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Practical Dietary Approaches for Patients With CKD

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For patients with chronic kidney disease, proper dietary management is important to prevent or delay the deterioration of renal function. When renal function declines, uremic symptoms caused by the accumulation of waste products produced after food intake cause decreased appetite and anorexia, which decreases food intake, and the risk of malnutrition such as protein energy wasting increases due to metabolic acidosis, lack of physical activity, and various comorbid diseases. The prevalence of malnutrition in patients with chronic kidney disease worldwide is approximately 40%. Due to the restrictions on the food and cooking methods you normally consume, there are many difficulties in dietary management. The goal of nutritional management for patients with chronic kidney disease is to prevent and delay the deterioration of renal function while maintaining a good nutritional status, and continuous dietary management is an important part. The principles of diet therapy for chronic kidney disease are to provide sufficient energy and appropriate protein, reduce sodium intake, and customize the intake of minerals such as potassium and phosphorus based on the patient's renal function. Excessive dietary restrictions and sodium restricted diets make it difficult to practice dietary therapy and cause nutritional imbalances. There is evidence that maintaining a healthy diet is related to the progression of chronic kidney disease and a decrease in overall mortality. The Mediterranean diet, which consumes a lot of fruits, vegetables, whole grains, nuts, and olive oil and reduces red meat and processed meat, has been reported to have various effects on chronic kidney disease. The Kidney Disease Outcomes Quality Initiative National Kidney Foundation 2020 guidelines suggest the Mediterranean diet as a recommended diet for patients with chronic kidney disease. Caution is needed because a diet rich in fruits, vegetables, and nuts may conflict with the diet of patients with chronic kidney disease who require potassium restriction. A healthy dietary pattern that reflects the patient's eating habits is thought to be helpful in the continuous practice of dietary therapy in patients with chronic kidney disease.

Keywords: chronic kidney disease, nutritional management, diet therapy, Mediterranean diet, healthy eating pattern