

Nutrition targets for people with CKD and eGFR \geq 30mL/min/1.73m^{2.8*}

Parameter	Target
Protein	0.75-1.0 g/kg/day (no restriction necessary)
Salt	No greater than 100 mmol/day (or 2.3 g sodium or 6 g salt per day) Avoid adding salt during cooking or at the table Avoid salt substitutes that contain high amounts of potassium salts
Phosphate	No restriction necessary
Potassium	If persistent hyperkalaemia is present, consult Accredited Practising Dietitian regarding restricting intake and avoiding foodstuffs high in potassium
Fluid	Drink water to satisfy thirst Increased fluid intake is not necessary
Carbonated beverages	Avoidance is preferable Minimise intake to less than 250 mL per day

* People with eGFR < 30 mL/min/1.73m² should have nutrition targets set by an Accredited Practising Dietitian

Consumer fact sheet 'Nutrition and kidney disease' available to download at www.kidney.org.au