

Patient: AG
 Gender: Female
 Age: 66 years
 Weight: 155lbs- 70 kg
 Height: 5'9- 69 inches- 175 cm
 BMI: 22
 Disease State: Chronic Kidney Disease Stage 1-2

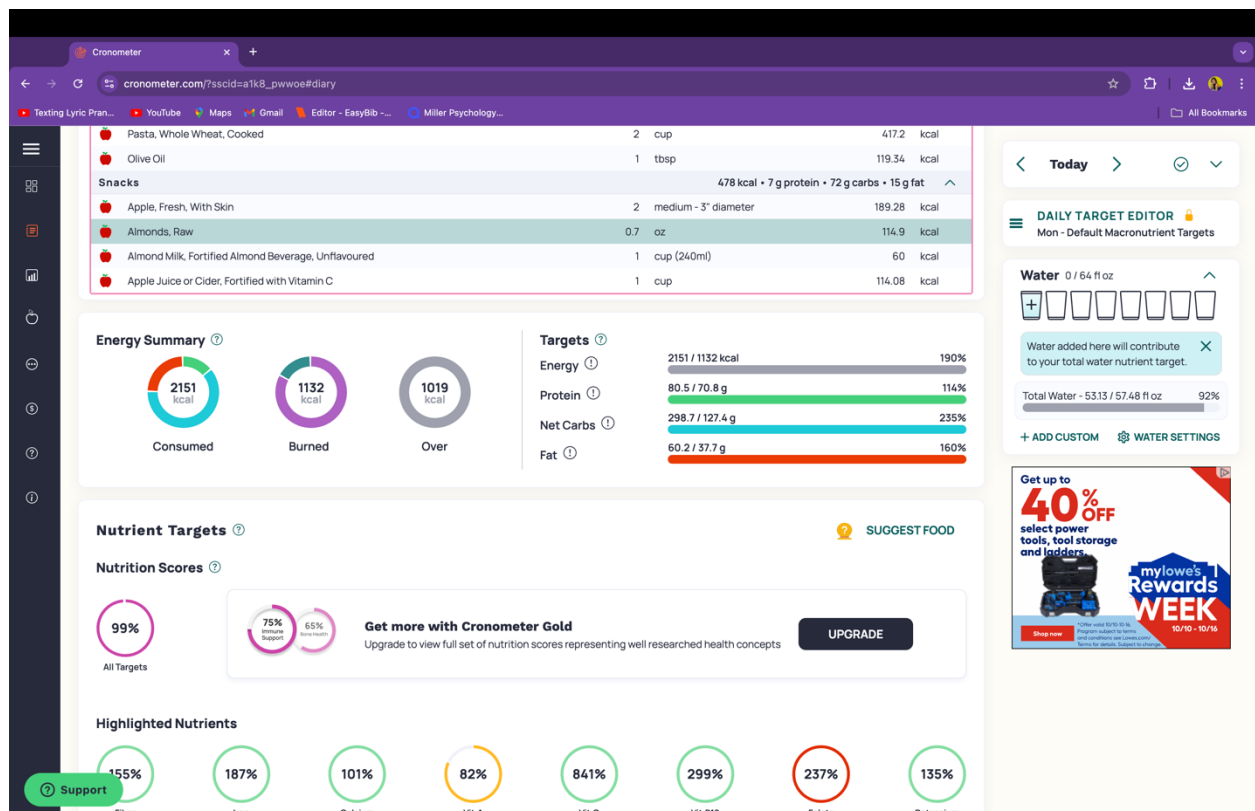
Estimated Calorie needs: 2,170 kcal/day (Harris-Benedict * 1.4 Chronic Renal Failure)
 Protein: - 15% 70-84 g/ day (1 – 1.2 gm/kg)
 Carbohydrates: 55 % 298g/day
 Fat: 25% 60 g/day

1 Day Meal Plan:

| | |
|--|---|
| Breakfast: | |
| Ezekiel 4:9 Sprouted Whole Grain Cereal, Almond | ½ cup |
| Toast, Whole Wheat, Plain | 1 slice |
| NotCo, NotMilk, Fortified Plant-Based Beverage, Chocolate | 1 cup |
| Totals for Breakfast: 502 Kcal, 19g protein, 60g carbs, 0g fat. | |
| Snack | |
| Apple | 1 medium |
| Almonds, Raw | 0.7 oz |
| Almond Milk, fortified | 1 cup |
| Lunch | |
| Broccoli, Raw | 1 cup, chopped |
| Spinach, Raw | 2 cups chopped |
| Jasmine Rice, cooked | 2 cup |
| Salmon, Atlantic, Wild Cooked | 3 oz |
| Totals for lunch: 610 Kcal, 34g protein, 92g carbs, 8g fat | |
| Snack | |
| Apple Juice | 1 cup |
| Apple | 1 medium |
| Totals for snack: 209 Kcal, 1g protein, 46g carbs, 1g fat | |
| Dinner | |
| Tofu, Silken, Cooked | |
| Pasta, Whole Wheat, Cooked | 2 cup |
| Olive Oil | 1 tbsp |
| Totals for dinner: 560 Kcal, 19g protein, 74g carbs, 19g fat | |
| Total Macronutrients: | Energy: 2151 Kcal Protein: 80 grams Carbohydrates: 298 grams Fat: 60 grams |

For a patient with chronic kidney disease (CKD) stage 1-2, a well-balanced diet is essential to slow disease progression, maintain kidney function, and prevent future risks. The meal plan that has been outlined focuses on managing protein, carbohydrates, and fat intake for the early stage of CKD. While CKD patients need protein for tissue repair and overall health, excess protein can produce waste products that interfere with the kidneys. Protein must be monitored and altered as renal function declines. According to the Nutrition Care Manual, a Mediterranean Diet can improve lipid profiles which is important as chronic kidney disease as an independent risk factor for coronary artery disease and coronary artery disease is a leading cause of mortality in individuals with renal disease. Additionally, the Nutrition Care Manual highlights findings from the Evidence Analysis Library that “in adults with CKD 1-4, increased fruit and vegetable intake may decrease body weight, blood pressure and net acid production.”

Patients with CKD benefit from water-soluble vitamins like B12 and C that support immune function and energy metabolism. Vitamin D and calcium are also essential for bone health, but must be closely monitored along with phosphorus levels in progressive stages of renal insufficiency.



Cronometer

cronometer.com/?sscid=a1k8_pwwoe#diary

Account

FOOD EXERCISE BIOMETRIC NOTE FAST

Today

Uncategorized

Breakfast 502 kcal • 19 g protein • 60 g carbs • 18 g fat

| | | |
|---|---------------|------------|
| Almond Butter, Unsalted | 1 tbsp | 95.94 kcal |
| Ezekiel 4-9 Sprouted Whole Grain Cereal, Almond | 1 × 1/2 cup | 200 kcal |
| Toast, Whole Wheat, Plain | 1 slice | 76.5 kcal |
| NotCo, NotMilk, Fortified Plant-Based Beverage, Chocolate | 1 cup (250ml) | 130 kcal |

Lunch 610 kcal • 34 g protein • 92 g carbs • 8 g fat

| | | |
|--|-------------------|-------------|
| Salmon, Atlantic, Wild, Cooked | 3 oz | 154.79 kcal |
| Broccoli, Raw | 1 cup, chopped | 30.94 kcal |
| Spinach, Raw | 2 cup, cut pieces | 13.8 kcal |
| Jasmine Rice, Cooked in Unsalted Water | 2 cup | 410.81 kcal |

Dinner 560 kcal • 19 g protein • 74 g carbs • 19 g fat

| | | |
|----------------------------|--------|-------------|
| Tofu, Silken, Cooked | 1 oz | 23.38 kcal |
| Pasta, Whole Wheat, Cooked | 2 cup | 417.2 kcal |
| Olive Oil | 1 tbsp | 119.34 kcal |

Snacks 478 kcal • 7 g protein • 72 g carbs • 15 g fat

| | | |
|---|------------------------|-------------|
| Apple, Fresh, With Skin | 2 medium - 3" diameter | 189.28 kcal |
| Almonds, Raw | 0.7 oz | 114.9 kcal |
| Almond Milk, Fortified Almond Beverage, Unflavoured | 1 cup (240ml) | 60 kcal |
| Apple Juice or Cider, Fortified with Vitamin C | 1 cup | 114.08 kcal |

DAILY TARGET EDITOR
Mon - Default Macronutrient Targets

Water 0 / 64 fl oz

Water added here will contribute to your total water nutrient target.

Total Water - 53.13 / 57.48 fl oz 92%

+ ADD CUSTOM WATER SETTINGS

Members like you get up to 40% OFF storewide on HUNDREDS of items!

mylowe's Rewards WEEK 10/10 - 10/16

Energy Summary

Targets

Energy 2151 / 1132 kcal 190%

Cronometer

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Account

Today

155% Fiber 187% Iron 101% Calcium 82% Vit. A 841% Vit. C 299% Vit. B12 237% Folate 135% Potassium

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Get up to 40% OFF select power tools, tool storage and ladders.

mylowe's Rewards WEEK 10/10 - 10/16

General

| | | |
|----------|-------------|------|
| Energy | 2151.0 kcal | 190% |
| Alcohol | 0.0 g | N/T |
| Caffeine | 0.0 mg | N/T |
| Water | 15711 g | 92% |

