FOR PATIENTS

STADA

STADAPHARM



Shop smart. Eat healthily. Enjoy mindfully.

A practical guide to a kidney-friendly diet.

Caring for People's Health **www.stadapharm.de**

Introduction

Dear Reader,

This booklet contains information intended to help you in your daily life. It also contains practical tips for a kidney-friendly diet. This type of diet is particularly important if you have chronic kidney disease or if you are already on dialysis.
The first step is not in the kitchen. It all starts with shopping. After all, good choices are made at the time you select your food. As a general rule: aim for a varied diet with plenty of plant-based foods.

In the early stages of the disease, the focus is on maintaining a generally healthy diet. Once your disease reaches stage 3 and beyond, you will need to be more selective. At that point, it is important to use less salt and adjust your protein intake according to your kidney function.

Other factors come into play as well, such as potassium and phosphate, which you will need to keep an eye on in your diet. Eating the right foods can take the strain off your kidneys. Every mindful choice counts. Follow the steps to create a diet that is gentler on your kidneys.

We hope you enjoy reading, shopping and savouring your meals.

All the best from your STADAPHARM team

Nutrients at a glance: Protein, salt and more

Here are some basic principles to bear in mind when it comes to your diet:

	For chronic kidney disease	For dialysis patients
Protein	0.8 g per kilogram of body weight per day. If needed, increase your protein intake.	Between 1 and 1.2 g per kilogram of body weight per day, as required. In case of acute illness or advanced age: 1.2 g per kilogram of body weight.
Calories	Between 25 and 35 kcal per kilogram of body weight per day. Keep an eye on your weight.	Between 25 and 35 kcal per kilogram of body weight per day. Avoid nutritional deficits.
Sodium (table salt)	2,500 mg per day, equivalent to 6 g of table salt	Between 1,800 and 2,500 mg per day, equivalent to between 5 and 6 g of table salt
Fluids	If you are not retaining fluid (oedema), you can drink according to your level of thirst – up to 2 litres.	Fluid intake = urine output over 24 hours At least 500–800 ml.
Potassium	To be determined individually. Take bioavailability into account.	To be determined individually. Take bioavailability into account.
Phosphate	To be determined individually. Take bioavailability into account.	To be determined individually. Take bioavailability into account.

Individual needs can vary greatly. This depends on several factors: your current test results, your health, your age and your sex. Your activity levels and target weight also play a role. Talk to your doctor about what you should focus on.

Our top 3 tips for shopping:

- **Try something different next time you are at the supermarket:** Start by looking for foods that you would like to incorporate into your daily routine.

- **Take your time when shopping:** When under pressure, people usually fall back on what they know. New things need extra time and attention.

- **Read the labels:** Compare the nutritional information and check the list of ingredients. Pay particular attention to additives containing potassium and phosphate. This is important if your potassium and phosphate levels are high.

Cooking with more fun and less stress:

Choose fresh, minimally processed foods as often as you can. This helps limit your intake of unwanted additives.

Think about how and when you can fit small changes into your daily routine.

Find someone to team up with. It is easier to stick with it when you're in it together. Why not try out a new recipe together?

Try something new, but take it one step at a time. Too many changes at once take up time and energy and can easily lead to frustration.

It is often easier to cook a completely new dish than to keep tweaking a favourite meal until the nutritional values are right but but the flavour no longer convinces

Eat healthily. Enjoy mindfully.

What exactly is a kidney-friendly diet?
A kidney-friendly diet isn't just about individual nutrients. The key is to have a varied, mostly plant-based diet that meets your personal recommendations. For example, a Mediterranean diet naturally reduces your intake of protein and salt, and provides valuable fibre instead of artificial additives.



