

Submission No. : NUR1-0002

Session Title : Nutrition 1

Session Topic : Diet Intervention in CKD

Date & Time, Place : June 14 (Fri) / 08:30-10:00 / Room 5 (202)

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## **Should Plant Based Diet be the Preferred Dietary Approach to Ketoanalogue-supplemented Diet in CKD?**

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In recent years, the prevalence of chronic kidney disease (CKD) has been on the rise. As a result, the focus of CKD management is shifting towards more conservative and preservative measures. One such measure that has emerged is the use of diet as an essential but under-utilised treatment for the management of CKD. There is growing evidence supporting the use of plant-based diets in preventing and delaying CKD progression. These diets are also helpful in treating CKD and many of its complications, such as metabolic acidosis and hypertension. Plant-based diets may even prevent or decrease the need for reno-protective measures in patients with CKD. While there are concerns about the risk of protein-energy wasting, hyperphosphatemia, and hyperkalaemia associated with plant-based diets, these concerns do not have a sound scientific basis. Apart from evidence of plant-based diets in preventing and managing CKD, improving quality of life, reducing mortality and the feasibility of using a plant-based diets in combination with keto analogues will be addressed apart from allaying concerns regarding protein-energy wasting, hyperkalaemia and hyperphosphatemia.

**Keywords:** PLANT BASED DIET, KETOANALOGUES, CKD