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Nutrition for Chronic Kidney Disease (CKD)

These slides have been produced by Hampshire and Isle of Wight Healthcare NHS Foundation Trust as part of a collaborative working partnership with Boehringer Ingelheim, Hampshire Isle of Wight ICB and North East North Cumbria Health Innovation Network.

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NP-GB-106693 October 2026.

What is CKD?



CKD is a long-term condition where the kidneys do not work as well as they should.[1]

CKD can get worse over time and eventually the kidneys may stop working altogether, but this is uncommon.[1]

Many people with CKD are able to live long lives with the condition.[1]

Abbreviation: CKD = chronic kidney disease.

Reference: 1. NHS. Chronic kidney disease. NHS. Accessed September 17, 2026. https://www.nhs.uk/conditions/kidney-disease/.

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How common is CKD?

CKD is a common long-term condition affecting around 10% of the UK population.[1]

Approximately 50% of people over the age of 75 years have CKD stages 1-5, and over a third have CKD stages 3-5.[2]



Because there are usually no symptoms in the early stages of CKD[3], CKD often goes undetected. In fact, research suggests almost 1 in 2 people with CKD are undiagnosed, and many are not receiving the recommended treatment.[4]

It can affect anyone, but it's more common in people who are black or of south Asian origin.[5]

Abbreviations: CKD = chronic kidney disease; UK = United Kingdom.

References: 1. Kidney Research UK. Kidney disease: A UK public health emergency: *The health economics of kidney disease to 2033*. Published June 2023. Accessed September 17, 2026. https://www.kidneyresearchuk.org/wp-content/uploads/2023/06/Economics-of-Kidney-Disease-full-report_accessible.pdf; **2.** NHS England Digital. Chronic kidney disease. Health Survey for England, 2022 Part 2. Published September 24, 2024. Accessed September 17, 2026. https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2/kidney-disease; **3.** NHS. Chronic kidney disease - Symptoms. NHS. Reviewed March 22, 2023. Accessed September 17, 2026. https://www.nhs.uk/conditions/kidney-disease/symptoms/; **4.** NIHR Evidence. Chronic kidney disease is often undiagnosed and untreated. Published June 23, 2022. Accessed September 17, 2026; https://evidence.nihr.ac.uk/alert/chronic-kidney-disease-is-often-undiagnosed-and-untreated/; **5.** NHS. Chronic kidney disease. NHS. Accessed September 17, 2026. https://www.nhs.uk/conditions/kidney-disease/.

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What has caused my CKD?

CKD is usually caused by other conditions that put a strain on the kidneys. Often, CKD is the result of a combination of different problems. It can be caused by the following[1]:



High blood pressure



Diabetes



High cholesterol



Kidney infections



Glomerulonephritis (kidney inflammation)



Autosomal dominant polycystic kidney disease (an inherited condition)



Blockages in urine flow (e.g. from recurrent kidney stones or enlarged prostate)



Long-term use of certain medications

Abbreviation: CKD = chronic kidney disease.

Reference: 1. NHS. Chronic kidney disease. NHS. Accessed September 17, 2026. https://www.nhs.uk/conditions/kidney-disease/.

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Do I need to change my diet?

Healthy kidneys help control the balance of water, minerals and waste products in your body. If your kidneys are not working as well as they should, they may not be able to do this properly.[1]

Making healthy changes to your diet can help slow down the progression of CKD.[2]

There are no foods or diets that you can eat to help fix or reverse your CKD. Eating a healthy diet is one of the best things you can do to keep you and your kidneys as healthy as possible for as long as possible.[3]

Most people with CKD can get all the vitamins and nutrients they need by following a healthy, well-balanced diet.[2]

Most people with CKD do not need a special diet. A healthy, balanced diet is usually all that is needed. Some people with more advanced kidney disease or those on dialysis may need to make changes to certain foods and drinks. This is because the kidneys can become less able to keep the right balance of nutrients in the body.[2]

Abbreviation: CKD = chronic kidney disease.

References: 1. Kidney Care UK. Facts about your kidneys. Updated December 11, 2023. Accessed September 17, 2026. https://kidneycareuk.org/kidney-disease-information/about-kidney-health/facts-about-your-kidneys/; **2.** Kidney Research UK. Healthy eating for kidney patients. Updated June 8, 2026. Accessed September 17, 2026. https://www.kidneyresearchuk.org/kidney-health-information/living-with-kidney-disease/how-can-i-help-myself/healthy-eating-for-kidney-patients/; **3.** British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html.

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Eating a healthy, balanced diet

For people with CKD, latest guidelines recommend a healthy diet like that recommended for everyone else.[1]

In particular, research shows that cutting down on ultra-processed foods and eating a more plant-based diet high in fruit, vegetables, pulses, nuts, seeds and wholegrains can help support kidney health.[2,3]

Some aspects, such as care with salt, are especially helpful to look after the kidneys and slow progression.[1]



Abbreviation: CKD = chronic kidney disease.

References: 1. British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **2.** Kidney Care UK. Healthy eating and lifestyle for your kidneys. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/; **3.** British Dietetic Association Kidney Dietitian Specialist Group. Eating More Plant-Based Foods When You Have Chronic Kidney Disease (CKD). Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf.

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How does a healthy diet help my kidneys?

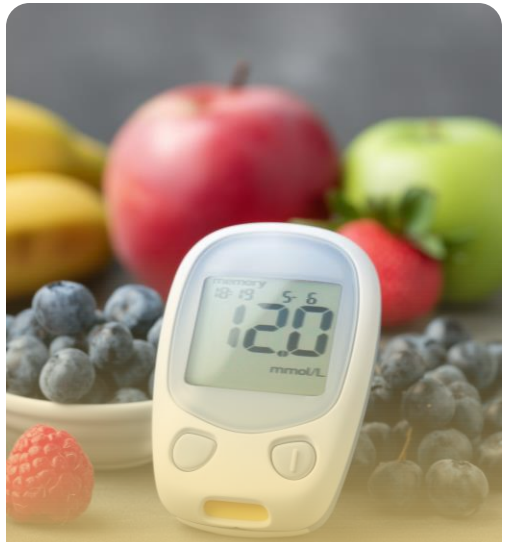


- Helps you manage your blood pressure.[1]
- Promotes heart health (reduces risk of heart attack and stroke).[1]
- Helps slow down loss of kidney function.[1]
- Helps control your blood sugar levels (diabetes control).[1]
- Reduces the ‘workload’ of your kidneys.[2]

References: 1. Kidney Research UK. Healthy eating for kidney patients. Updated June 8, 2026. Accessed September 17, 2026. https://www.kidneyresearchuk.org/kidney-health-information/living-with-kidney-disease/how-can-i-help-myself/healthy-eating-for-kidney-patients/; **2.** Kidney Care UK. Healthy eating and lifestyle for your kidneys. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/.

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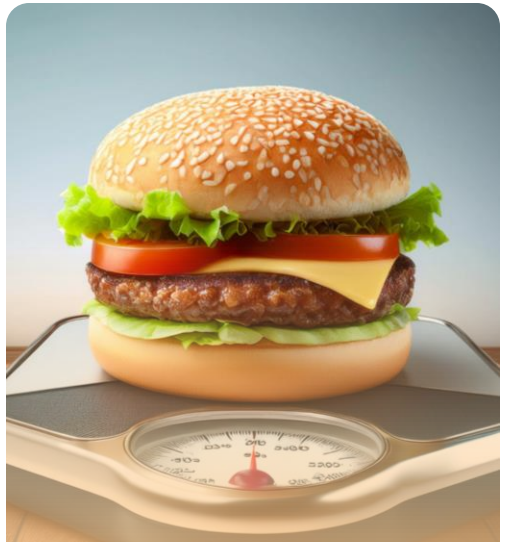
If you:



Have diabetes



Have high blood pressure



Need to lose weight

Following the advice on these slides will also help you – there is no need to have a special diet.[1] Where relevant, we have included additional information to help with some of these conditions/issues.

AI generated images

Reference: 1. Kidney Care UK. Healthy eating and lifestyle for your kidneys. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/.

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Common CKD Nutrition Myths

~~Avoid bananas and tomatoes~~

Potassium-rich foods are usually beneficial in early CKD.[1]

~~A strict renal diet is best~~

Most people with early CKD should follow a healthy balanced diet.[2]

~~High-protein or keto diets are good for people with CKD~~

Moderate protein intake is recommended in CKD.[3]

~~I can add 5g of salt because that's the recommendation~~

5g is the total daily limit from all sources.[4]



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Abbreviation: CKD = chronic kidney disease.

References: 1. British Dietetic Association. Potassium. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/potassium.html; **2.** British Dietetic Association. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **3.** Kidney Disease: Improving Global Outcomes (KDIGO) CKD Work Group. KDIGO 2024 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *Kidney Int.* 2024;105(4 suppl):S117-S314; **4.** British Dietetic Association Kidney Dietitian Specialist Group. Eating More Plant-Based Foods with CKD. British Dietetic Association. Published 2024. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf.

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Fruit and Vegetables

- Should make up just over a third of the foods we eat each day.[1]
- They provide vitamins, minerals and fibre.[2]
- Include 5 or more portions per day.[2]
- Fresh, frozen, tinned, dried and juiced all count.[3]
- Smoothies and juices count, but should be limited to a combined total of 150ml, as crushing fruits releases the sugars they contain.[3]
- Limit dried fruit to 30g.[3]

- Aim to "eat a rainbow" of different coloured fruits and vegetables.[4]
- Avoid star fruit due to its high oxalate content - which can be harmful to people with kidney problems.[5]
- You can continue to enjoy bananas as part of a balanced diet.[6]
- In the early stages of kidney disease, potassium is good for your kidneys. Fruits and vegetables also help support blood pressure control and heart health. You should only restrict potassium-rich foods if a health professional advises you to do so.[7]



AI generated image

References: 1. NHS. The Eatwell Guide. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/; **2.** NHS. Why 5 A Day? NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/5-a-day/why-5-a-day/; **3.** NHS. 5 A Day: what counts? NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/; **4.** British Heart Foundation. Your 5-a-day. Heart Matters Magazine. Accessed September 17, 2026. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/5-a-day; **5.** Kidney Care UK. Choosing a plant-based diet with CKD. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/choosing-a-plant-based-diet-with-ckd/; **6.** Kidney Care UK. Kidney-friendly diet facts. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/cooking-with-kidney-disease/kidney-friendly-diet-facts/; **7.** Kidney Care UK. Healthy eating and lifestyle for your kidneys. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/.

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Additional notes if you have diabetes[1]...



Spread fruit intake across the day, so you're not eating a lot of carbohydrate all in one go.

The sugar in whole fruit and vegetables does not count towards 'free sugars', so you don't need to cut down on these foods. It is different to the free sugar in drinks, chocolate, cakes and biscuits, as well as in fruit and vegetable juices and honey.

Many fruits and vegetables have a low to medium 'glycaemic index' meaning they increase blood sugar levels more slowly.

Be mindful of portion sizes. A portion is 80g (about what fits into your palm). It is easy to consume a lot of dried fruit, grapes and tropical fruits in one go, and this can have a bigger impact on blood sugar levels.

Avoid fruit juices and smoothies.

For people choosing to follow a low-carb diet, it's important to identify unhealthy sources of carbs and cut down on these first.

Reference: 1. Diabetes UK. Fruit, vegetables and diabetes. Diabetes UK. Accessed September 17, 2026. https://www.diabetes.org.uk/living-with-diabetes/eating/fruit-and-diabetes.

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Starchy foods and carbohydrates



- Should make up just over a third of the foods we eat each day.[1]
- Provide energy, vitamins, minerals and fibre.[1]
- Choose wholegrain, high fibre options[1,2], including:
  - Brown rice
  - Wholewheat pasta
  - Granary bread
  - Grains e.g. oats, barley, quinoa, bulgur wheat, millet, couscous
  - Porridge or cereals e.g. wheat biscuits, shredded wholegrains
  - Potato, sweet potato (Potatoes are not wholegrains, but if we eat the skin, we still get fibre. They are a healthy type of carbohydrate), plantain
- Wholegrains naturally contain phosphate, but most of this phosphate is poorly absorbed because it is bound to fibre.[3,4]
- For early CKD, focus on reducing processed foods rather than limiting wholegrains.[2,3]

Abbreviation: CKD = chronic kidney disease.

References: 1. NHS. Starchy foods and carbohydrates. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/food-types/starchy-foods-and-carbohydrates/; **2.** British Dietetic Association. Eating more plant-based foods with chronic kidney disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf; **3.** Kidney Care UK. Natural phosphate and added phosphate: what you need to know. Kidney Care UK. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/natural-phosphate-and-added-phosphate-ckd/; **4.** National Kidney Federation. Phosphate in your diet. National Kidney Federation. Updated February 24, 2026. Accessed September 17, 2026. https://www.kidney.org.uk/phosphate-in-your-diet.

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Additional notes if you have diabetes[1]...

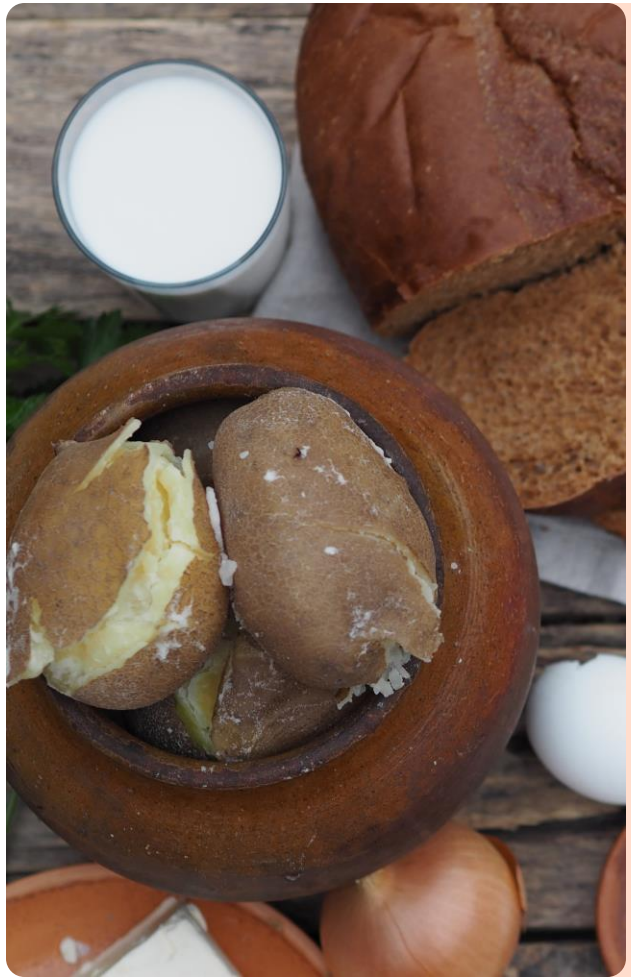


- All the carbohydrates you eat and drink are broken down into glucose. The type and amount you eat can make a difference to your blood sugar levels and overall diabetes control. The *quality* of your carbohydrate is important.
- Choosing carbohydrates high in fibre and wholegrains instead of refined versions like white bread is key.
- Foods with a lower 'glycaemic index' raise blood sugars more slowly, and can be useful for managing blood sugar levels.
- Try making healthier swaps to your usual choices, e.g.:
  - Try grains like couscous, quinoa and bulgur wheat instead of white pasta and white rice.
  - Try sweet potatoes instead of white potatoes.
  - Choose oats instead of cornflakes for breakfast.
  - Choose oatcakes or rye crackers instead of cream crackers.
  - Use wholemeal flour in baking instead of white flour (or substitute 50/50 to start with).

Reference: 1. Diabetes UK. Carbohydrates and Diabetes: What You Need to Know. Accessed September 17, 2026.https://www.diabetes.org.uk/living-with-diabetes/eating/carbohydrates-and-diabetes.

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Additional notes if you have diabetes (continued)...



- Quantity is also important. Healthy portion sizes help with blood sugar control as well as weight loss/weight maintenance[1]. Some examples of portion sizes:
  - 1 medium slice of bread.[1]
  - 40g lower sugar wholegrain breakfast cereal.[1]
  - Jacket potato or sweet potato - approx. size of fist.[1]
  - Boiled rice and pasta – 180g.[1]
- Low-carb diets are not for everyone, but evidence shows they can be effective in helping people with Type 2 diabetes manage their weight and blood sugar levels in the short term.[2] Choosing a healthy meal plan to follow is a good way to ensure you get a good balance of nutrients, such as the one produced by Diabetes UK.[3]
- Speak to your diabetes team before making major changes to your diet. If you take insulin or certain diabetes medications, changes to your weight or carbohydrate intake may mean your medication needs adjusting.[4]
- If you use insulin with meals, knowing how much carbohydrate is in your food can help you adjust the amount of insulin you need. If you take a fixed dose of insulin, eating similar amounts of carbohydrate each day can help keep your blood sugar levels more consistent.[2]

Abbreviation: UK = United Kingdom.

References: 1. Diabetes UK. Portion Sizes and Diabetes. Accessed September 17, 2026. https://www.diabetes.org.uk/living-with-diabetes/eating/portion-sizes; **2.** Diabetes UK. Carbohydrates and Diabetes: What You Need to Know. Accessed September 17, 2026. https://www.diabetes.org.uk/living-with-diabetes/eating/carbohydrates-and-diabetes; **3.** Diabetes UK. Meal Planner: Low Carb. Published March 2021. Accessed September 17, 2026. https://www.diabetes.org.uk/sites/default/files/2021-03/0934%20DUK_MealPlanner%20low%20carb%2011_3_21.pdf; **4.** Diabetes UK. Low-Carb Diet and Meal Plan. Accessed September 17, 2026. https://www.diabetes.org.uk/living-with-diabetes/eating/meal-plans/low-carb.

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Foods high in sugar and fat



We only need fats and oils in small amounts. It is best to choose fats like olive oil, nut, seed or healthy vegetables oils, such as rapeseed oil.[1]

Limit less healthy fats such as coconut and palm oil, butter, lard and ghee.[1]

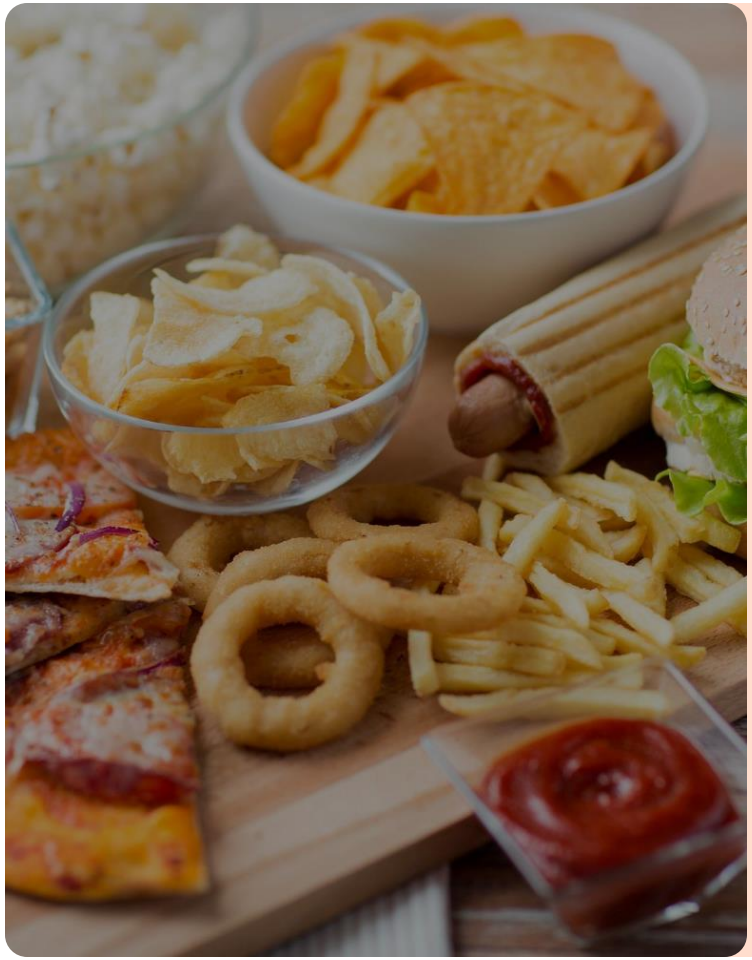
Limit sweet and savoury processed foods, e.g. cakes, pastries, processed meats, crisps.[1] Speak to your diabetes team before making major changes to your diet. If you take insulin or certain diabetes medications, changes to your weight or carbohydrate intake may mean your medication needs adjusting.

If you use insulin with meals, knowing how much carbohydrate is in your food can help you adjust the amount of insulin you need. If you take a fixed dose of insulin, eating similar amounts of carbohydrate each day can help keep your blood sugar levels more consistent.[2]

References: 1. British Dietetic Association. Healthy eating with CKD. Kidney Dietitian Specialist Group, British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html;
2. Diabetes UK. Sugar and diabetes. Diabetes UK. Accessed September 17, 2026. https://www.diabetes.org.uk/living-with-diabeDiabetes%20UK.%20Sugar%20and%20diabetes.%20Diabetes%20UK.%20Accessed%20September%2017,%202026.tes/eating/sugar-and-diabetes.

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Processed foods



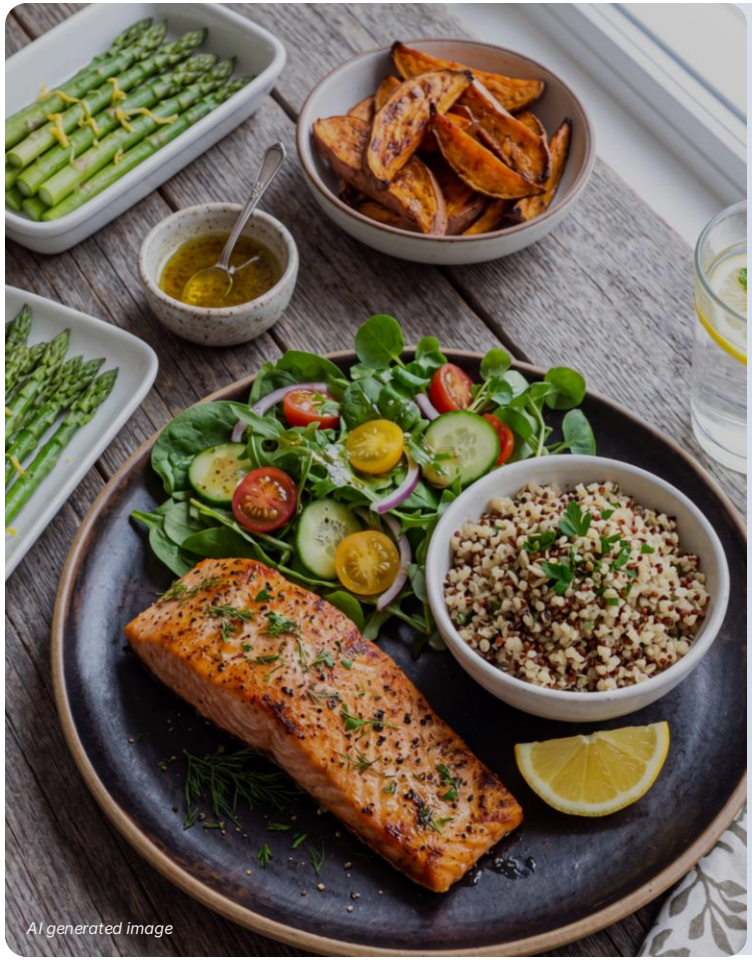
- Cutting down on packaged and processed foods is one way to help keep your kidneys healthy.[1,2]
- Where possible, cook from scratch[3], and choose freshly prepared foods and minimally processed foods.[4]
- Some processed foods can be included in a healthy diet – such as wholemeal sliced bread, wholegrain or higher fibre breakfast cereals or baked beans.[5]
- 'Ultra-processed foods' (UPFs) are products that typically have more than 1 ingredient that you never or rarely find in a kitchen.
  - They also tend to include many additives and ingredients that are not typically used in home cooking, such as preservatives, emulsifiers, sweeteners, and artificial colours and flavours.[6]
  - They are typically high in saturated fat, salt and sugar.[6]
  - Aim to keep UPFs to a minimum in your diet.[3]
  - Research shows that higher consumption of UPFs increases the risk of renal function decline and CKD development.[1,2]
  - They often contain large amounts of additives which can harm the kidneys.[4]

Abbreviations: CKD = chronic kidney disease; UPFs = ultra-processed foods.

References: 1. Gu Y, Li H, Ma H, et al. Consumption of ultraprocessed food and development of chronic kidney disease: the Tianjin Chronic Low-Grade Systemic Inflammation and Health and UK Biobank cohort studies. *Am J Clin Nutr*. 2023;117(2):373-382. doi:10.1016/j.ajcnut.2022.11.005. PMID: 36811571; **2.** Du S, Kim H, Crews DC, White K, Rebholz CM. Association between ultraprocessed food consumption and risk of incident CKD: a prospective cohort study. *Am J Kidney Dis*. 2022;80(5):589-598.e1. doi:10.1053/j.ajkd.2022.05.013. PMID: 35679994; **3.** British Dietetic Association. Healthy Eating With CKD. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **4.** Kidney Care UK. Healthy Eating and Lifestyle for Your Kidneys. Updated August 18, 2026. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/; **5.** NHS. Processed Foods. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/what-are-processed-foods/; **6.** British Heart Foundation. Ultra-Processed Foods: How Bad Are They for Your Health? Heart Matters Magazine. Accessed September 17, 2026. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/behind-the-headlines/ultra-processed-foods.

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Phosphate Additives



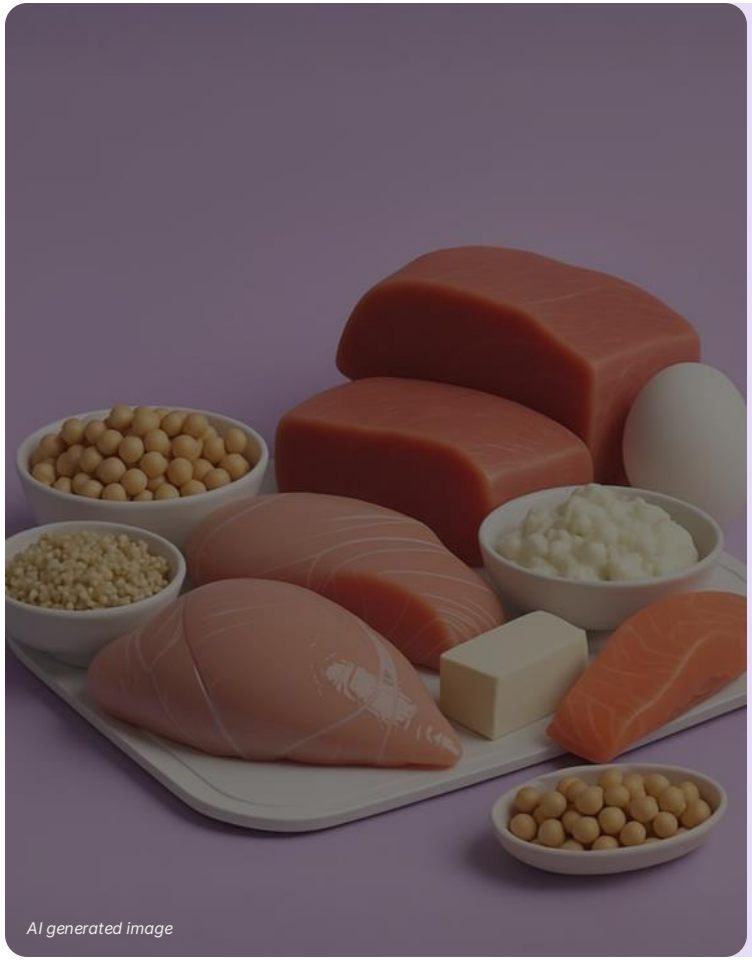
- Many ultra-processed foods contain **phosphate additives**.[1,2]
- Phosphate additives are absorbed much more easily than naturally occurring phosphate in foods.[1,2]
- Reducing phosphate additives is advised for everyone with CKD, regardless of their stage.[1]
- Examples include processed meats, cola drinks, processed cheese, cakes, biscuits and packet mixes.[2,3]
- Look for ingredients containing "**phosph**" or E-numbers such as **E450** and **E451**.[2,3]
- You do not need to avoid foods that naturally contain phosphate. Focus on eating fewer foods with phosphate additives instead.[2,3]

Abbreviations: CKD = chronic kidney disease.

References: 1. Biruete A, Anderson CAM, Cupisti A, et al; ASN Kidney Health Guidance Workgroup on Food Additives. ASN Kidney Health Guidance on Potassium and Phosphorus Food Additives. *J Am Soc Nephrol*. 2025;36(8):1661-1678. doi:10.1681/ASN.0000000873; **2.** British Dietetic Association. Food fact sheet: Phosphate in your diet. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/static/adc89828-0720-49d7-8c4d14829dbcabbd/PO4-factsheet-PDF-version.pdf; **3.** Kidney Care UK. *Natural phosphate and added phosphate – what you need to know*. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/natural-phosphate-and-added-phosphate-ckd/.