Codename NaCl
This is the chemical equation for sodium chloride, better known as table salt. And when it comes to salt there is one important rule: less is more! The main sources of salt in our typical diet are bread, cheese, processed meats and condiments. Ready meals, tinned vegetables and snacks also often contain a surprising amount of salt. To reduce the salt content in food, salt substitutes such as potassium chloride (E508) or potassium sulphate (E515) are sometimes used. If your potassium levels are high, pay attention to this.



Fibre – your silent ally
Fibre is essential: it supports healthy gut bacteria and strengthens the gut barrier, acting as a protective shield against harmful substances. Fibre also reduces the absorption of potassium and phosphate from plant-based sources such as wholegrain products, nuts, vegetables and fruit. Faster bowel transit helps dialysis patients in particular to effectively eliminate excess potassium naturally.

Potassium and phosphate – the source matters





When it comes to phosphate and potassium, it is not just how much you ingest, but where it comes from. Both minerals are found in minimally processed plant-based foods such as vegetables, fruit and pulses. However, the body absorbs them less effectively from these sources than from highly processed foods. This is known as lower bioavailability.

Bioavailability – a brief explanation

Bioavailability describes how effectively your body can actually absorb and utilise a nutrient. The key factors here are the source of the food, the degree of processing, and any additives.

About half of the potassium in plant-based foods is absorbed. The amount of phosphate absorbed from vegetables, fruit and grains is between 20 and 50 per cent. Absorption from animal-based foods is significantly higher: the body absorbs around 40 to 70 per cent of the phosphate and 70 to 90 per cent of the potassium in meat and dairy products.

Additives containing potassium and phosphate are absorbed almost entirely. This means that you should avoid foods containing such additives wherever possible.

How do I know if any bad additives have been used?

The list of ingredients on the label provides information about the additives used. These are either labelled with an E number and the class name (for example, E338 acidity regulator) or with the class name and the chemical name (for example, acidity regulator: orthophosphoric acid).

Here is a list of commonly used additives:

Additives containing phosphate

E number	Chemical name
E322	Lecithin
E338	Orthophosphoric acid
E340	Potassium phosphate
E341	Calcium phosphate
E343	Magnesium phosphate
E442	Ammonium phosphate
E450–E452	Di-, tri- and polyphosphates
E541	Sodium aluminium phosphate
E1410	Monostarch phosphate
E1412	Distarch phosphate
E1413	Phosphated distarch phosphate
E1414	Acetylated distarch phosphate
E1442	Hydroxypropyl distarch phosphate

The four-digit additives are chemically modified starches. They form a separate functional class (modified starch) and do not need to be labelled with an E number. It is therefore difficult for consumers to tell whether a product contains starch with phosphate, or one of the six other modified starches without added phosphate.

Additives containing potassium

E number	Chemical name
E202	Potassium sorbate
E252	Potassium nitrate
E326	Potassium lactate
E332	Potassium citrate
E336	Potassium tartrate
E340	Potassium phosphate
E450–E452	Di-, tri- and polyphosphates (may also contain potassium)
E501	Potassium carbonate
E508	Potassium chloride
E515	Potassium sulphate
E525	Potassium hydroxide





