CHRONIC KIDNEY DISEASE

My Plate: Healthy Eating



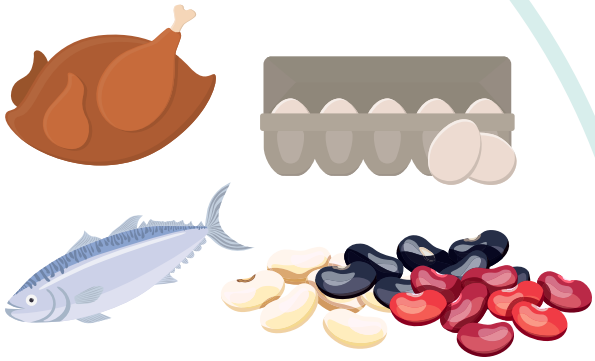
Liquids
Drink fluids as your doctor tells you

Use salt-free seasonings

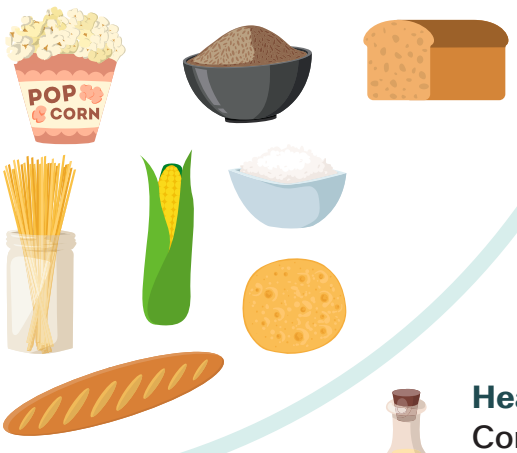
50% or more
Fruits and vegetables



25% or less
Protein (animal and plant-based)



25% or less
Whole grains or other carbohydrates





Healthy fats
Corn oil
Safflower oil
Olive oil
Peanut oil
Canola oil

CENTRAL HEALTH

CHRONIC KIDNEY DISEASE

Nutrition Information

Your kidneys help filter waste and balance nutrients in your body. Your kidneys may not do this well if you have kidney disease. Healthy food choices can help protect your kidneys. You may need to change what you eat.

Help protect your kidneys



Choose healthy foods



Stay active each day



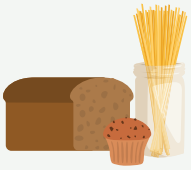
Take your medicines as your doctor tells you

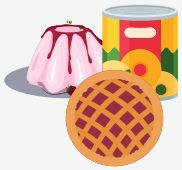


Check your blood pressure and blood sugar

Your doctor or dietitian may change your eating plan as your kidney function changes. You may need to limit foods high in sodium (salt), phosphorus, potassium, and protein.

	Foods to enjoy	Foods to limit
Vegetables 	• Cabbage • Cauliflower • Green beans • Cucumbers • Lettuce • Peppers • Onions • Zucchini • Summer squash	• Tomato and tomato products • Sweet potatoes • Potatoes • Spinach (cooked) • Avocados • Artichokes
Fruits 	• Apples • Grapes • Berries (strawberries, blueberries, raspberries) • Pineapple • Peaches • Pears • Plums	• Bananas • Oranges • Papayas • Mangos • Plantains • Prune juice • Orange juice

	More foods to enjoy	More foods to limit
Meats 	• Fresh chicken or turkey (skinless) • Fresh fish (baked or grilled) • Eggs or egg whites • Lean beef or pork (small portions) • Fresh, unseasoned meats • Tofu or Tempeh	• Large portions of red meats (beef and pork) • Hot dogs • Ham • Bacon • Deli meat • Salami • Sausage • Chorizo
Breads and grains 	• 100% whole wheat bread • Whole grain tortillas • Brown rice • Quinoa • Oats / oatmeal • Whole grain pasta • Barley • Unsalted whole grain crackers • Homemade whole grain baked goods (low sodium)	• Boxed biscuit mix • Salted crackers • Boxed pancake mix • Salted pretzels • Boxed macaroni and cheese
Seasonings 	• Fresh or dried herbs • Garlic • Onion • Lemon or lime juice • Vinegar • Salt-free seasoning blends	• Salt and salt substitutes • Bouillon • MSG • Onion salt • Garlic salt • Commercial sauce mixes (taco, gravy)

	More foods to enjoy	More foods to limit
Dairy foods 	• Rice milk or almond milk (not phosphorus-fortified) • Cream cheese (small amounts) • Ricotta cheese (small portions) • Whipped topping (occasionally)	• Milk • Ice cream • Cheese • Pudding • Velveeta • Some creamers (check labels)
Beverages 	• Water • Infused water (lemon, cucumber) • Unsweetened iced tea (homemade) • Apple juice or cranberry juice (small amounts)	• Dark soda • Beer • Bottled tea • Wine • Drink mix (check labels) • Gatorade
Processed foods 	• Fresh, homemade meals • Low-sodium foods (rinsed if canned) • Unsalted nuts (small portions, if allowed)	• Donuts • Canned soups • Boxed cake mix • Fast food • Pickles • Cookies • Canned broth & bouillon • Pizza • Salted nuts • Pork skins • Frozen meals • Chips • Spaghetti sauce • Olives • Pies