

CHRONIC KIDNEY DISEASE: STAGE 3

Stage 3 of chronic kidney disease (CKD) is characterized by a moderate decrease in the glomerular filtration rate (GFR) ranging from 30-59 mL/min/1.73m². Here are some details about Stage 3 CKD:

Symptoms:

- Fatigue
- Swelling (legs, ankles, or face)
- Shortness of breath
- Changes in urine frequency (increased or decreased)
- Urine may appear foamy or bubbly due to proteinuria (excess protein in the urine)
- Elevated blood pressure (hypertension)
- Anemia (low red blood cell count)

Causes:

The common causes of CKD include:

- *Diabetes*: High blood sugar levels can damage the blood vessels and nephrons (functional units of the kidneys).
- *High blood pressure*: Persistent high blood pressure can strain the blood vessels in the kidneys, leading to kidney damage.
- *Glomerulonephritis*: Inflammation of the kidney's filtering units, known as glomeruli, can impair kidney function.
- *Polycystic kidney disease*: Inherited condition characterized by the formation of fluid-filled cysts in the kidneys, which gradually replace normal kidney tissue.

Severity:

- Stage 3 CKD is considered moderate, indicating a moderate decrease in kidney function.
- At this stage, individuals may begin to experience symptoms related to kidney dysfunction and other complications.

Diet Recommendations:

The diet recommendations for Stage 3 CKD aim to manage symptoms, slow the progression of kidney disease, and prevent complications.

Some diet considerations for Stage 3 CKD may include:

- Reducing protein intake further, based on individual needs and the presence of proteinuria. This may involve limiting high-protein foods such as meat, poultry, and dairy products.
- Limiting high-phosphorus foods, such as dairy products, nuts, and seeds. Elevated phosphorus levels can contribute to bone and mineral disorders.
- Managing blood pressure through sodium restriction and adherence to blood pressure management guidelines. This may involve limiting high-sodium foods and processed foods.
- Monitoring and managing blood sugar levels if diabetic.
- Adequate fluid intake, unless fluid restriction is advised by your healthcare professional.
- Considering the use of phosphate binders if necessary to control phosphorus levels.

In Stage 3 CKD, where there is a moderate decrease in kidney function, the dietary focus is generally on managing symptoms, slowing the progression of kidney disease, and preventing complications.

Here are some recommendations that can be included in a Stage 3 CKD diet:

Fruits: Apples, berries (blueberries, strawberries), cherries, grapes, peaches, pears, pineapple (in moderation)

Vegetables: Broccoli, cauliflower, carrots, peppers, spinach, kale, cabbage, green beans, zucchini, eggplant

Whole Grains: Brown rice, quinoa, whole wheat bread, oats, barley, whole grain pasta

Lean Proteins: Skinless chicken or turkey, fish (such as salmon, tuna, or tilapia), eggs (limit yolk), tofu, tempeh

Dairy and Dairy Alternatives: Low-fat milk, yogurt, cheese (in moderation), almond milk, coconut milk (in moderation)

Healthy Fats: Avocado, olive oil, canola oil, nuts (in moderation, such as almonds, walnuts), seeds (chia seeds, flaxseeds)

Fluids: Water, herbal tea (unless fluid restriction is advised), clear broths