



# Kidney-friendly eating for people with lupus nephritis

## What is lupus and lupus nephritis?

- Lupus is an autoimmune disease that can affect many parts of the body including the joints, skin, brain, heart, lungs and kidneys. When lupus affects the kidneys, it's called lupus nephritis and can cause permanent kidney damage.
- Your kidneys are vital to life because they filter your blood and remove waste and extra fluid from your body. When your kidneys are damaged, they do not work as well as they should.
- Guidelines recommend seeing your doctor for routine testing at least every 3 months to help your doctor closely monitor your kidney health and make changes to your treatment plan as needed.

## What is kidney-friendly eating?

**Important:** Always talk with your healthcare team before making changes to your personal food and fluid plan.

- Since your kidneys are not working as well as they should, your doctor and dietitian may recommend that you follow a specific kidney-friendly food and fluid plan.
- Making changes to the way you eat and the amount of fluids you consume may help you prevent further damage to your kidneys and slow down progression.
- Your kidney-friendly eating plan may change over time depending on your stage of kidney disease and if you are receiving treatment for kidney failure, like dialysis or a kidney transplant. Here are the nutrients you should be aware of:

### How to get started:

**Ask your doctor to refer you to a dietitian**

A dietitian is someone with special training in nutrition who knows which foods are right for people with health conditions, such as kidney disease. They are an important member of your healthcare team and can help you create your own kidney-friendly eating plan.



**Protein** is a nutrient that gives you energy. Your body needs protein to grow, build muscles, heal and stay healthy.



**Sodium (salt)** plays many important roles in the way our bodies function. Too much can make you thirsty and make your body hold onto water, which can lead to swelling and raise your blood pressure.



**Fluids** are anything that turn to liquid at room temperature, not just water. Too much fluid in your body can cause high blood pressure, swelling and heart failure.



**Potassium** is a mineral in almost all foods that your body needs to make your muscles work. Having too much or too little potassium can cause muscle cramps, problems with the way your heart beats and muscle weakness.



**Phosphorous** is a mineral in almost all foods that works with calcium and vitamin D to keep your bones healthy. Too much phosphorus in your blood can lead to weak bones that break easily.

# Recipes

To help you get started with your kidney-friendly eating plan, try the recipes below!



## Appetizer

### Vegan Macaroni Salad

This recipe is:

Low phosphorus

Low protein

Low potassium

Medium sodium

## Main

### Tropical Chicken and Rice

This recipe is:

Medium phosphorus

High protein

Medium potassium

Medium sodium



## Dessert

### Chocolate Chip Sour Cream Coffee Cake

This recipe is:

Low phosphorus

Low protein

Low potassium

Medium sodium

For full recipes and other kidney friendly recipes visit [Kitchen.KidneyFund.org](https://kitchen.kidneyfund.org)

