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## **Considerations in nutritional management of CKD patients**

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Proper nutritional care is one of the core strategies in the management of chronic kidney disease (CKD) patients. Good nutrition helps to provide energy for daily life, prevent infection and risk of protein-energy wasting and even retard the progression of kidney disease. It is directly associated with mortality of patients, and is also essential to maintain good quality of life. Basic idea for good nutrition is a well-balanced diet, which gives the right amounts of protein, calories, vitamins, minerals. Recently published a guideline for nutritional management of CKD patients, Kidney Disease Outcomes Quality Initiative (KDOQI) CLINICAL PRACTICE GUIDELINE FOR NUTRITION IN CKD: 2020 UPDATE showed us an overview for the nutritional management of CKD patients along with detailed descriptions for each item based on through review of literature. Balanced diet utilizing various source of food should be recommended. Regular nutritional assessment by registered dietitian thoroughly reviewing about patients' appetite, diet history, changes of body weight or BMI also considering laboratory and anthropometric data should be also ensured to monitor the risk of malnutrition.