



Lecture Code : JS11-S3

Session Name : KSN-KSCN Joint Symposium (Korean Society of Clinical Nutrition)

Session Topic : -

Date & Time, Place : June 21 (Sat) / 15:10-17:10 / Room 4 (Room 203)

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## **Optimal Diet Pattern in Patients With CKD**

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Effective dietary management cannot be overemphasized in the care of individuals with chronic kidney disease (CKD) to mitigate disease progression and manage associated complications. As kidney function declines, the body's ability to regulate fluid and electrolyte balance is compromised, necessitating specific nutritional modifications. A fundamental aspect of this dietary approach involves stringent sodium restriction, typically aiming for less than 2,300 milligrams per day, to effectively control blood pressure and minimize fluid retention. Given that processed and packaged foods are significant contributors to sodium intake, emphasis should be placed on consuming fresh, minimally processed alternatives and diligently reviewing food labels. The type and amount of protein consumed require careful consideration, varying based on the stage of CKD and whether the patient is undergoing dialysis. In pre-dialysis stages, a lower protein intake is often recommended to reduce the kidney workload, while dialysis patients typically require higher protein intake to compensate for losses during treatment. Emerging evidence also suggests the potential benefits of plant-dominant low-protein diets. Managing phosphorus and potassium levels is critical to prevent complications such as bone disease and cardiac arrhythmias. This involves limiting foods high in these minerals, such as processed foods with phosphate additives, dairy products, beans, nuts, and certain fruits and vegetables. Furthermore, focusing on heart-healthy fats, such as olive oil and unsaturated fats, while limiting saturated and trans fats, is important to reduce the elevated cardiovascular risk in this population. Including adequate amounts of fruits, vegetables, and whole grains is encouraged, as these foods provide essential vitamins, minerals, and fiber, which can contribute to overall well-being and potentially slow CKD progression. Dietary patterns like the DASH and plant-based diets align well with these recommendations and have demonstrated benefits in managing hypertension and kidney disease. In advanced stages of CKD, fluid intake may need to be restricted to prevent fluid overload, a condition that can lead to serious health issues. Ultimately, the optimal dietary pattern for patients with CKD should be

tailored to the specific stage of the disease, individual metabolic needs, and comorbidities.

**Keywords:** dietary management, CKD, sodium, phosphorous, plant-based protein