



FAQ'S

## *Kidney Disease*

Kidney disease demands dietary adjustments for optimal body function. As kidneys struggle with nutrient balance, tailored diets are crucial and should consider disease stage, body size, and lab values. Our dietitian-crafted meals aid in managing kidney disease conveniently and tastefully.



**Stages 1-4:** Early stages may require limiting sodium and reducing protein intake, similar to the DASH diet. **Our meal plans echo DASH diet principles**, prioritizing fruits, veggies, lean and plant-based proteins over red meats. This approach aids in blood pressure and diabetes control, potentially slowing kidney disease progression. Our meals, meeting **American Heart Association's** low sodium standards and **American Diabetes Association's** guidelines, are often recommended by healthcare professionals for renal patients due to their balanced, portion-controlled nature, suitable for early kidney disease management.

**Dialysis:** Dialysis patients have further dietary needs—limiting potassium, phosphorus, and calcium, with varying protein levels. Our meals undergo nutritional analysis, adaptable for dialysis patients after consultation with their nephrologist or renal dietitian. Minor modifications, like swapping dairy for plant-based alternatives or adjusting fruit intake, can tailor meals to meet specific needs.

*We encourage you to contact one of our Registered Dietitian Nutritionists by visiting [seattlesutton.com/RDN](https://seattlesutton.com/RDN) to schedule a free phone consultation, call us directly at 815-770-2060 OR email us at [dietitians@sshe.com](mailto:dietitians@sshe.com) to understand how our meal plans can assist in managing kidney disease.*

Still have questions? Visit [www.seattlesutton.com](https://www.seattlesutton.com) or call 800-442-3438