

# Importance of Nutrition

A proper diet is essential for everyone, but especially important for patients suffering from chronic kidney disease (CKD) and end-stage renal disease (ESRD). Healthy kidneys help regulate the amount of water, minerals and electrolytes in the body. Your kidneys also work around the clock 24/7, 365 days a year. Those with diminished function need to adjust their diet to maintain the delicate balance. If you are on dialysis your diet needs to change even further, because the dialysis machine can't replace the constant work your kidneys do.

A proper diet can help you manage your CKD and potentially prevent disease from progressing or developing in the first place. The Centers for Disease Control and Prevention's data shows that more than 35% of people aged 20 or older with diabetes have CKD.<sup>(1)</sup> The leading risk factor for type 2 is being overweight.<sup>(2)</sup> So by combining a healthy diet with exercise, it is possible to reverse the current trend of increasing numbers of CKD patients in the United States.

Of course not every case is preventable, but eating better in general will help you live a higher quality life. Recent studies have even shown that diets low in protein can even delay development of ESRD (Low protein Diets for Chronic Kidney Disease in non-diabetic adults).<sup>(3)</sup>

This class will provide you with the tools and information to maintain or start a healthy diet and features information for pre-dialysis, dialysis and transplant patients. Regardless of your status, eating properly will give you more energy and help you live a longer life.

*Please note that you should see your medical team before you start any major changes to your diet.*

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