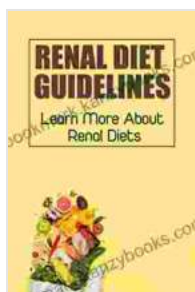


# Renal Diet Guidelines: Learn More About Renal Diets

## What is a Renal Diet?

A renal diet is a type of diet that is designed for people with chronic kidney disease (CKD). CKD is a condition in which the kidneys are damaged and cannot function properly. This can lead to a build-up of waste products in the blood, which can be harmful to the body.



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by Sally Primrose

★★★★☆ 4 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 236 pages  
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Renal diets are designed to help people with CKD manage their symptoms and improve their overall health. They do this by reducing the amount of waste products in the blood and helping to control blood pressure.

## What Foods Are Allowed on a Renal Diet?

There are a variety of foods that are allowed on a renal diet, including:

\* Fruits and vegetables \* Lean protein \* Whole grains \* Low-fat dairy products

It is important to note that some foods are restricted on a renal diet, including:

\* Foods that are high in sodium \* Foods that are high in potassium \* Foods that are high in phosphorus

### **What to Avoid on a Renal Diet**

There are a number of foods that should be avoided on a renal diet, including:

\* Processed foods \* Canned foods \* Salty foods \* Sugary foods \* Fatty foods

### **Benefits of a Renal Diet**

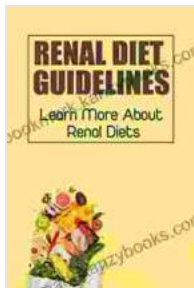
There are a number of benefits to following a renal diet, including:

\* Reduced risk of heart disease and stroke \* Improved blood pressure control \* Reduced risk of kidney failure \* Improved quality of life

### **How to Get Started on a Renal Diet**

If you have been diagnosed with CKD, your doctor will likely recommend that you start following a renal diet. Your doctor can provide you with specific instructions on what foods to eat and avoid. You may also want to consult with a registered dietitian to help you create a meal plan that meets your individual needs.

Renal diets are an important part of managing CKD. By following a renal diet, you can help to reduce your symptoms and improve your overall health. If you have been diagnosed with CKD, talk to your doctor about starting a renal diet.



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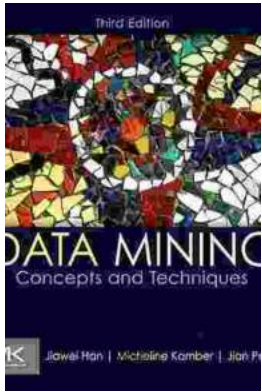
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