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Session Title : Nutrition 1

Session Topic : Diet Intervention in CKD

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Dietary Risk Factors for CKD: Result from Prospective Cohort

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An unhealthy diet, characterized by high salt and sugar intake and low consumption of grains, vegetables, and fruits, poses a significant risk for chronic metabolic diseases such as hypertension, diabetes, and chronic kidney disease. However, due to the multifaceted nature of dietary habits and the long-term nature of kidney outcomes, large randomized controlled trials provide insufficient evidence regarding dietary risk factors are scarce. Additionally, individuals are required to tailor their dietary patterns to each meal rather than strictly restricting specific nutrients, as opposed to prescriptive dietary guidelines. Moreover, emerging evidence suggests that the health implications of dietary choices are influenced not only by isolated nutrients but also by the degree of processing undergone by raw ingredients. This session will summarize up-to-date literature evidence on dietary-related risk factors for chronic kidney disease and provide practical insights for management.

Keywords: nutrition, food, dietary pattern, risk factors