AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

Chronic Kidney Disease and Plant-Predominant Nutrition



What is Chronic Kidney Disease (CKD)?

CKD means your kidneys are not working as well as they should. It can lead to waste buildup in your body and other health problems such as diabetes and high blood pressure.

How Can a Plant-Predominant Eating Pattern Help?

- Plant-predominant diets can slow kidney disease progression and help your kidneys work better.
- They are often naturally lower in protein and phosphorus, which helps protect your kidneys
- High fiber helps reduce toxins and inflammation

Tips for Kidney Health with a Plant-Predominant Eating Pattern

1. Eat more fruits, vegetables, and whole grains
2. Limit salt and processed foods
3. Choose plant proteins like beans and lentils, but talk to your doctor or dietitian about how much protein you need
4. If you need to limit potassium or phosphorus, ask your healthcare team which plant foods are best for you

Common Questions

- **Can I get enough protein?** Yes, but you may need to limit how much you eat. Work with your doctor or dietitian.
- **Is this safe for people on dialysis?** Plant-predominant diets can be safe, but you may need to adjust your food choices.

To learn more about plant-based nutrition for CKD scan the QR code:

Learn how to cook delicious plant foods by scanning the QR code: