

## Summary of Nutrient Recommendations for Chronic Kidney Disease

Nutrient	Modification
Energy	<ul style="list-style-type: none"><li>• 35 kcal/kg for individuals &lt; 60 years old</li><li>• 30 kcal/kg for individuals 60 or older</li></ul>
Protein	<ul style="list-style-type: none"><li>• 0.8 grams of protein per kg/day when GFR 25-55 ml/min</li><li>• 0.6 grams of protein per kg/day when GFR &lt; 25 ml/min and not yet on dialysis</li><li>• 50% from high biological value sources</li></ul>
Carbohydrate	<ul style="list-style-type: none"><li>• Remaining non-protein calories</li><li>• Primarily complex</li></ul>
Fat	<ul style="list-style-type: none"><li>• 30-40% of total energy intake</li><li>• Primarily unsaturated sources</li></ul>
Sodium	<ul style="list-style-type: none"><li>• 1000-2000 mg per day</li></ul>
Potassium	<ul style="list-style-type: none"><li>• 1500-2000 mg per day</li></ul>
Phosphorous	<ul style="list-style-type: none"><li>• 800-1000 mg per day</li></ul>

Kg = kilograms (2.2 Kg = 1 lb)

Mg = milligrams

Kcal = kilocalorie (1 Kcal = 1000 calories)