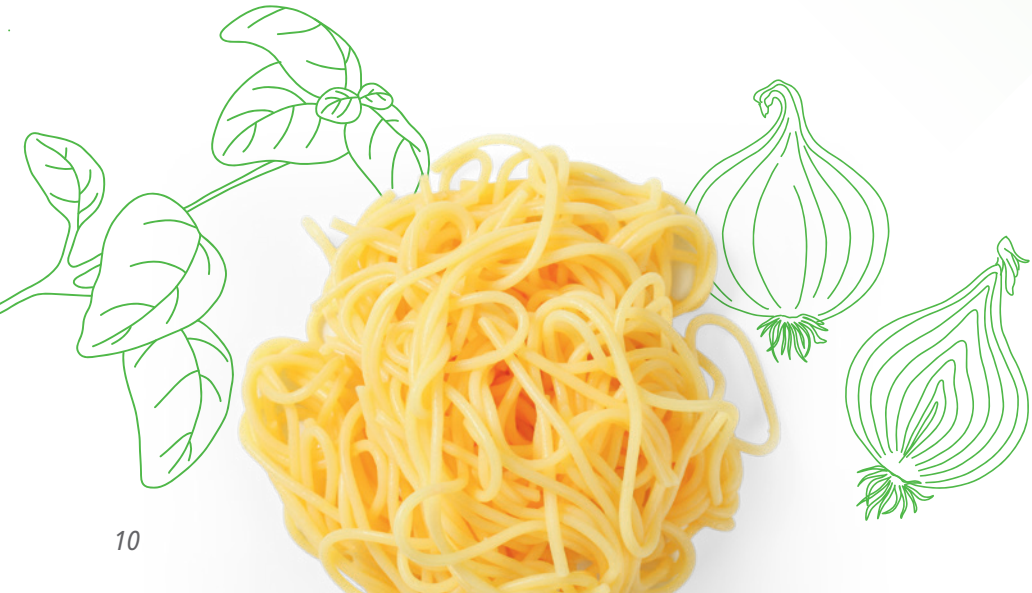
What exactly is in Bolognese sauce?

HERE IS THE COMPARISON:

Supermarket Bolognese vs. homemade

HOMEMADE BOLOGNESE (1 PORTION)

Ingredients: 200 g pasta, cooked (water, durum wheat semolina), 100 g tomato passata (tomatoes, salt), 125 g mixed minced meat, 4 g tomato purée, 15 g carrot, 15 g celery, 20 g onions, 4 g sugar, 5 g rapeseed oil, bay leaf, table salt (iodised), oregano, basil





SUPERMARKET BOLOGNESE (1 PORTION)

Ingredients: 180 g cooked spaghetti (water, durum wheat semolina, dried egg white powder, rapeseed oil, table salt, thickener [guar gum], emulsifier [sunflower lecithins], antioxidants [ascorbic acid, sodium ascorbate]), 45 g chopped tomatoes (tomatoes, tomato juice, acidity regulator [citric acid]), 38 g seasoned minced pork product (pork [9%], water, table salt, stabiliser [diphosphates]), tomato purée, water, 11 g red pepper, 8 g mushrooms, onions, sugar, rapeseed oil, modified starch, spices (contains mustard, celery), table salt, thickening agents (cellulose gum, guar gum), herbs, acidity regulator (citric acid), antioxidant (ascorbic acid)

TIP

Try to prepare your own meals whenever possible, so that you have full control over all the ingredients and additives. It is often quicker than you think and quite simply tastes better. Batch cooking also makes life easier on days when you don't have the time or inclination to cook, and you won't miss out on healthy food.

The nutritional table – more than just a table

The term “nutritional table” sounds a bit dry at first. However, for people with kidney disease, it is a valuable tool. It contains important information about protein, calories, phosphate, potassium and salt, along with typical portion sizes and fibre content. It does not include every food you might want to eat. The table shows a representative selection and is intended as a guide. Bioavailability cannot be displayed in the table. However, please keep this in mind, especially when it comes to foods containing additives.

And another important point: no single food defines your whole day. What matters is the total amount of food you eat throughout the day. It is the combination of everything you eat that makes a day higher or lower in salt, protein or phosphate – and hopefully tasty too.

Talk to your doctor and your nutrition team about which recommendations are right for you and how you can put them into practice in your daily life.



