

Dietary Management for Adults with Diabetic Nephropathy

	Pre-Dialysis	Haemodialysis	Peritoneal dialysis
Protein g/kg/day	NKF KDOQI: 0.6-0.8	NKF KDOQI: 1.2	NKF KDOQI: 1.2-1.3
High biologic value protein %	NKF KDOQI: 50 (at least)	NKF KDOQI: 50 (at least)	NKF KDOQI: 50 (at least)
Energy (per day)	H-B ^a kcal or 30-35 kcal/kg	H-B ^a kcal or 30-35 kcal/kg	H-B ^a kcal or 30-35 kcal/kg
Carbohydrates (%TE)	50-60	50-60	50-60
Fat (%TE)	≤30	≤30	≤30
Saturated fatty acids (% TE)	≤10	≤10	≤10
Polyunsaturated fatty acids (%TE)	6-8	6-8	6-8
Monounsaturated fatty acids (%TE)	≤15	≤15	≤15
Cholesterol (mg/day)	<200	<200	<200
Fibre (g/day)	20-30	20-30	20-30
Fluid (ml/day)	Output + (500-750)	1000- 2000	1000 - 3000
Minerals	Pre-Dialysis	Haemodialysis	Peritoneal dialysis
Sodium (mg/day)	<2300	2000-4000	2000-4000
Potassium (mg/day)	2000-3000 (Restrict if raised)	2000-3000	2000-4000
Calcium (mg/day)	<2000-2500 (Including binder)	<2000-2500 (Including binder)	<2000-2500 (Including binder)
Phosphorous (mg/day)	800-1000	800-1000	800-1000
Iron (mg/day)	10-18 (Individualize supplementation)	10-18 (Individualize supplementation)	10-18 (Individualize supplementation)
Zinc (mg/day)	12-15 (male) 10-12 (female)	12-15 (male) 10-12 (female)	12-15 (male) 10-12 (female)
Selenium (µg/day)	55	55	55

NKF KDOQI: National Kidney Foundation Kidney Disease Outcome Quality Initiative

^aH-B: Harris Benedict Equation for determining Basal Energy Expenditure

TE: Total energy

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

