

Evidence Analysis Library
Chronic Kidney Disease (CKD) Evidence Based Nutrition Practice Guideline

CKD Recommendations (2010)	CKD Recommendations (2018)	Summary of Changes
Population: Adults with Chronic Kidney Disease (CKD stages 1-5, including post-kidney transplant) NOT on dialysis	Population: Adults with Chronic Kidney Disease (CKD stages 1-5, including dialysis and post-kidney transplant)	Summary of Changes
SCREENING AND REFERRAL		
CKD: Medical Nutrition Therapy <ul style="list-style-type: none"> • <i>CKD: MNT</i> • <i>CKD: Initiation of MNT</i> • <i>CKD: Frequency of MNT</i> 		Updated in MNT recommendation section.
	CKD: Nutrition Screening <ul style="list-style-type: none"> • <i>CKD: Routine Nutrition Screening</i> • <i>CKD: Nutrition Screening Tools</i> 	New recommendations.
NUTRITION ASSESSMENT		
CKD: Nutrition Assessment <ul style="list-style-type: none"> • <i>CKD: Initial Assessment of Food/Nutrition-Related History</i> 	CKD: Nutrition Assessment <ul style="list-style-type: none"> • <i>CKD: Routine Nutrition Assessment</i> 	Updated recommendation.
<ul style="list-style-type: none"> • <i>CKD: Reassessment of Food/Nutrition –Related History</i> 		Updated under the CKD: Routine Nutrition Assessment recommendation
<ul style="list-style-type: none"> • <i>CKD: Use Clinical judgement in Assessing Body</i> 	CKD: Anthropometric and other Measures to	Updated.

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<i>Weight</i>	Assess Body composition <ul style="list-style-type: none"> CKD: Assessment of Body Weight 	
<ul style="list-style-type: none"> CKD: Use published Weight Norms with Caution 	CKD: Body Mass Index (BMI) <ul style="list-style-type: none"> CKD: BMI as a Predictor of Mortality CKD: BMI and Protein Energy Wasting 	New recommendation and Updated in Anthropometric and other measures to Assess Body composition section.
<ul style="list-style-type: none"> CKD: Assessment of Body Composition 		Updated and New recommendations in CKD: Anthropometric and other measures to Assess Body composition section.
<ul style="list-style-type: none"> CKD: Methodologies for Body composition Assessment 	CKD: Anthropometric and other Measures to Assess Body composition <ul style="list-style-type: none"> CKD: Skinfold Thickness CKD: Waist Circumference CKD: Conicity Index CKD: Creatinine Kinetics CKD: Body composition and Body weight/BMI 	Updated and New recommendation.

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	<ul style="list-style-type: none"> • <i>CKD: Frequency of Body Weight/BMI and Body composition Assessment</i> • <i>CKD: Bioelectrical Impedance for Patients on Maintenance Hemodialysis</i> • <i>CKD: Bioelectrical Impedance for Patients, Non-Dialyzed and on Peritoneal dialysis</i> • <i>CKD: DEXA for Body composition Assessment</i> 	
	<p>CKD: Handgrip Strength</p> <ul style="list-style-type: none"> • <i>CKD: Handgrip Strength</i> 	New Recommendation.
<ul style="list-style-type: none"> • <i>CKD: Assess Biochemical Parameters</i> 	<p>CKD: Laboratory Values</p> <ul style="list-style-type: none"> • <i>CKD: Single Biomarker measurements</i> • <i>CKD: Serum Albumin Levels</i> 	Updated and New recommendation.
<ul style="list-style-type: none"> • <i>CKD: Assess CKD-Mineral and Bone Disorders</i> 		Not Updated due to recently published KDIGO Mineral and Bone Disorder (MBD) Guidelines.
<ul style="list-style-type: none"> • <i>CKD: Assessment of Medical/Health History</i> 	<p>CKD: Nutrition Assessment</p> <ul style="list-style-type: none"> • <i>CKD: Routine Nutrition Assessment</i> 	Updated.

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	<p>CKD: Composite Nutrition Assessment Scores</p> <ul style="list-style-type: none"> • <i>CKD: 7-point Subjective Global Assessment (SGA)</i> • <i>CKD: Malnutrition Inflammation Score (MIS)</i> 	New recommendation
	<p>CKD: Dietary Intake Assessment</p> <ul style="list-style-type: none"> • <i>CKD: Considerations when Assessing Dietary Intake</i> • <i>CKD: 3-day Food Records to Assess Dietary Intake</i> • <i>CKD: Alternative Methods of Assessing Dietary Intake</i> 	New recommendation.
	<p>CKD: Methods to Assess Energy Requirements</p> <ul style="list-style-type: none"> • <i>CKD: Assessment of Resting Energy Expenditure</i> • <i>CKD: Resting Energy Expenditure Equations</i> 	New recommendation.