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Protein foods


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- Protein is essential for the repair and maintenance of our bodies and immune system.[1]
- Examples include legumes (e.g. beans, lentils, chickpeas), fish, eggs, meat and other protein foods.[2]
- These foods are good sources of protein, vitamins and minerals such as iron.[1,2]
- Regularly replacing some of your meat with beans, lentils, chickpeas and other pulses (eating a more 'plant-based' diet) may help to slow the loss of kidney function.[3,4]
- Animal protein foods (e.g. fish, eggs, meat) should be eaten in moderate amounts.[3]
- Include 1 portion of oily fish each week – oily fish provide healthy omega-3 fats which are protective of the heart.[1,3]
- Include a variety of nuts and seeds – plain and unsalted.[5]
- Limit red meat.[5]
- Limit processed meat and fish, e.g. smoked fish and meat such as bacon as they are very salty.[3,5]
- High-protein and ketogenic diets are generally not recommended for CKD and may place additional strain on the kidneys.[6]
- Protein supplements, including many shakes, powders and high-protein products, are usually not recommended because they can contribute to a protein intake above recommended levels for CKD.[6]
- The goal is moderate protein intake, not high-protein eating.
- Choose sensible portion sizes, for example:[7]
  - 50g (2oz) protein foods at a small meal such as two slices of chicken in a sandwich.
  - 100-125g (4-5oz) protein food at a main meal such as a small chicken breast or fillet of fish.
  - Two eggs.

Abbreviation: CKD = chronic kidney disease.

References: 1. British Nutrition Foundation. Nutrition information about protein and plant-based protein. British Nutrition Foundation. Accessed September 17, 2026. https://www.nutrition.org.uk/nutritional-information/protein/; **2.** NHS. The Eatwell Guide. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/; **3.** British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **4.** British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a4024014a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf; **5.** Kidney Care UK. Healthy eating and lifestyle for your kidneys. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/; **6.** Kidney Disease: Improving Global Outcomes (KDIGO) CKD Work Group. KDIGO 2024 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease. *Kidney Int.* 2024;105(4 Suppl):S117-S314. doi:10.1016/j.kint.2023.10.018; **7.** York and Scarborough Teaching Hospitals NHS Foundation Trust. Eating Well for Chronic Kidney Disease: Information for Patients, Relatives and Carers. Accessed September 17, 2026. https://www.yorkhospitals.nhs.uk/seecmsfile/?id=8339.

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Dairy and dairy alternatives



Dairy foods (and dairy alternatives) provide vitamins, minerals, protein and fluid.[1]

Choose lower fat and lower sugar varieties of dairy products wherever possible, e.g., natural yoghurt.[1]

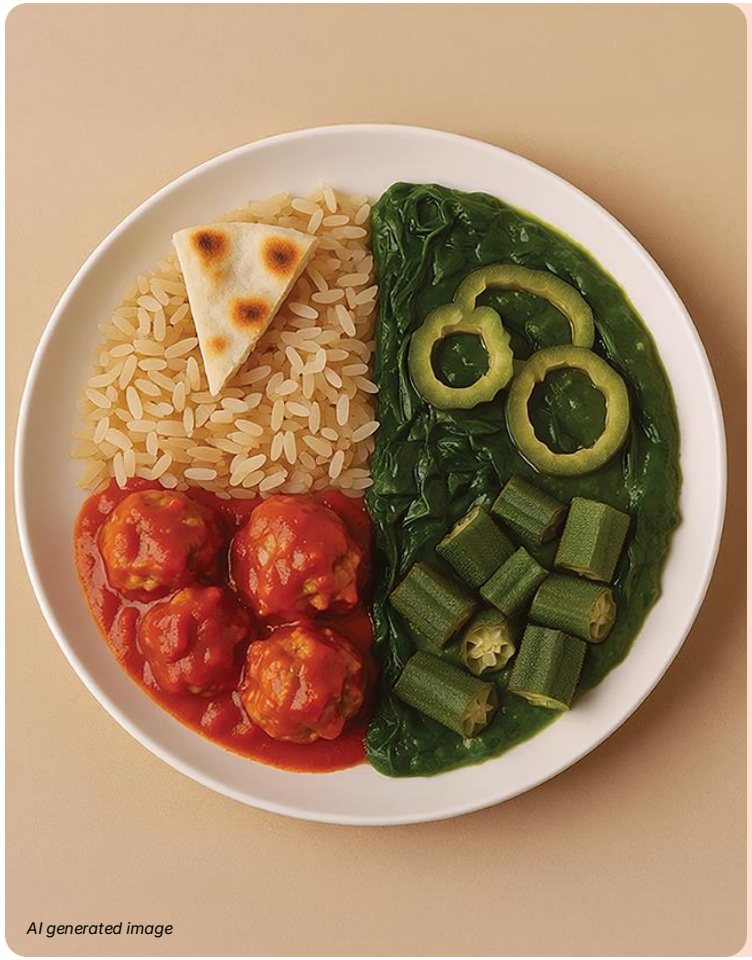
Adopting a more plant-based approach can benefit your kidneys and general health.[2] If you want to have a plant-based dairy alternative, such as oat or soya drinks/yoghurt or nut-based milks, choose varieties that are fortified with calcium.[3]

Be aware that some plant-based drinks have a much lower amount of protein, vitamins and minerals than milk. They also vary a lot in sugar content.[2]

References: 1. British Dietetic Association. Dairy Benefits. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/resource/dairy-benefits.html; **2.** British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf; **3.** British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html.

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What should my dinner plate look like?



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Aim for half your plate to be vegetables, a quarter meat/fish/meat-free alternative and a quarter wholegrains.

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Reducing ‘acid load’: Adopting a more plant-rich diet

Evidence is emerging that it is the **acid load** of the diet that is causing or contributing to loss of kidney function and that a change in diet can 'slow progression' of kidney damage.

Eating a more plant-based diet can help reduce the acid load of your diet.[2,3]

Animal proteins and dairy products (like meat, fish, eggs, cheese, milk and yoghurt) are ‘acidic’ and can increase the acid load in your diet.[4]

Eating more plant foods does not mean you have to stop eating meat, fish, eggs or dairy.[5]

Regularly swapping some meat for plant proteins such as beans, lentils, chickpeas or tofu is a great idea. Even small changes, such as having one meat-free meal each week, may help support kidney health.

Increase your intake of fruits and vegetables[1,6]. Including them as part of every meal is a way to do achieve this.

Using fresh ingredients is still important, as plant-based convenience foods (like shop bought burgers and sausages) may contain additives and be high in salt.[5]

References: 1. Goraya N, Wesson DE. Reducing the Dietary Acid Load: How a More Alkaline Diet Benefits Patients With Chronic Kidney Disease. *J Ren Nutr*. 2017;27(3):151-160. doi:10.1053/j.jrn.2016.10.006; **2.** Storz MA, Ronco AL, Hannibal L. Observational and clinical evidence that plant-based nutrition reduces dietary acid load. *J Nutr Sci*. 2022;11:e93. doi:10.1017/jns.2022.93; **3.** Cases A, Cigarrán-Guldrís S, Mas S, Gonzalez-Parra E. Vegetable-Based Diets for Chronic Kidney Disease? It Is Time to Reconsider. *Nutrients*. 2019;11(6):1263. doi:10.3390/nu11061263; **4.** Nagami GT. Regulation of Acid-Base Balance in Patients With Chronic Kidney Disease. *Adv Chronic Kidney Dis*. 2022;29(4):337-342. doi:10.1053/j.ackd.2022.07.002; **5.** Kidney Care UK. Choosing a plant-based diet with CKD. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/choosing-a-plant-based-diet-with-ckd/; **6.** Brown TJ, Williams H, Mafrici B, Jackson HS, Johansson L, Willingham F, McIntosh A, MacLaughlin HL. Dietary interventions with dietitian involvement in adults with chronic kidney disease: A systematic review. *J Hum Nutr Diet*. 2021;34(4):747-757. doi:10.1111/jhn.12870.

