Diet Changes for Adults with Polycystic Kidney Disease

1. Drink water
   - Drink water throughout the day, at bedtime and when you wake up at night
   - Limit caffeinated drinks to 2 cups per day
   - Limit high sugar drinks such as pop and juice
   - Limit alcohol to 1-2 drinks per day

2. Eat Less Protein
   - Limit animal protein
   - Choose beans, peas, lentils, nuts, nut butters, seeds, tofu, edamame and soy milk more often
   - Limit dairy to 2 servings per day

3. Eat Less Sodium
   - Choose fresh foods
   - Read nutrition labels and choose foods that have less than 10% sodium per serving
   - Avoid canned and processed foods
   - Use less salt and high sodium sauces in cooking
   - Use no salt added seasoning blends, herbs and spices
   - Eat less take-out and restaurant food

4. Increase Fruits and Vegetables
   - Fill half your plate with vegetables at lunch and dinner
   - Have fruit daily for a snack or dessert

5. Choose Whole Grains
   - Eat whole grain breads and cereal
   - Have barley, oats, brown and wild rice

6. Avoid Phosphorus Additives
   - Look for PHOSPH in the ingredient list