

Renal nutrition *before dialysis.*

Stages 1–5 non-dialysis MNT — KDOQI targets, slowing progression.

*Built on **KDIGO · KDOQI · ESPEN · AND.***

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and 2 handout samples, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

Volume

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RENAL CATALOG
EDITION · 2026.06

A CLINICAL GUIDE

The CKD Nutrition Handbook

PL. IX

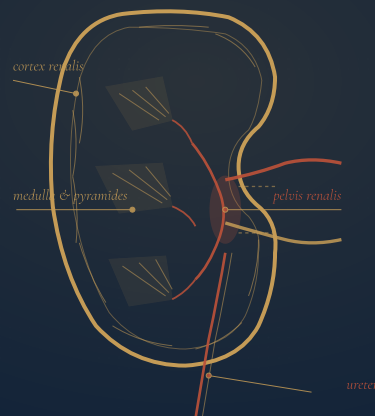


Fig. ix · Ren — sectio transversa
CORTEX · MEDULLA · PELVIS

Contents

01 Understanding CKD & the Role of Nutrition

CKD stages · eGFR · Albuminuria · Why nutrition matters · Goals of MNT

02 Protein Management

Low-protein diets · Targets by stage · Plant vs animal protein · Protein quality · When to restrict vs when not to

03 Phosphate Control

CKD-MBD · Organic vs inorganic phosphate · Food sources · Additives · Phosphate binders · Practical strategies

04 Potassium Management

Hyperkalaemia risk · High vs low potassium foods · Cooking techniques · Individualised approach · When NOT to restrict

05 Sodium & Fluid Management

Sodium targets · Hidden sodium · Label reading · Fluid restriction · Practical tips

06 Energy & Micronutrients

Energy requirements · Malnutrition risk · Iron · Vitamin D · B vitamins · Bicarbonate

07 CKD & Diabetes

Diabetic kidney disease · Balancing glucose + renal targets · Medication considerations

08 Slowing CKD Progression Through Diet

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09 Preparing for Dialysis (Pre-Dialysis Transition)

When to transition · Nutritional optimisation · What changes · Psychological support

10 Documentation & Monitoring

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References & Abbreviations

CLINICAL TIP

Sodium restriction is more important than fluid restriction for most CKD patients. High sodium intake drives thirst, which drives fluid intake. If you reduce sodium effectively, fluid intake often self-regulates. Start with sodium restriction before imposing a fluid limit. Fluid restriction without sodium restriction is frustrating and ineffective.

PATIENT HANDOUT PACK

The *CKD* Handout Pack

FIG. X

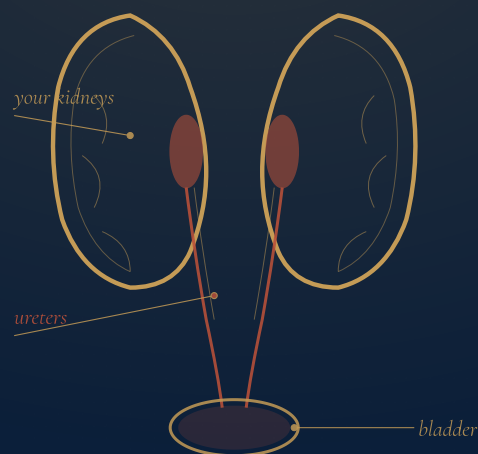


Fig. x · Your urinary system
PAIRED · FILTERING · DAILY

Patient Handouts

01 Understanding Your Kidney Diet

02 Protein & Your Kidneys

03 Potassium Control Guide

04 Phosphate-Friendly Eating

05 Low-Sodium Eating Guide

06 Fluid Management

07 Reading Food Labels for Kidney Health

08 Eating Well with CKD

09 Managing Nausea & Poor Appetite in CKD

10 Diabetes & Kidney Disease Together

11 Phosphate Binders — How to Take Them

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13 7-Day Meal Plan & Shopping List

14 My Daily Kidney-Diet Diary (Food, Fluid & Symptoms)

15 My Blood Results & Mineral Tracker

Protein & Your Kidneys

How much protein you need and why it matters in CKD

Protein is essential for building and repairing your body, fighting infections, and keeping muscles strong. However, when your kidneys are not working well, they struggle to remove the waste products that come from digesting protein. Eating the right amount — not too much and not too little — helps protect your kidneys while keeping you nourished.

How Much Protein Do I Need?

CKD STAGE	PROTEIN TARGET	WHAT THIS MEANS
Stages 1–2	0.8–1.0 g/kg/day	Normal healthy intake — no special restriction needed
Stage 3	0.6–0.8 g/kg/day	Moderate protein — be mindful of portions
Stages 4–5 (not on dialysis)	0.6–0.8 g/kg/day	Lower protein to reduce waste build-up

Note: Your dietitian will calculate your exact protein target based on your body weight, stage, and nutritional status. These are general ranges only.

The *CKD* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

12 CHAPTERS · 49 PP

- Understanding CKD & the role of nutrition
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- Potassium management
- Sodium & fluid management
- Energy & micronutrients
- CKD & diabetes
- Slowing progression through diet
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Patient Handout Pack

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- Reading food labels for kidney health
- Managing nausea · phosphate binders
- Diabetes & kidney disease together · preparing for dialysis

PART THREE

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47 RENAL-FRIENDLY
RECIPES

- Breakfast · light meals & soups
- Main meals · snacks & sides
- Desserts · batch-cook & freezer
- Per-serve potassium, phosphate, sodium, protein
- Allergen declaration on every recipe · KDOQI-aligned

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