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Ideas to move towards more plant-rich eating[1]

ADD

- Fruit and vegetables to each meal, e.g. fruit on cereal; salad in sandwiches; side salad.
- Fruit and vegetables as snacks, e.g. carrot and pepper sticks with hummus dip.
- Top stir fries with nuts or seeds.
- Extra vegetables to meals like bolognaises, chillies, cottage pies, lasagnes and curries.

SWAP

- Oats, no-added-sugar muesli or a wholegrain cereal instead of sugary cereals.
- Homemade bean burger instead of a beef or chicken burger.
- Lentils/beans instead of mince in bolognaises, cottage pies and chillies.
- Chickpeas and extra veggies in curry instead of chicken.

One easy starting point

- Have one meat-free day per week
- Add lentils or beans to meat-based meals
- Keep meat for one meal each day rather than every meal

References: 1. British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf.

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Plant-rich meal ideas



Breakfast

- Porridge topped with nuts, seeds, berries and banana.
- Soya yoghurt with oats, fruit and seeds.
- No-added-sugar granola/muesli with added fruit.
- Wholegrain cereals, e.g. weetabix or shredded wheat with added fruit, nuts and seeds.
- Wholegrain toast with scrambled tofu, grilled tomatoes and mushrooms.



Lunch

- Jacket potato with baked beans and side salad.
- Vegetable and lentil soup with a wholegrain roll.
- Mixed bean and quinoa salad with tomato and avocado.
- Wholemeal pitta with homemade falafels, hummus and salad.
- Bean stew and rice.



Dinner

- Vegetable and lentil shepherd’s pie.
- Vegetable risotto.
- Vegetable and bean chilli with brown rice.
- Lentil dahl with brown rice and vegetables.
- Tofu stir fry with vegetables and wholegrain noodles or rice.
- African meatless groundnut stew with vegetables and rice.

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Fluid, hydration and alcohol

14 units of alcohol = 6 pints of average strength beer/10 small glasses of low-strength wine

Drinking plenty of fluids helps the kidneys to clear sodium, urea and waste products from the body.[1]

Most people should aim to drink 6-8 cups or glasses of fluid each day.[2]

There is no evidence that drinking large amounts of water will reverse CKD. Most people with CKD should aim for normal hydration unless advised otherwise by their healthcare team.[1]



Alcohol advice is the same as for the general population – limit to no more than 14 units of alcohol per week and aim to spread alcohol intake over 3 days or more in the week.[3]

Drink caffeine in moderation – some people are more sensitive to caffeine than others, depending on how much they drink and how often.[2]

Limit drinks containing sugar, e.g. sugary fizzy drinks, milkshakes, fruit juices and smoothies.[2]

If you have not been advised to restrict your fluid intake, it is important to continue drinking normally.[1]

Abbreviation: CKD = chronic kidney disease.

References: 1. Kidney Research UK. Hydration for kidney health. Kidney Research UK. Accessed September 17, 2026. https://www.kidneyresearchuk.org/kidney-health-information/living-with-kidney-disease/how-can-i-help-myself/hydration-for-kidney-health/; **2.** NHS. Water, drinks and hydration. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/; **3.** Kidney Care UK. Drinking alcohol with kidney disease. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/drinking-alcohol-with-kidney-disease/.

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Reducing salt intake

Eating too much salt can raise your blood pressure and make CKD worse.[1]

Eating too much salt can make you thirsty and cause your body to hold on to extra fluid. This is more common in advanced CKD.[1]

Most of the salt we eat comes from processed foods rather than the salt we add ourselves. Choosing less salty foods is often more effective than simply using less salt.[2]

Aim for no more than 5g of salt per day. This is the total amount of salt from all food and drink, not an amount you can add to your food. Most people already get a lot of salt from the foods they buy, particularly processed and packaged foods.[2]

Eating less salt is good for everyone with CKD.[1]



Abbreviation: CKD = chronic kidney disease.

References: 1. British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **2.** British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf.

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Ideas to reduce salt intake



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- Cook meals from scratch wherever possible.[1]
- Limit processed or convenience foods and takeaways. If you do eat these, check the labels and choose versions that are lower in salt.[1]
- Try not to add salt in cooking or at the table - this includes all types of salt, e.g. Lo-Salt, rock salt, sea salt, Himalayan pink salt, garlic salt and kosher salt etc.[1]
- Salt substitutes, e.g. 'Lo-Salt' or other low sodium salts contain a lot of potassium and are not always suitable for people with CKD.[1]
- If eating out or having a takeaway, look at menus online or call the restaurant, so you have an idea of menu choices and can plan ahead.[2]
- Use reduced salt stock cubes in your cooking.[1]
- Be aware of hidden sources of salt e.g. stock cubes, gravy granules, sauces (like ketchup and mayonnaise), seasoning mixes and packet sauces.[1]
- Experiment with other ways to flavour food using a variety of herbs, spices, garlic, ginger, onions, vinegars, lemon or lime juice.[1]
- Your taste buds will adapt to less salt, but this may take about 3 weeks.[1]

Abbreviation: CKD = chronic kidney disease.

References: 1. British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **2.** Kidney Care UK. Eating out or taking out on a kidney friendly diet. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-eating-out-or-taking-out-on-a-kidney-friendly-diet/.

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Salt: Label reading

Most packaged foods have a colour coded 'Traffic Light Symbol' on the front of their packaging. Food that is high in salt is coloured red. It is best to avoid or limit those that are coloured red for salt. Choose more greens and ambers instead.[1]

The 'Traffic Light Symbol' label is usually given per portion. Be aware that the serving on the pack may be different to the amount that you plan to eat.[2,3]

If there isn't a traffic light symbol, check the nutritional information, usually found on the back or side of food packaging.[3]

The full nutritional information is provided per 100g of the product. Looking at the 'per 100g' section (rather than per serving or per pack) helps you to compare products and choose a healthier alternative.[3]

Note that salt and sodium are **not** the same. If 'sodium' is listed, you need to multiply this by 2.5 to get the amount of salt[4], so the food may be higher in salt than you first thought.[1]

Use this to tell you if the product (per 100g) is low, medium or high in salt or sodium[3]

	Low	Medium	High
Salt	0g - 0.3g	0.31g - 1.5g	More than 1.5g
Sodium	0g - 0.1g	0.1g - 0.6g	More than 0.6g

An example of the 'Traffic Light Symbol' of labelling, showing the 'per portion' amounts and when they are low, medium or high

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

References: 1. British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf; **2.** Kidney Research UK. Healthy eating for kidney patients. Kidney Research UK. Accessed September 17, 2026. https://www.kidneyresearchuk.org/kidney-health-information/living-with-kidney-disease/how-can-i-help-myself/healthy-eating-for-kidney-patients/; **3.** NHS. Food labels. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/how-to-read-food-labels/; **4.** British Heart Foundation. 10 tips for understanding food labels. Heart Matters. British Heart Foundation. Accessed September 17, 2026. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/sugar-salt-and-fat/10-tips-for-understanding-food-labels.

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Do I need to take any supplements?



