**SC CATERING – Renal Diet Info**

**Section A: Learning about the Renal Diet**

**Focus:** Protecting kidney function (especially for people with kidney disease).

Typical Foods: Low sodium, low potassium, low phosphorus.

*This diet really hits home for me, as one of my very own family members is struggling with kidney disease and I had been meal prepping this diet for them for quite some time. My hope is to give you, and your kidneys a peace of mind through the meals you consume. Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* Fluid in-take may be restricted.
* Foods like bananas, potatoes, dairy and processed meats are often limited.
* Meals needs careful balancing depending on client’s stage of kidney function.
* Client is asked to consult with their doctor and dietitian for recommendations
* <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>

**Section C: Health Benefits**

1. Protects kidney function.
2. Balances Key Nutrients
3. Manages Blood Pressure
4. Reduces Swelling
5. Decreases Heart Complications
6. Helps Maintain a Healthy Weight
7. Improves Quality of Life