

When kidney function starts to decline, acid can build up in the blood. This is called **metabolic acidosis**.

What Happens When Acid Builds Up?

- Loss of protein and muscle
- Increased bone loss
- High blood pressure
- Worsening of chronic kidney disease

What Can I Do?

- Eat more fruits and vegetables
- Eat more plant-based proteins
- Follow a low sodium (salt) diet
- Take medication, as prescribed

Fruits & Vegetables

- Lower the acid in the blood.
- Choose **5 servings or more** of fruits and vegetables **every day** (½ cup is 1 serving).
- Fresh, frozen or canned fruits and vegetables are good options. Choose low sodium when purchasing canned.
- Start by adding 1 or 2 extra servings each day:
 - Try to eat a fruit or vegetable with every meal.
 - For example, if you eat ½ cup of cucumbers at lunch, try adding an apple as well.
- Speak with your Dietitian if you need to follow a low potassium diet.



Meat & Plant-Based Proteins

- Plant based diets can help to lower the protein in your kidney diet.
- Choose more:
 - Plant-based proteins, like **beans, tofu, lentils, nuts, and seeds**. These can **lower** the acid level in the blood.
- Choose less:
 - **Meat and cheese**. These can **increase** acid production in the blood.
- Keep protein portions to the size of a deck of cards or palm of your hand per meal.
- Start by choosing a meatless meal once per week. This can include adding lentils to a vegetable stew or adding beans to a hearty soup.
- Choose homemade plant-based meals for naturally low salt options.



Sodium

- Make meals at home from fresh ingredients without adding salt
- Avoid convenience, pre-seasoned and processed foods to reduce the acid in your blood

Medication

- Your doctor may also prescribe medication to reduce the acid in your blood.

Plant-based proteins, 5 servings of fruit/vegetables, and a low sodium (salt) diet are good for your kidneys!