

Chronic Kidney Disease Stage 5

Tips for People Not on Dialysis

Cooking Tips

- Use very little or no salt and other salt seasonings when cooking.
- Add lemon juice, herbs, and spices that do not contain salt to add flavor.
- Measure portions of food and ingredients using standard measuring cups and spoons.
- Weigh portions of high-protein foods using a kitchen scale.
- For soaking vegetables to lower potassium, peel and cut into pieces that are approximately 1/8 inch thick. Rinse and soak them in warm water for at least 2 hours. Use approximately 10 times more water than vegetables. Drain and rinse them under warm water, and then boil them for 5 minutes.
- Soaked potatoes can be made into several dishes. For instance, they can be French fried, mashed, boiled, home fries with onions, or scalloped.

Label Reading Tips

Sodium (Salt)

Terms and Their Meanings

- Sodium Free – Very little sodium in each servings
- Very Low Sodium – 35 milligrams of sodium or less in each serving
- Low Sodium – 140 milligrams of sodium or less in each serving
- Reduced Sodium – Sodium has been lowered by 25%
- Light in Sodium – Sodium has been lowered by at least 50%

Ingredient List

- If salt or sodium is listed as one of the first five ingredients, the food is high in sodium and should not be bought.

Nutrition Labels

Food Labels show milligrams (mg) of sodium. A sodium level of 300 milligrams or more in each serving is too high in sodium for you to eat.

It will help you to avoid eating foods that have the words “calcium fortified” on the food labels.

Potassium and phosphorus are not required by law to be shown on the nutritional label. They are sometimes listed as percent (%) Daily Value (DV), DV is the percentage of the nutrient’s level in a 2000 calorie diet as shown below.

Nutrient Daily Value in Milligrams

Potassium: 3500

Phosphorus: 1000

Calcium: 1000

Example: If a food product has 10% DV for potassium, then 10% of 3500 milligrams is 350 milligrams of potassium.

Shopping Tips

Supermarket Shopping Tips for Those with Kidney Disease (DaVita Online Network; Diet and Nutrition Education)

- Read Labels: Protein, potassium, and sodium, for the most part, are easy to identify by reading the ingredient list on the Nutrition Facts labels on foods. On the other hand, phosphorus and calcium may be listed only as a percentage of the daily requirement or as added vitamins and minerals.
- Avoid processed foods to reduce your intake of sodium and phosphorus. Phosphorus is widely used in processed meats, leavening agents, and as an anti-caking agent in some powdered drink mixes. Phosphorus and polyphosphates are also used as emulsifiers in some frozen fish and chicken (“enriched” meats are significantly higher in sodium than fresh meats). Select fresh or frozen vegetables instead of the higher-sodium canned products.
- Watch out for added calcium on food labels if you have been advised to watch your calcium intake. Avoid any food that is calcium enriched or calcium fortified if your doctor or dietitian has recommended you to watch your intake of calcium.