

Renal Diet

Diet prescribed by your provider

Overview / Why:

Indicated for individuals with renal (kidney) disease

Ability of kidneys to remove waste products from the blood declines, this diet may help slow down the progression of kidney disease

Renal diets control the amount of protein, sodium, potassium, and phosphorus provided

Level of restriction is based on renal function and treatment.

Why Protein & Salt

When your body uses protein, it produces waste and with kidney disease your kidneys cannot remove the waste as well. Eating more protein than needed makes the kidneys work harder.

Too much sodium causes your body to hold extra water, which may cause blood pressure to rise. This can cause additional damage to the kidneys as they are forced to work harder.

Food / Beverages Limited:

PROTEIN

Animal sources: red meat, poultry, seafood, eggs, dairy

Plant sources: beans, nuts, grains

Renal diets control the portion of protein foods served between 60 and 80 grams

RENAL LOW DIET

Kidney disease = protein controlled and sometimes limited

RENAL HIGH DIET

Kidney failure, on dialysis treatment to filter blood since kidneys cannot = more protein can be provided

SODIUM

Sources: processed foods such as cured meats, canned vegetables, condiments, some grains & dairy, salt added during cooking

Menu References

Menu Offerings:	Instead of:
Herb Seasoning Packet	Salt Packet
Low Sodium/Sodium Free Items	Regular Items
Toast	Biscuit

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.