

What you need to know about:

CKD-DASH diet

What Is the DASH Diet?

DASH = Dietary Approaches to Stop Hypertension.

Focused emphasis on:

Fruits and vegetables

Whole grains

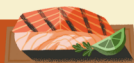
Lean proteins

Low-fat dairy

Low sodium

Hydration

For CKD patients, DASH must be carefully adapted to avoid excess potassium, phosphorus, and protein that can burden the kidneys.



Why DASH Is Important in CKD*

- Blood pressure control is essential for maintaining kidney health
 - Supports heart healthy habits, reducing cardiovascular risk
 - Focus on whole food meals, while reducing processed food intake
 - Goal is preservation of kidney function over time
- *Your nephrologist or renal dietitian may customize DASH to match your stage and labs



What Changes for CKD?

Standard DASH.....CKD-Adapted DASH

High potassium.....Moderate potassium

2-3 dairy servings/day.....Limit dairy (1/day)

Whole grains.....Allows use of refined grains

Liberal protein.....Moderate protein (~0.6-0.8 g/kg/day)

Emphasis on nuts/legumes.....Less emphasis on nuts/legumes

Focus remains on whole, minimally processed foods—just with a CKD lens



*Naturenal products are Nephrologist-formulated for wellness support in CKD. Not intended to treat or cure any disease.



NATURENAL

KIDNEY-FRIENDLY BOTANICALS



Eating Guide

What to Eat More Often:

Vegetables: cauliflower, cucumbers, green beans, bell peppers, cabbage

Fruits: apples, grapes, strawberries, blueberries

Grains: white rice, couscous, refined pasta

Proteins: egg whites, chicken breast, fish, tofu (in moderation)

Fats: olive oil, canola oil, unsalted nuts (limited)

What to Limit or Avoid

Food Group.....Examples to Limit

High-potassium fruits.....Bananas, oranges, cantaloupe

High-phosphorus dairy.....Milk, yogurt, cheese

Processed meats.....Deli meat, bacon, sausages

Sodas.....Cola, dark colored

Snack foods.....Chips, crackers, wrapped pastries

IMPORTANT: limit sodium - aim for <2,000 mg/day

Getting Started:

- Build plates around plants, not meat
- Plan portions—don't assume more fruit/veg is always better with CKD
- Choose low-sodium versions of pantry staples
- Try herbs, vinegar, citrus for flavor instead of salt
- Ask your doctor or dietitian for labs-guided modifications regarding potassium and phosphorus depending on stage of CKD.