

Nutrition and Kidney Disease

General Information

The main function of the kidneys is elimination of waste products from the bloodstream. With kidney disease, waste products can reach toxic levels if not controlled.

Nutritional therapy for kidney disease is designed to decrease the workload of the diseased kidneys and to provide adequate nutrition.

Proteins: Management of protein intake is the most important aspect of nutritional therapy for kidney disease. The goal is to provide highly digestible protein so the kidneys have little waste protein to eliminate. The diet must contain enough protein for maintenance of general health.

Vitamins: The B vitamins often must be supplemented during kidney disease because they are water-soluble and are rapidly lost in the urine.

Salt: Salt provides essential sodium and increases the amount of water consumed. Increased water consumption helps kidney function. However, salt intake must be adjusted if heart disease exists along with kidney disease.

Other nutrients: Carbohydrates present no problem with kidney disease. Fats should be unsaturated and constitute 3% to 8% of the diet.

Feeding Instructions

1. *Prescription diets:* This is the best way to provide nutritional therapy for pets with kidney disease. These diets do an excellent job of decreasing the workload of the kidneys and meeting the pet's nutritional needs. These foods are nutritionally complete; no other foods should be given.

Feed Prescription Diet as follows: _____

2. *Homemade diets:* Instructions for preparing a homemade diet can be obtained from Hill's Pet Products, P. O. Box 148, Topeka, Kansas 66601.
3. *Water:* Clean drinking water should be available at all times. Do not restrict your pet's water intake without first talking with the doctor.