roll</td>
</tr>
<tr>
<td></td>
<td>1 can Pepsi®/7-up®</td>
<td>peach</td>
</tr>
<tr>
<td></td>
<td></td>
<td>water/milk/hot beverage</td>
</tr>
</tbody>
</table>
Nutrition Through the Stages of CKD
Stages 1, 2 & 3

FAT

- Include a small amount-30-45 ml (2-3 Tbsp) –of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- use vegetable oils such as canola, olive and soybean.
- choose soft margarines that are low in saturated and trans fats (look for labels that say non-hydrogenated).
- limit butter, hard margarines, lard and shortening.

- Include meat and meat alternatives by consuming a portion between 2 and 3 ounces, 2 to 3 times per day.
  A deck of cards = 3ounces

3. Other Nutrients
Potassium
- is a mineral found in many foods that helps your nerves and muscles work well.
- You do not need to cut down on foods high in potassium unless you have a high level of potassium in your blood.

*Note: Food labels do not have to list potassium on the nutrition information but the food may contain potassium.

Phosphorus
- is a mineral important in keeping bones healthy. In Stage 3 CKD, you may need to cut down on foods high in phosphorous if blood levels rise.

Note: If potassium &/or phosphorus blood levels are above normal you will be contacted.
Dos & Don’ts of Eating for Health

Do
- Learn about kidney disease and understand how food choices can help you.
- Follow Canada’s Food Guide.
- Watch your body weight, blood pressure, blood sugar and blood values.
- Take medication as prescribed.
- Have fun with recipes.
- Relax and enjoy eating healthy.
- Ask questions about new foods or drinks.

Don’t
- Do not trade meal plans with other people since needs are different for everyone.

Looking for more Nutrition Information:

- Websites:
  - www.kidney.org
  - www.dietitians.ca
  - www.healthyeatingisinstore.ca
Tools Used to Measure a Healthy Body Weight
Body Mass Index and Waist Size

1. **BODY MASS INDEX (BMI)**

The BMI is a tool used to understand your health risk based on your height and weight. A BMI that is too low (less than 18.5) or too high (more than 25) can lead to more health problems.

Using the chart below: find your height on the sides and weight on the top or bottom to get your BMI:
2. **WAIST Size**

Where you carry your weight could be even more important than how much you weigh. A large waistline may be a greater risk to your health than extra weight on the hips and thighs. People with a larger waist are more likely to have health problems.

*Measure your waist*

Here’s how:

- Stand or sit up straight
- Breathe normally. Don’t hold your breath.
- Place the tape around your waist, between the bottom of your ribs and the top of your hipbones.
- Hold the tape firmly but don’t press in.
- Make sure the measuring tape is straight
- Take the reading.

Health risks are higher when your waist size is:

- Women: more than 35 inches
- Men: more than 40 inches

(Adapted from Health Canada and Heart & Stroke Foundation and World Health Org.)