

The CKD pre-dialysis diet

Why do I need a CKD pre-dialysis diet?

The CKD pre-dialysis diet is designed for people with early stage (stages 1- 4) chronic kidney disease (CKD). The goal is to preserve kidney function for as long as possible and to prevent malnutrition.

What are the stages of kidney disease?

Kidney damage is identified in stages based on the glomerular filtration rate (GFR). The higher the GFR, the healthier the kidneys are. Basically, they are doing a good job of filtering wastes and excess fluid out of the body. As kidney function declines, the GFR will go down.

Stage 1 – GFR \geq 90

Stage 2 – GFR 60 -89

Stage 3 – GFR 30-59

Stage 4 – GFR 15-29

Stage 5 - < 15 Kidney Failure; dialysis or transplant needed

What can I eat on the CKD diet?

You can eat a variety of foods; your dietitian will help develop an eating plan that is suited for your needs. Generally, you will eat a prescribed amount of high quality protein, carbohydrates from starches and fruits, and adequate fat to provide enough calories. You may also be advised to limit salt and sodium intake.

How does this diet help me?

By reducing the amount of protein you eat, you will preserve kidney function because there will be less waste for the kidneys to filter. When kidneys are overworked, more damage occurs. Also, choosing foods low in sodium will help control high blood pressure. Uncontrolled blood pressure continues to damage the kidneys, thus canceling out the benefits of the lower protein intake.

How do I know if this diet is working?

Many people may feel the same as they did before they went on the diet because early stages of kidney disease lack obvious physical symptoms. Don't be alarmed if you don't feel different. The best indicator that the diet is working is lab results. Carefully following your doctor and dietitian's advice about the CKD diet and your lab results will help treat your kidney disease.