

Dietary Recommendations for Adults with Chronic Renal Failure (updated 2010)

	PRE-DIALYSIS	HAEMODIALYSIS	PERITONEAL DIALYSIS
Protein (g/kg/d)	<i>CARI:</i> 0.75 – 1.0	-	-
	<i>EDTNA/ERCA:</i> 0.6 - 1.0	<i>EBPG:</i> At least 1.1	<i>EDTA/EBPG:</i> ≥ 1.2
	<i>K/DOQI:</i> 0.6 – 0.75	<i>K/DOQI:</i> 1.2	<i>K/DOQI:</i> 1.2 – 1.3
	<i>CNS:</i> 0.8 – 1.0	-	-
High biological value protein (%)	<i>CARI:</i> ≥50	-	-
	<i>EDTNA/ERCA:</i> >55	-	-
	<i>K/DOQI:</i> >50	<i>K/DOQI:</i> >50	<i>K/DOQI:</i> >50
Energy (cal/kg/d)	30 – 35	30 – 35	30 – 35
Fat (%TE)	25 – 35	25 – 35	25 – 35
Saturated fat (%TE)	<7	<7	<7
PUFA (%TE)	≤10	≤10	≤10
MUFA (%TE)	≤20	≤20	≤20
Cholesterol (mg/d)	<300	<300	<300
CHO (%TE)	50 - 60	50 - 60	50 - 60
Fiber (g/d)	20 – 30 (5 – 10 soluble)	20 – 30 (5 – 10 soluble)	20 – 30 (5 – 10 soluble)
Plant sterols / stanols (g/d)	Consider 2 g/d	Consider 2 g/d	Consider 2 g/d
Sodium (mg/d)	1000 - 4000	1000 - 4000	2000 - 4000
Water (ml/d)	Output + (500 – 750)	1000 - 2000	1000 - 3000
Potassium (mg/d)	2000 – 3000 / 40 mg/kg	2000 – 3000 / 40 mg/kg	2000 - 4000
Calcium (mg/d)	<2000 (<1500mg from binders)	<2000 (<1500mg from binders)	<2000 (<1500mg from binders)
Phosphorous (mg/d)	800 – 1000 / 10 - 15* mg/g prot	800 – 1000 / 10 - 15* mg/g prot	800 – 1000 / 10 - 15* mg/g prot
Iron	Individualise	Individualise	Individualise
Zinc	Individualise	Individualise	Individualise
Thiamine (mg/d)	1.1 - 1.5	1.1 - 1.5	1.1 - 1.5
Riboflavine (mg/d)	1.8	1.1 – 1.3	1.1 – 1.3
Pantothenic acid (mg/d)	5	5	5
Niacin (mg/d)	14 - 20	14 - 20	14 - 20
Pyridoxine (mg/d)	5	10	10
Vit B₁₂ (µg/d)	2-3	2-3	2-3
Folate (mg/d)	1.0	1.0	1.0
Vit C (mg/d)	60 - 100	60 - 100	60 - 100
Vit A (µg/d)	No supplementation	No supplementation	No supplementation
Vit D (µg/d)	Individualise	Individualise	Individualise
Vit E (mg/d)	0 – 15 (Individualise)	0 – 15 (Individualise)	0 – 15 (Individualise)
Vit K (µg/d)	Individualise	Individualise	Individualise

* Based on average phosphate content per gram of protein (South African renal exchange lists) for practical reasons; always aim for 800 – 1000 mg P/g protein per day.

References are available on request. Also refer to the KDIGO Link on the homepage for the latest global clinical practice guidelines.

