

## Renal-Safe Low-Carbohydrate Diet: A Patient Guide for Stage 3 CKD

This guide is designed for patients with chronic kidney disease (CKD) stage 3b who want to follow a low-carbohydrate diet to improve blood sugar and weight, while protecting kidney health.

### ✓■ Recommended Protein Intake: ~0.8 g/kg ideal body weight per day

Stick to moderate protein intake to avoid overloading the kidneys. Choose high-quality protein sources, especially plant-based options.

✓ Recommended Protein Sources	■ Avoid Excessive Intake Of
- Tofu, soy milk, edamame	- Red meat (esp. processed)
- Lentils, chickpeas, beans (limit potassium as advised)	- Large portions of meat or fish
- Quinoa, whole grains	- Protein powders (unless prescribed)
- Eggs (1/day)	- Organ meats
- Fish, skinless poultry (in moderation)	

### ✓■ Carbohydrates: Limit to 50–130g per day

Focus on low-glycaemic, high-fibre carbohydrate sources. Avoid sugary and refined foods.

✓ Recommended Carbs	■ Avoid
- Berries, apples (in portion)	- Fruit juices, dried fruits
- Leafy greens, non-starchy veg	- White bread, pastries
- Chia, flaxseed, oats (small amounts)	- Sweets, biscuits, sugary drinks
- Cauliflower rice, courgette noodles	- Snack foods, processed carbs

### ✓■ Healthy Fats to Include

- Extra virgin olive oil, avocado, nuts, seeds, oily fish (salmon, mackerel)
- Limit saturated fats: butter, cream, cheese, coconut oil

### ■ Lab Monitoring Checklist (Every 3–4 Months)

Test	Purpose
eGFR (fasting, no meat 12h prior)	Track kidney function without diet artefact
uACR	Check for protein leakage in urine
Serum bicarbonate	Monitor for acidosis
Potassium	Ensure levels remain safe on low-carb
Lipids	Evaluate impact of dietary fats
Urate	Watch for gout risk
Weight, BP, waist circumference	Track progress and cardiovascular health

■ Always consult your renal or diabetes team before starting a new diet. Adjust medications (especially insulin or blood pressure tablets) as needed.