



Shaping Tomorrow's Nephrology: **Insight-Driven Kidney Care**
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Healthy Diets in CKD: Harnessing Potassium's Benefits While Mitigating Risk

Connie Rhee

UCLA, United States

Dietary potassium has long posed a clinical paradox in chronic kidney disease (CKD): while high-potassium foods are central to cardiometabolic health, concerns about hyperkalemia have traditionally led to broad dietary restriction. Emerging evidence challenges this paradigm, highlighting that potassium-rich dietary patterns—particularly those emphasizing plant-based, minimally processed foods—are associated with favorable cardiovascular and kidney outcomes. This presentation will examine the evolving role of dietary potassium in CKD, emphasizing the importance of food sources, dietary patterns, and bioavailability over isolated nutrient restriction. We will review mechanisms by which dietary potassium may confer benefit, as well as practical strategies to safely liberalize potassium intake. By reframing potassium as a modifiable component of a high-quality diet rather than a universal hazard, this talk aims to provide a nuanced, evidence-based approach to integrating dietary quality with safety in CKD care.

Keywords: Dietary potassium, Plant-based diet, Kidney nutrition, Chronic kidney disease, End-stage kidney disease