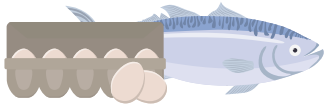
The Renal Diet

The renal diet consists of three main nutrient groups: protein, potassium, and phosphorus. When choosing renal-friendly meal and snacks keep, these nutrients in mind. Other factors, such as the amount of sodium and fluids you consume, also affect a renal-friendly diet.

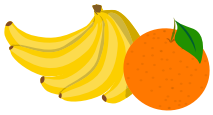
The three Ps



Protein keeps your body healthy and helps build muscle.

Your kidney function determines how much protein you need.

Your dietitian or doctor will talk about the types of protein and how much daily protein is best for you.



Potassium is an electrolyte that makes your muscles work. However, if you eat too much, it can build up in your blood and affect your heart.

Choose low-potassium options to fill half your plate.



Phosphorus helps with bone and heart health.

Speak with your care team about your specific phosphorus goal.

Remember to take your phosphorus binder with food if you are prescribed one.

Other factors to consider



Sodium can cause high blood pressure and harm kidney function.

Eat low-sodium foods. Limit sodium to 2000 mg each day. Check nutrition labels for sodium amounts. Try salt-free seasoning to add flavor to your food.



Fluids have limits.

If you have swelling, weight gain, or difficulty breathing, talk to your doctor.



Physical activity helps improve your blood pressure and blood sugars.

Your goal is to maintain kidney function and control your blood sugar and blood pressure. Be active every day.