

Healthy Eating Helps Protect Your Family Against Kidney Disease

What you eat affects your health. A healthy diet reduces the risk of many chronic diseases, including high blood pressure, type 2 diabetes, kidney disease, heart attack, stroke, and cancer.

To choose foods that build and maintain health, you first must understand the basics of good nutrition. Then you can apply those principles to your food selection and meal planning.

Basics of Good Nutrition

Good nutrition starts with nutrient-dense foods. Choose foods from the 5 food groups for most of what you eat. Use the MyPlate template as a guide to filling your plate. Know what foods you should limit and make simple changes to build health.

Choose Nutrient-Dense Foods

The key to a healthy diet is choosing nutrient-dense foods. Nutrient-dense foods are rich in vitamins, minerals, fiber, lean protein, and unsaturated fat. For example, one slice of whole-wheat bread has about the same number of calories as a slice of white bread. But the whole-wheat bread has 4 times as much magnesium and potassium, 3 times the zinc, twice the fiber, and twice the protein.

Eat More Nutrient-Rich Foods	Eat Less Sodium, Saturated Fat, Added Sugars, and Processed Foods
More vegetables, fruits, dried peas and beans, whole grains, low or nonfat dairy, lean meats and poultry, seafood, nuts, and unsaturated vegetable oils	Red and processed meats, sugar-sweetened foods and beverages, refined grains

Choose Foods from the Five Food Groups

The *Dietary Guidelines for Americans, 2020-2025* defines 5 food groups. Each day, try to choose a variety of foods from each group. If you have chronic kidney disease, talk to your dietitian about which foods are right for you.

Here are the 5 food groups:

Fruits

- Includes any fruit or 100% fruit juice
- May be fresh, frozen, canned, or dried

Choose whole fruit (not juice) for at least half the daily recommended amount.

Vegetables

- Includes any vegetable or 100% vegetable juice
 - May be fresh, frozen, canned, or dried
- Vegetables are organized into 5 subgroups:
- Dark green like broccoli, greens (collards), spinach, raw leafy greens (romaine lettuce)
 - Red and orange like carrots, red bell peppers, tomatoes, sweet potatoes
 - Dry beans and peas, like lentils, black beans, pinto beans, chickpeas, split peas
 - Starchy like corn, green peas, white potatoes
 - Other vegetables like avocado, cabbage, cauliflower, green beans, onions

Grains

- Includes any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain
- Includes bread, pasta, breakfast cereals, tortillas, popcorn, rice, oatmeal

Grains are divided into 2 subgroups:

- Whole grains, which contain the bran, germ, and endosperm
- Refined grains, which have been milled to remove the bran and germ

Choose whole grains for at least half the recommended amount.

Protein Foods

Vary your choices of protein foods to get the nutrients your body needs. Options are

- Animal-based protein like seafood, meat, poultry, eggs
- Plant-based protein like beans, peas, lentils, nuts, seeds, soy products

Choose lean or low-fat meat and poultry. Choose seafood that is higher in fatty acids (omega-3s) and lower in methylmercury like salmon, anchovies, and trout.

Dairy

- Includes milk, yogurt, cheese
- Includes lactose-free milk and fortified soy milk and yogurt
- Doesn't include foods made from milk that have little calcium and a high fat content like cream, butter, cream cheese, and sour cream

Choose lowfat or fat-free dairy options.

Make Simple Changes to Build Health

Simple changes to what you eat each day can make a difference. Learn about My Plate and what foods to limit to make the best choices.

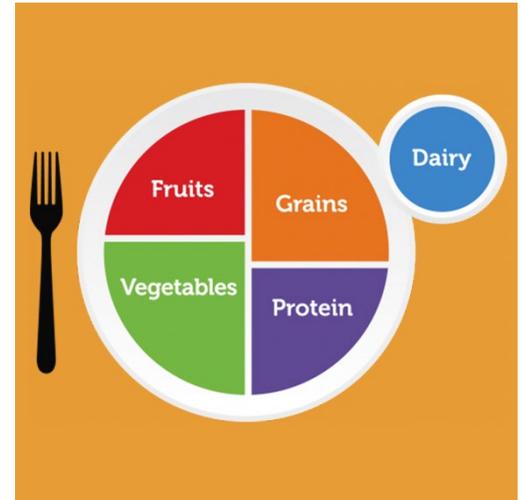
Understand the Healthy Plate with MyPlate

MyPlate is a simple and easy way to make a healthy plate.

Learn more at: <https://www.myplate.gov/>.

When preparing your plate, fill

- ½ your plate with nonstarchy vegetables and fruit
- ¼ your plate with a grain or starchy vegetable
- ¼ of your plate with protein.



Know What to Include and What to Limit

To make sure you are getting the nutrients your body needs, about 85% of your daily calories should be from the 5 food groups. The other 15% can be from other options, including added sugars and saturated fat.



Simple Changes to Build Health

Limit the following to build health:

- *Added sugars* (less than 10 percent of calories per day)
- *Saturated fat* (less than 10 percent of calories per day)
- *Sodium* (less than 2300 mg per day although your doctor may lower this recommendation based on your needs)
- *Alcohol* (choose not to drink or drink in moderation; limit intake to 2 drinks or less in a day for men and 1 drink or less a day for women)