



NATIONAL KIDNEY
FOUNDATION®

Council on
Renal Nutrition®

**Renal
Dietitians**
a dietetic practice group of the
Academy of Nutrition
and Dietetics



RENAL NUTRITION *myths*



1 **WHOLE GRAINS AND BEANS HAVE TOO MUCH PHOSPHORUS**

While whole grains, nuts, seeds and beans do contain phosphorus, less than 50% of this phosphorus is absorbed, compared to 80- 100% of phosphorus in meat, fish, poultry, dairy and phosphorus additives found in processed foods. KDOQI Guidelines recommend considering phosphorus bioavailability.

2 **PEOPLE WITH CKD NEED A LOW POTASSIUM DIET**

The 2020 KDOQI guidelines recommend that only people who have high serum potassium restrict dietary potassium. A high potassium diet can help with blood pressure control and cardiovascular disease.



3 **FRUITS AND VEGETABLES SHOULD BE LIMITED**

Even for people who need to limit potassium, care should be taken to include plenty of fruits and vegetables. Less potassium is absorbed from plant foods, and their fiber content may improve constipation and increase potassium excretion. They can also improve acidosis and are associated with a slower progression and incidence of CKD.



4 **PATIENTS CANNOT AFFORD TO SEE REGISTERED DIETITIANS**

Medicare and Medicaid cover Medical Nutrition Therapy (MNT) services by a Registered Dietitian for anyone with CKD and a eGFR <60ml/min. Three hours of MNT is covered for the first year, and 2 hours every subsequent year.



5 **THERE IS A SINGLE "RENAL DIET"**

CKD nutrition is different for everyone! A healthy eating pattern is based on each person's labs, past medical history, nutrition status and current eating habits. A Registered Dietitian is the best person to help patients understand what is right for them to eat.



KDOQI GUIDELINES FOR NUTRITION