Foods	Portion size (g)	Calories (kcal)	Protein (g)	Salt (g)	Potassium (mg)	Phosphate (mg)	Fibre (g)
Vegetables, herbs							
Aubergine, cooked	150	32	2	0	264	35	2.3
Avocado	100	234	1	0	**503**	38	**6.3**
Cauliflower	150	42	4	0	423	75	**4.5**
Cauliflower, cooked	150	42	4	0	327	62	3.6
Green beans, cooked	150	54	4	0	185	53	3
Green beans, tinned	150	32	3	**0.9**	183	51	3.5
Fennel	150	35	2	0	**593**	77	3
Fennel, cooked	150	36	2	0	**515**	81	3.2
Cucumber	100	14	1	0	165	15	0.9
Lettuce	50	7	1	0	153	12	0.7
Green pepper	150	35	2	0	261	31	**5.4**
Red pepper	150	65	2	0	390	45	**5.4**
Radishes	30	5	1	0	72	5	0.5
Beetroot	100	47	2	0	407	44	2.5
Beetroot, tinned	100	44	2	**0.7**	286	50	2.4
Red cabbage, raw	150	41	2	0	362	44	3.8
Red cabbage, cooked	150	39	2	0	285	42	3.6
Asparagus, cooked	150	27	3	0	264	56	2
Asparagus, tinned	150	27	3	**0.9**	182	42	1.6
Tomato (1)	80	16	1	0	188	18	1
Tomatoes, tinned	150	39	2	0.1	297	30	1.4
Onion (1)	40	12	1	0	65	13	0.6
Courgette	150	35	3	0	266	45	1.7
Courgette, cooked	150	36	3	0	249	45	1.8

This key shows which substances are present in higher amounts in the various foods:

K Potassium Fibre Salt P Phosphate * In trace amounts

Foods	Portion size (g)	Calories (kcal)	Protein (g)	Salt (g)	Potassium (mg)	Phosphate (mg)	Fibre (g)
Vegetables, herbs							
Basil	5	2	0	*	15	2	0.2
Carrots	150	116	7	*	114	103	1.7
Parsley	5	3	0	*	41	4	0.2
Chives	5	8	0	*	22	4	0.3
Pulses, mushrooms							
Oyster mushrooms	150	53	5	*	381	101	**8.8**
Bamboo shoots, tinned	50	10	1	**0.4**	110	22	1
White beans, tinned	150	176	14	**1**	**626**	273	**5**
Button mushrooms	150	36	6	*	**585**	194	3
Green peas, tinned	150	98	8	**0.9**	341	138	**9.9**
Green peas, frozen, cooked	150	147	11	0.2	310	177	**8.4**
Chickpeas, tinned	150	201	11	**0.9**	360	118	**6.6**
Kidney beans, tinned	150	186	14	**1**	**726**	263	**14**
Fruit							
Apple	150	98	1	*	180	16	3
Apple sauce	150	125	0	*	171	11	2.1
Pineapple	150	90	1	*	270	14	2.1
Banana	125	116	1	*	459	28	2.4
Pear	150	77	1	*	171	17	**4.2**
Strawberries	100	36	1	*	164	25	1.6
Blueberries	100	46	1	*	78	13	**4.9**
Raspberries	100	43	1	*	200	44	**4.7**
Cherries, sweet	150	96	1	*	353	36	3
Mango	125	78	1	*	213	16	2.1
Mandarin	40	22	0	*	66	8	0.9
Orange	150	71	2	*	266	35	2.4
Peach	150	66	1	*	288	30	2.6
Watermelon	150	58	1	*	164	14	0.3
Grapes	150	108	1	*	297	29	2.4
Lemon juice	10	4	*	*	15	2	*
Nuts, seeds							
Cashew nuts	25	150	5	*	172	125	0.8
Hazelnuts	25	176	4	*	186	72	1.9
Pumpkin seeds	20	116	7	*	114	103	1.7
Almonds	25	153	6	*	179	87	3
Sesame seeds	10 (1 tbsp)	59	2	*	46	61	1.1
Walnuts	25	181	4	*	111	80	1.2

