

Core Nutrition Moves That Help Slow CKD



Sodium: aim for
<2,000 mg/day
(≈5 g salt)



Protein:
avoid high-protein die-
(> 1,3 g/kg/day)



Prefer a plant-
forward pattern



Phosphorus:
control the source



Potassium:
individualize—don't
reflexively cut produce



**Energy intake
& weight**



Metabolic acidosis



**Work with a
renal dietitian**