Carbohydrates

| | | |
|--------------|---------|------|
| Carbs | 341.6 g | 224% |
| Fiber | 38.9 g | 156% |
| Starch | 154.4 g | N/T |
| Sugars | 90.1 g | N/T |
| Added Sugars | 4.0 g | N/T |
| Net Carbs | 298.7 g | 235% |

Lipids

| | | |
|-----------------|---------|------|
| Fat | 60.2 g | 158% |
| Monounsaturated | 25.0 g | N/T |
| Polyunsaturated | 11.8 g | N/T |
| Omega-3 | 2.8 g | 311% |
| Omega-6 | 8.9 g | 89% |
| Saturated | 6.4 g | n/a |
| Trans-Fats | 0.3 g | n/a |
| Cholesterol | 60.4 mg | N/T |

Vitamins

| | | |
|-----------------------|----------|------|
| B1 (Thiamine) | 1.8 mg | 303% |
| B2 (Riboflavin) | 1.7 mg | 281% |
| B3 (Niacin) | 29.3 mg | 366% |
| B5 (Pantothenic Acid) | 5.3 mg | 175% |
| B6 (Pyridoxine) | 21 mg | 356% |
| B12 (Cobalamin) | 3.6 µg | 299% |
| Folate | 474.7 µg | 237% |
| Vitamin A | 331.4 µg | 83% |
| Vitamin C | 210.3 mg | 841% |
| Vitamin D | 576.0 IU | 96% |
| Vitamin E | 18.5 mg | 264% |
| Vitamin K | 404.0 µg | 735% |

Minerals

| | | |
|------------|-----------|------|
| Calcium | 1012.9 mg | 101% |
| Copper | 2.3 mg | 515% |
| Iron | 18.8 mg | 188% |
| Magnesium | 529.8 mg | 408% |
| Manganese | 7.8 mg | 520% |
| Phosphorus | 1340.6 mg | 268% |
| Potassium | 3116.0 mg | 135% |
| Selenium | 186.1 µg | 620% |
| Sodium | 809.4 mg | 81% |

Support

Cronometer

cronometer.com/?sscid=a1k8_pwwoe#diary

Texting Lyric Pran... YouTube Maps Gmail Editor - EasyBib... Miller Psychology...

All Bookmarks

Starch 154.4 g N/T

Sugars 901 g N/T

Added Sugars 4.0 g N/T

Net Carbs 298.7 g 235%

Lipids

Fat 60.2 g 158%

Monounsaturated 25.0 g N/T

Polyunsaturated 11.8 g N/T

Omega-3 2.8 g 311%

Omega-6 8.9 g 89%

Saturated 6.4 g n/a

Trans-Fats 0.3 g n/a

Cholesterol 60.4 mg N/T

Protein

Protein 80.5 g 113%

Cystine 1.0 g 332%

Histidine 1.6 g 388%

Isoleucine 2.7 g 460%

Leucine 4.8 g 369%

Lysine 3.4 g 278%

Methionine 1.3 g 448%

Phenylalanine 3.0 g 551%

Threonine 2.2 g 355%

Tryptophan 0.7 g 467%

Tyrosine 1.9 g 354%

Valine 3.1 g 427%

Vitamin C 210.3 mg 841%

Vitamin D 576.0 IU 96%

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Minerals

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N/T = No Target

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References:

National Kidney Foundation. (n.d.). **Chronic kidney disease (CKD)**. <https://www.kidney.org/kidney-topics/chronic-kidney-disease-ckd>

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National Kidney Foundation. (n.d.). **Nutrition and kidney disease: Stages 1-5 (not on dialysis)**. <https://www.kidney.org/kidney-topics/nutrition-and-kidney-disease-stages-1-5-not-dialysis>

DaVita. (n.d.). **What to eat when you have stage 1 or 2 kidney disease**. <https://www.davita.com/diet-nutrition/articles/advice/what-to-eat-when-you-have-stage-1-or-2-kidney-disease>

Kidney Fund. (n.d.). *Kidney disease stages 1 and 2*. Retrieved October 2, 2024, from <https://kitchen.kidneyfund.org/eating-healthy-with-kidney-disease/kidney-disease-stages-1-and-2/#:~:text=Choose%20lean%20protein,olive%20oil%2C%20nuts%20and%20seeds>

Cai Q, Mukku VK, Ahmad M. Coronary artery disease in patients with chronic kidney disease: a clinical update. *Curr Cardiol Rev*. 2013 Nov;9(4):331-9. doi: 10.2174/1573403x10666140214122234. PMID: 24527682; PMCID: PMC3941098.