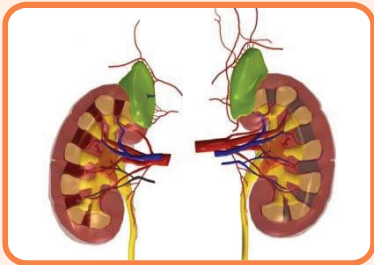


## Chronic Kidney Diseases

The most important function of the kidney is to remove the residues of nutrients that metabolize in the organism.

Chronic renal disease is the failure of kidney functions in a way that it can not continue balancing body fluids.

In the renal diseases caused by renal dysfunction, concentrations of **urea**, **creatinine** and especially **potassium** in the blood increase remarkably. Balance of electrolytes in the blood is deteriorated.



## Diet is very important

Nutrition (diet) is one of the most important parameters for the therapy of chronic renal failure. A diet therapy planned and applied by a dietician can delay progression of the disease.

Important components of diet therapy are;

- Taking adequate amount of energy and proteins,
- Gaining and/or keeping ideal body weight,
- Taking adequate amounts of;
  - ⇒ Sodium,
  - ⇒ Phosphorus,
  - ⇒ Potassium,
  - ⇒ Liquids,
  - ⇒ Vitamins and minerals.

## Nutrients

The most important energy sources for chronic renal failure patients, as well as healthy individuals, are carbohydrates and fats.



The diet must contain enough foods rich in carbohydrates such as bread and other cereals (rice, flour, pasta etc.), table sugar, honey, and jam.

As high blood cholesterol level accelerates the damage on the kidneys for chronic renal failure patients, types and amounts of dietary fats should be carefully planned. Oil groups like olive oil-nut oil and sunflower/corn/soy oil should be preferred.



In the chronic renal failure disease, amount of proteins could be restricted based on the renal functions. If dietary protein is restricted, the proteins consumed should be mostly animal proteins with high bioavailability.

### Sodium

Kidneys are among the organs with important roles in regulating sodium levels in the blood stream. In renal failure, sodium is accumulated in the body. That is why dietary sodium intake could be restricted. The most important sodium source in the diet is **table salt**. Other sodium rich foods are as follows:



- ⇒ Olives, pickles, pickled foods, and canned foods,
- ⇒ Processed meat products such as salami, sausage, dry meat,
- ⇒ Salty crackers.



#### To reduce salt in the diet;

- ⇒ You should add little salt while cooking.
- ⇒ You need to give up the habit of adding salt to meals before eating.
- ⇒ You should try to avoid foods with high sodium content.

! All renal disease patients do not have to restrict salt in the diet. The amount of salt necessary in your diet should be decided by your doctor and dietician.

### Liquids

Liquid intake includes all liquids such as water, linden, carbonated beverages, soups, milk etc. Liquid restriction is not always necessary in the first stage of renal failure.



However, for the patients with low urine amount restricting liquids could be required. When excess fluid taken is retained in the body, edema, heart failure, hypertension, and respiration problems can occur. In these situations, liquid intake should be regulated according the urine amount of the previous day.



Due to the restricted diet applied to patients of chronic renal failure, deficiencies in vitamin and mineral intakes can be observed. In this situation;

**Only vitamin and mineral supplements recommended by medical doctor should be used.**

**Diet therapy of chronic renal failure patient should be planned by a dietician.**



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## CHRONIC RENAL DISEASES and NUTRITION