Foods	Portion size (g)	Calories (kcal)	Protein (g)	Salt (g)	Potassium (mg)	Phosphate (mg)	Fibre (g)
Potatoes, rice, pasta							
Potato, peeled, cooked	200	146	4	*	**680**	62	2.4
Crisps	25	141	1	0.3	250	37	1.1
Pasta, cooked	200	286	10	*	96	126	**4**
Pasta, wholemeal, cooked	200	274	10	*	280	300	**8**
Jacket potatoes, cooked	200	150	3	*	**820**	100	**4**
Chips, ready-to-eat, salted	200	590	8	**0.8**	**1,600**	210	**4**
Rice, parboiled, cooked	200	244	5	*	88	76	1
Sweet potato, cooked	200	250	3	*	**720**	76	**6**
Milk, dairy products							
Yoghurt, 3.5% fat	150	104	6	0.1	236	138	0
Soya yoghurt alternative	150	44	5	*	255	78	1.7
Cow's milk, 1.5% fat	100	48	3	0.1	155	91	0
Cow's milk, 3.5% fat	100	65	3	0.1	140	92	0
Low-fat quark	30 (1 tbsp)	73	14	*	95	160	0
Quark, 20% fat in dry matter	30 (1 tbsp)	109	13	*	87	165	0
Cream, 30% fat	30	303	2	*	112	63	0
Soya drink	100	29	4	0.1	70–250	40–130	0.6
Cheese							
Camembert, 45% fat in dry matter	30	85	6	**0.5**	33	105	0
Cheddar, 50% fat in dry matter	30	118	8	**0.5**	31	140	0
Edam cheese	30	106	8	**0.4**	20	120	0
Emmental, 45% fat in dry matter	30	113	8	0.3	47	252	0
Feta	50	142	8	**1.2**	29	114	0
Cream cheese	20	68	2	0.2	19	27	0
Gouda, 45% fat in dry matter	30	109	7	**0.8**	39	195	0
Halloumi	100	366	28	**0.9**	164	**878**	0
Mozzarella	60	158	7	0.3	24	169	0
Parmesan	10 (1 tbsp)	40	3	0.1	18	82	0
Sheep's cheese	100	284	16	**2.4**	57	223	0
Skyr	100	63	10	0.1	95	173	1
Goat's cheese, 45% fat in dry matter	30	103	8	**0.4**	21	207	0

This key shows which substances are present in higher amounts in the various foods:

K Potassium Fibre Salt P Phosphate * In trace amounts

Foods	Portion size (g)	Calories (kcal)	Protein (g)	Salt (g)	Potassium (mg)	Phosphate (mg)	Fibre (g)
Bread, pastries, pizza							
Croissant	60	308	5	**0.5**	87	64	1.3
Crispbread, rye	12	63	1	0.3	22	16	1.8
Pretzels	80	279	8	**2.3**	127	**334**	2.8
Pizza (on average)	350	798	35	**4.2**	**1,145**	**707**	**5.3**
Mixed rye bread	50	138	4	**0.8**	104	64	3
Wholemeal bread, rye	50	107	4	**0.7**	145	101	**4**
Wheat rolls	50	146	5	**0.9**	82	70	1.8
Plum cake, yeast dough	120	178	5	*	263	68	2.6
Meat, sausage, fish, eggs							
Chicken with skin	125	196	25	0.2	309	223	0
Turkey breast	125	134	30	0.1	416	250	0
Pork chop, raw	125	166	27	0.2	394	188	0
Pork chop, pan-fried	125	104	33	0.2	411	211	0
Minced beef	125	259	25	0.2	454	245	0
Meatloaf	125	365	15	**1.9**	374	174	0
Bologna-style sausage	25	75	3	**0.6**	45	36	0
Liver sausage, smooth	25	83	4	**0.4**	61	53	0
Ham, cooked	40	51	9	**1**	108	54	0
Ham, raw	20	60	5	**1.1**	86	44	0
Salami	20	75	4	**0.6**	71	34	0
Trout, smoked	125	115	20	0.3	327	216	0
Salmon, smoked	30	57	6	0.1	99	66	0
Pickled herring fillet	100	237	15	**5.6**	375	197	0
Salmon	125	225	25	0.1	495	290	0
Pollock	125	125	24	0.2	483	265	0
Plaice	125	108	21	0.3	389	248	0
Prawns, frozen	50	46	9	**0.4**	118	112	0
Egg (size M)	60	82	7	0.2	88	126	0
Sauces, fats							
Barbecue sauce	15	44	0	**0.5**	25	8	0.3
Butter	10	74	0	0	2	2	0
Olive oil, vegetable oil (on average)	10	88	0	0	0	0	0
Tomato ketchup	15	17	3	**0.4**	53	14	*
Soy sauce	5	6	1	**0.7**	24	7	0