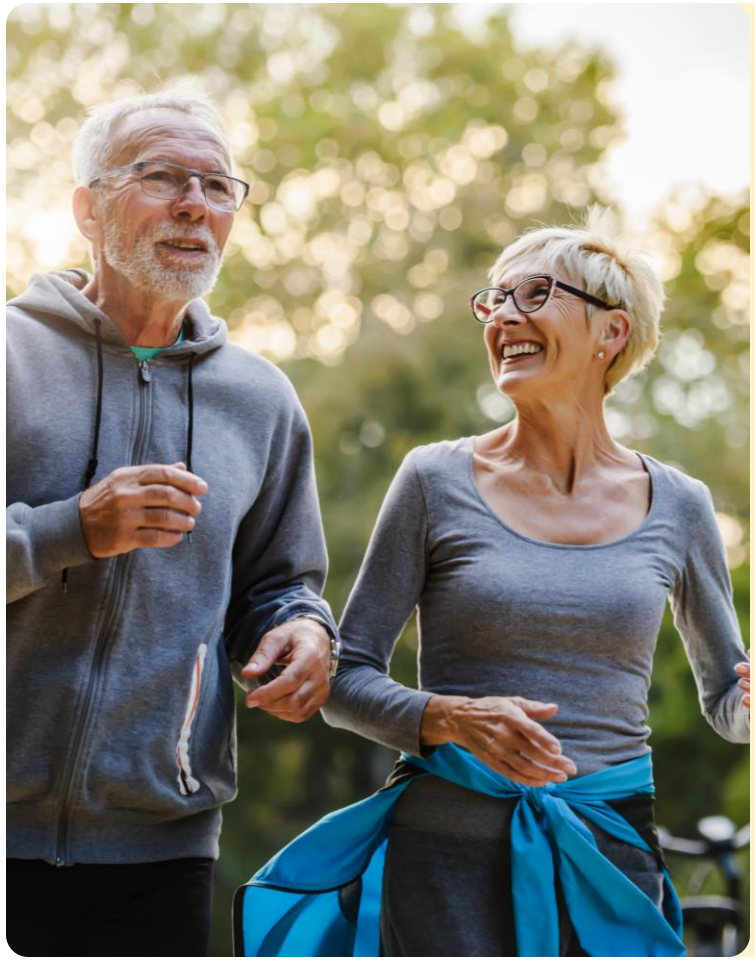
- Vitamins and herbal medicines may cause harm in people with CKD. This is because substances can build up as kidneys are unable to remove them. Some supplements can also interact with prescription medicines, affecting how they work.[1]
- If you wish to take any supplement or herbal remedy, it is best to discuss this with your kidney team first.[1,2]
- There are no vitamin and mineral supplements specifically required for CKD.[2]
- If you do not eat any animal foods or drinks, you will need a regular source of vitamin B12, and iodine.[2]
- Daily vitamin D supplements (10 micrograms) are advised for everyone in the autumn and winter months[2,3]. People at high risk of not getting enough vitamin D (e.g. those not often outdoors, people in a care home, people who wear clothes that cover most of their skin when outdoors, and people with dark skin) should take a daily supplement throughout the year.[3]
- Avoid taking fish liver oil supplements as these may cause unsafe levels of vitamin A in the body for people with CKD.[1,2]
- Fish body oils (like omega-3, EPA or DHA) are usually safer, because they do not contain high levels of vitamin A.[4]
- Avoid taking supplements containing vitamins A and E, as they can build up in the body.[1]

Abbreviations: CKD = chronic kidney disease; DHA = Docosahexaenoic acid; EPA = Eicosapentaenoic acid; Omega-3 = Omega-3 fatty acids.

References: 1. Kidney Care UK. Vitamins and supplements with CKD or a kidney transplant. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/kidney-disease-information/treatments/medication-for-kidney-disease/vitamins-and-supplements-with-ckd-or-a-kidney-transplant/; **2.** British Dietetic Association Kidney Dietitian Specialist Group. Eating more plant-based foods when you have Chronic Kidney Disease (CKD). British Dietetic Association. Accessed September 17, 2026. https://bda.uk.com/static/19282d71-85be-47f6-a40240144a4cfd1b/Eating-more-PB-foods-with-CKD-13325.pdf; **3.** NHS. Vitamin D. NHS. Accessed September 17, 2026. https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/; **4.** Vitabiotics. Cod Liver Oil & Fish Oil Benefits & Differences Explained. Vitabiotics. Accessed September 17, 2026. https://www.vitabiotics.com/blogs/vitamins-and-supplements/the-benefits-of-fish-oil-cod-liver-oil.

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Maintaining a healthy weight



- Progression of CKD is closely linked to high blood pressure, poorly controlled diabetes and being overweight[1]. Therefore, working towards or maintaining a healthy weight will help.
- Weight loss occurs when you burn more calories than you consume, creating a ‘negative energy balance’, which means your body must burn stored energy (fat) to function.[1]
- A good first step is to think about why you might have put on weight. Is it a recent change or part of a long-term pattern?[2]
- Being aware of high calorie foods is helpful, but there’s no need to count every calorie.[1]
- Focus on eating a healthy balanced diet, watching portion sizes and making healthier choices and swaps.[2,3]
- Focus on making small, achievable changes.[4]
- Set realistic goals.[2]
- To achieve sustainable, safe weight loss, aim to lose no more than 1 to 2 pounds (0.5 to 1 kilogram) per week.[1,3]
- Increase your physical exercise levels.[5]

Abbreviation: CKD = chronic kidney disease.

References: 1. Kidney Care UK. Weight matters. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/weight-matters/; **2.** British Heart Foundation. 5 steps to sustainable weight loss. Heart Matters. British Heart Foundation. Accessed September 17, 2026. https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/weight/steps-to-sustainable-weight-loss; **3.** NHS. Tips to help you lose weight. NHS. Accessed September 17, 2026. https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/tips-to-help-you-lose-weight/; **4.** NHS. How to lose weight. Better Health. NHS. Accessed September 17, 2026. https://www.nhs.uk/better-health/lose-weight/; **5.** National Institute for Health and Care Excellence (NICE). Physical activity and diet. In: Overweight and Obesity Management. NICE. Accessed September 17, 2026. https://www.nice.org.uk/guidance/ng246/chapter/Physical-activity-and-diet.

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Staying active

Staying active can enhance your health, wellbeing and quality of life, as well as giving you extra energy.[1]

Physical activity can help you lose weight, lower blood pressure, improve diabetes control and help control symptoms of CKD, such as fatigue.[1,2]

Try to find an activity that you can do and enjoy, and one that fits into your lifestyle.[1]

Try to do a combination of 'aerobic' activities, e.g. walking, jogging, swimming, cycling, and 'strength' activities, e.g. moderate weight-lifting, resistance exercise.[1,3]

Adults are advised to do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week, spread across 4-7 days[3]. A good guide is to **exercise for around 30 minutes a day, at least five days a week**[1]. Even if this is not possible for you, something is better than nothing.[1]

Abbreviation: CKD = chronic kidney disease.

1. Exercise and being active | Kidney Care UK; **2.** Exercise for Diabetes | Type 1 and type 2 | Diabetes UK; **3.** Physical activity guidelines for adults aged 19 to 64 – NHS.

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Additional advice for advanced CKD



Continue following the healthy eating advice in this presentation.[1]



Some people may need additional advice about protein, phosphate, potassium or fluids. These changes should only be made following advice from a kidney dietitian or kidney doctor.[1]



Dietary advice should be tailored to your blood test results and individual needs.[1]

Abbreviation: CKD = chronic kidney disease.

Reference: 1. British Dietetic Association Kidney Dietitian Specialist Group. Healthy Eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html.

