

Diet Changes for Adults with Polycystic Kidney Disease



1. Drink water

- Aim for 2-3 litres of water per day to start
- 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, and brown and wild rice



6. Avoid Phosphorus Additives

- Look for PHOSPH in the ingredient list

This diet information sheet for adults with Polycystic Kidney Disease is intended for use by patients with higher kidney function who do not need to be mindful of potassium, phosphorus, or excessive fluid intake. This sheet is to be given out alongside individualized nutrition recommendations by renal dietitians.