Foods	Portion size (g)	Calories (kcal)	Protein (g)	Salt (g)	Potassium (mg)	Phosphate (mg)	Fibre (g)
Drinks							
Lager	200	78	1	*	76	56	0
Coffee	150	3	0	0	99	3	0
Orange juice	200	88	1	*	**340**	30	0.4
Red wine	125	85	0	*	111	13	0
White wine	125	31	0	*	103	19	0
Tea	150	0	0	0	26	1	0
Spreads							
Peanut butter	20 g	127	4	0.2	140	60	1.1
Honey	20 g	60	*	*	9	1	0
Jam, preserve, marmalade	20 g	57	*	*	9	1	0.1
Chocolate-hazelnut spread	20 g	107	1	*	60	17	0.7

Potassium Fibre Salt Phosphate * In trace amounts

These symbols indicate whether a portion of a food contains higher levels of certain substances. When it comes to fibre, this is actually desirable. High salt content can be reduced by choosing foods carefully, opting for smaller portions, or cooking from scratch.
If your potassium and/or phosphate levels are high, you should reduce your intake of these foods and avoid foods containing the relevant additives. This is particularly true for dialysis patients with a long interval between sessions.

You can find further useful tips and delicious recipes in the STADAPHARM Nutritional Guide for Kidney Disease and in the STADAPHARM Nutritional Guide for Dialysis, or by visiting the following website: www.dialyse-und-ich.de.

www.stada.de/service-gesundheit/broschuerenratgeber.html

www.dialyse-und-ich.de



Plan well, shop smarter.

How to make the right choices in the aisle.

Meat, poultry and fish
Two portions of meat per week are enough. With fish once or twice a week. Any more than that is a matter of taste; any less is no great loss.

Vegetables
Two to three portions a day are ideal. Freshly prepared is best. Whether raw, steamed or pan-fried – the fresher, the better.

Fruit
Berries, apples, or both? Two portions of fruit fit perfectly into your day. And best of all: there's a huge range to choose from.

Cheese
Cheese is high in fat, protein, phosphate and salt. Avoid those with phosphate additives – make sure to check the label. Thin or small slices help keep your intake down, if needed.

Milk, yoghurt and quark
As protein levels vary widely across these products, it's worth comparing carefully. This will help you find the product that best suits your needs.

Sausage and ham
It's all about the quantity: watch out for salt and additives, or go straight for alternatives such as tomatoes, radishes, avocados or cucumbers.



Ready meals and sauces
If you walk past this aisle without stopping, you have already taken the first step. You can prepare it yourself – and it's healthier!

Bread and baked goods
Wholemeal products are usually the better choice. Many baked goods contain phosphates. If you bake at home, use cream of tartar baking powder.

Confectionery and snacks
Temptation lies in wait just before the checkout. Instead of grabbing something straight away, ask yourself: is there a better alternative?

Pasta, rice and cereals
The same applies here: wholemeal is better. And here's another tip: if you're serving pasta with a sauce, there's no need to add extra salt to the cooking water.

Have a nice day!

Nuts and pulses
Plant-based protein and fibre all in one. These are good for your gut, but it might need some time to adjust. Start slowly!

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