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Reducing phosphate intake

Phosphate is found in many foods and drinks, and is also added to food during manufacturing as additives.[1]

The amount of natural phosphate in your diet is usually linked to the amount of protein you eat, as it is present in meat, fish, eggs, pulses and dairy foods.[2]

Continue to choose fresh rather than processed foods and prepare foods at home.[2]

Use fresh meat, poultry, fish, eggs, beans and pulses and a moderate intake of dairy foods.[2]

Include wholegrain carbohydrates where possible.[2]

Reduce intake of foods and drinks high in phosphorus that have low nutritional value.[2] Examples include chocolate, instant noodles and processed meats.

Where possible, choose commercial foods and drinks which are prepared without the use of phosphorus containing food additives[2] (additives are often indicated by 'phosph' as part of a word in the list. However, sometimes they're only listed as E numbers[3]).

Plant-based diets can be naturally lower in phosphate. This is because we absorb less phosphate from plant foods than we do from animal foods and plant foods.[4]

You will receive individual dietary advice on how to manage your phosphate intake if it becomes necessary[2] - however, it is generally accepted that a low phosphate diet is commenced when levels start to reach 1.5mmol/l.[1]

References: 1. British Dietetic Association. Phosphate factsheet. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/static/adc89828-0720-49d7-8c4d14829dbcabbd/PO4-factsheet-PDF-version.pdf; **2.** Hannah J, Perry S, Barrett M, McAleer N. Phosphorous in food: new insights and recommendations for practice. *J Kidney Care*. 2017;2(3):66-72; **3.** British Dietetic Association Kidney Dietitian Specialist Group. Healthy eating with CKD. British Dietetic Association. Accessed September 17, 2026. https://www.bda.uk.com/specialist-groups-and-branches/kidney-dietitian-specialist-group/non-renal-dietitians-section/healthy-eating-with-ckd.html; **4.** Kidney Care UK. Choosing a plant-based diet with CKD. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/choosing-a-plant-based-diet-with-ckd/.

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Reducing potassium intake



- Potassium is a mineral that plays an important role within the body. It can be found in most foods, including both plant and animal foods. In addition, potassium is sometimes added to processed foods.[1]
- People with CKD can have too much potassium in their blood. This can cause an irregular heartbeat, which can be dangerous. For this reason, some people with CKD are advised to reduce the amount of potassium they eat.[1]
- In the past, people following a low potassium diet were advised to cut down on many fruits and vegetables and eat white varieties of bread, pasta and rice. We now know that the health benefits of eating wholegrain varieties of these foods far outweigh any perceived risks. *Recent research also suggests that eating a plant-based diet can actually help to lower potassium.*[1]
- ***You will receive individual dietary advice from your kidney team on how to manage your potassium intake if it becomes necessary.***[1]

Abbreviation: CKD = chronic kidney disease.

Reference: 1. Kidney Care UK. Choosing a plant-based diet with CKD. Kidney Care UK. Accessed September 17, 2026. https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-healthy-eating-and-lifestyle-for-your-kidneys/choosing-a-plant-based-diet-with-ckd/.

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Changes in fluid intake recommendations



01

The kidneys help to maintain normal levels of salt and water in the body. When your kidneys are not working well, salt and water can build up and lead to fluid overload.[1]

02

If you become fluid overloaded, you may be advised to reduce your salt intake further and some people also need to drink less.[1]

03

If you have not been advised to reduce your fluid intake, it is important to keep drinking normally.[1]

Reference: 1. Kidney Care UK. Managing your fluid levels. Kidney Care UK. Accessed September 17, 2026.https://kidneycareuk.org/get-support/healthy-diet-support/patient-info-managing-your-fluid-levels/.

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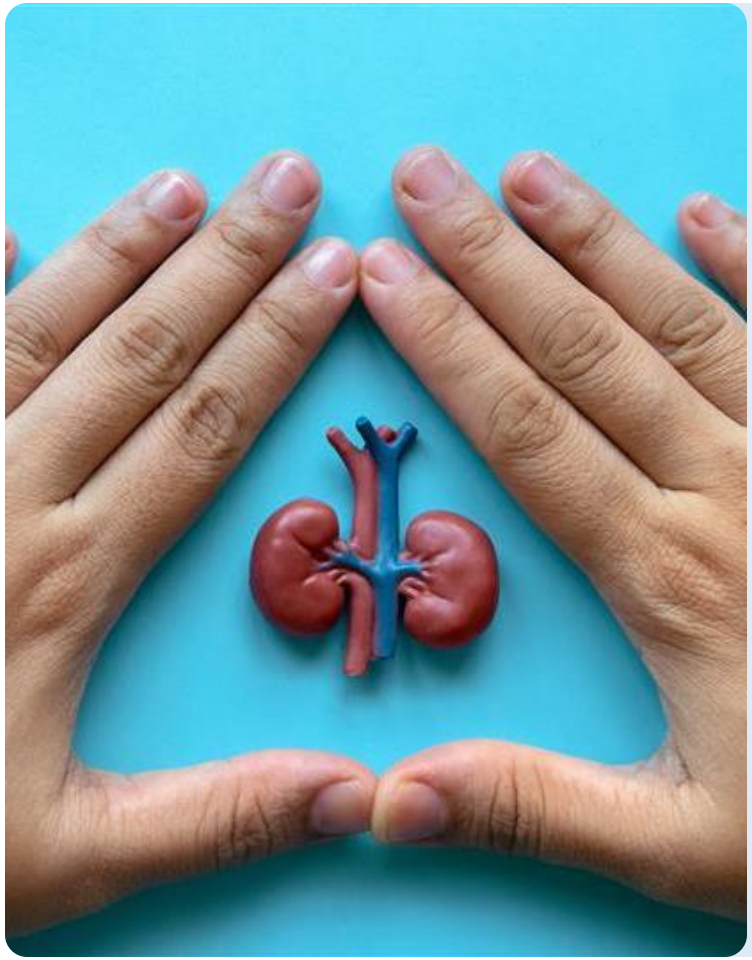
Key messages - Recap

- Most people with CKD do not need a special "renal diet".
- Eat more fruit, vegetables, wholegrains, beans, lentils, nuts and seeds.
- Eating more plant foods does not mean you have to stop eating meat, fish, eggs or dairy.
- Cutting down on salt and processed foods is one of the best ways to protect your kidneys.
- Potassium-rich foods such as bananas and tomatoes are usually beneficial and should only be restricted if advised by your kidney team.
- Avoid high-protein diets, ketogenic diets and protein supplements. Aim for a moderate protein intake instead.
- There is no need to avoid phosphate-rich foods in early CKD. Focus on eating fewer processed foods that contain phosphate additives.
- Healthy eating, physical activity, maintaining a healthy weight and taking prescribed medication all help protect your kidneys and keep them working for longer.

Abbreviation: CKD = chronic kidney disease.

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Useful resources



- NHS – Kidney Disease
- NHS – The Eatwell Guide
- Eating more plant-based foods when you have CKD, produced by The British Dietetic Association: Eating-more-PB-foods-with-CKD-13325.pdf
- Kidney Care UK: Kidney Care UK, the UK's leading kidney patient support charity | Kidney Care UK
- Kidney friendly recipes to try from the Kidney Kitchen: Kidney Kitchen | Kidney Care UK
- National Kidney Federation (UK): National Kidney Federation
- Kidney Research UK: Home | Kidney Research UK | UK Kidney Disease Charity
- My Kidney & Me: https://www.leicesterkidneylifestyle.team/mykidneysandme
- Diet and CKD: Eating well with early CKD video series: https://www.youtube.com/playlist?list=PLM8y7jc5FhMk

Abbreviations: CKD = chronic kidney disease; NHS = National Health Service; UK = United Kingdom.

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