

Dietary Approaches to Stop Hypertension (DASH) Diet Modified for Adults with CKD*

	Stages 1-4	
Sodium (g/d)†	<2.4	
Total fat (% of calories)	<30	
Saturated fat (% of calories)	<10	
Cholesterol (mg/d)	<200	
Carbohydrates (% of calories)	50-60	
	Stages 1-2	Stages 3-4
Protein (g/kg/d, % of calories)	1.4 (~18%)	0.6 – 0.8 (~10%)
Phosphorus (g/d)	1.7	0.8 – 1.0
Potassium (g/d)	>4	2-4

* The DASH diet is recommended for most adults with CKD. The 2012 KDOQI update may modify some of these recommendations. In particular, some experts recommend further restriction of dietary sodium, to 1.5 g/d. Nutrients should be adjusted so total calories from protein, fat and carbohydrate is 100%. Referral to registered dietitian should be considered, especially for patients with comorbid conditions.

† Sodium restriction is not recommended for patients with “salt-wasting.”

Adapted from KDOQI Guideline 6. Available at http://www.kidney.org/professionals/kdoqi/guidelines_bp/guide_6.htm