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NUTRITION INTERVENTION		
	CKD: Medical Nutrition Therapy (MNT) <ul style="list-style-type: none"> • <i>CKD: MNT to Improve Outcomes</i> • <i>CKD: MNT Content</i> 	New recommendations.
CKD: Protein Intake <ul style="list-style-type: none"> • <i>CKD: Protein Intake for eGFR <50ml per minute 1.73m²</i> • <i>CKD: Very-Low-Protein Intake for eGFR <20ml per minute per 1.73²</i> • <i>CKD: Protein Intake for Diabetic Nephropathy</i> • <i>CKD: Protein Intake for Diabetic Nephropathy</i> • <i>CKD: Protein Intake for Kidney Transplant</i> 	CKD: Dietary Protein Intake <ul style="list-style-type: none"> • <i>CKD: Protein Restrictions, Non-dialysis</i> • <i>CKD: Dietary Protein Intake, MHD and PD</i> • <i>CKD: Dietary Protein Intake, Diabetes Mellitus</i> • <i>CKD: Protein Type</i> 	Updated recommendations.
CKD: Energy Intake <ul style="list-style-type: none"> • <i>CKD: Energy Intake</i> 	CKD: Energy Requirements <ul style="list-style-type: none"> • <i>CKD: Energy Requirements</i> 	Updated recommendation.
	CKD: Protein Energy Supplements	New recommendations.

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	<ul style="list-style-type: none"> • <i>CKD: Oral Protein-Energy Supplementation</i> • <i>CKD: Dialysate Protein-Energy Supplementation</i> • <i>CKD: Enteral and Intradialytic Parenteral Nutrition (IDPN) Nutrition Supplementation</i> 	
CKD: Phosphorus <ul style="list-style-type: none"> • <i>CKD: Phosphorus</i> • <i>CKD: Adjust Phosphorus Binders</i> • <i>CKD: Phosphorus Management for Kidney Transplant</i> 	CKD: Phosphorus <ul style="list-style-type: none"> • <i>CKD: Dietary Phosphorus Amount</i> • <i>CKD: Dietary Phosphorus Source</i> • <i>CKD: Phosphorus Intake with Hypophosphatemia</i> 	Updated recommendations.
CKD: Calcium <ul style="list-style-type: none"> • <i>CKD: Calcium</i> 	CKD: Calcium <ul style="list-style-type: none"> • <i>CKD: Total Calcium Intake</i> 	Updated recommendation.
CKD: Vitamin D supplementation <ul style="list-style-type: none"> • <i>CKD: Vitamin D supplementation</i> 	CKD: Vitamin D <ul style="list-style-type: none"> • <i>CKD: Vitamin D Supplementation for Vitamin D Deficiency and Insufficiency</i> • <i>CKD: Vitamin D Supplementation with</i> 	Updated recommendation.

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	<i>Proteinuria</i>	
CKD: Iron supplementation <ul style="list-style-type: none"> • <i>CKD: Iron supplementation</i> 		No Iron specific guidance, however generally addressed in CKD: Dietary Micronutrient intake and CKD: Micronutrient Assessment and Supplementation recommendation section.
CKD: Vitamin B12 and Folic Acid for Anemia <ul style="list-style-type: none"> • <i>CKD: Vitamin B12 and Folic Acid for Anemia</i> 	CKD: Folic Acid and B vitamins <ul style="list-style-type: none"> • <i>CKD: Folic Acid Supplementation for Hyperhomocysteinemia</i> • <i>CKD: Folic Acid Supplementation for Folic Acid Deficiency and Insufficiency</i> 	Updated recommendation.
CKD: Vitamin C for Anemia <ul style="list-style-type: none"> • <i>CKD: Vitamin C for Anemia</i> 	CKD: Vitamin C <ul style="list-style-type: none"> • <i>CKD: Vitamin C Supplementation Limit</i> 	Updated recommendation.
	CKD: Vitamin K <ul style="list-style-type: none"> • <i>CKD: Anticoagulant Medication and Vitamin K Supplementation</i> 	New recommendation.
	CKD: Selenium and Zinc Supplementation	New recommendation.

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	<ul style="list-style-type: none"> CKD: Selenium and Zinc Supplementation 	
	CKD: Vitamin A and E <ul style="list-style-type: none"> CKD: Vitamin A and E Supplementation and Toxicity 	New recommendation.
CKD: L-Carnitine for treatment of Anemia <ul style="list-style-type: none"> CKD: L-Carnitine for treatment of Anemia 		Not Updated.
CKD: Management of Hyperglycemia in Diabetes and CKD <ul style="list-style-type: none"> CKD: Management of Hyperglycemic in Diabetes and CKD 		Updated under CKD: MNT recommendations and CKD: Dietary Protein Intake (DM) recommendations.
CKD: Multi-Faceted Approach to Intervention in Dyslipidemias and CKD <ul style="list-style-type: none"> CKD: Multi-Faceted Approach to Intervention in Dyslipidemias and CKD 		Updated under CKD: MNT recommendations.
CKD: Education on Self-Management Behaviors <ul style="list-style-type: none"> CKD: Education on Self-Management Behaviors 		Not updated.

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CKD: Control Sodium Intake in CKD <ul style="list-style-type: none"> • <i>CKD: Control Sodium Intake in CKD</i> 	CKD: Sodium <ul style="list-style-type: none"> • <i>Sodium Intake and Blood Pressure</i> • <i>Sodium Intake and Proteinuria</i> • <i>Sodium Intake and Dry Body Weight</i> 	Updated recommendations.
	CKD: Acid Load <ul style="list-style-type: none"> • <i>CKD: Dietary Management of net acid production (NEAP)</i> • <i>CKD: Bicarbonate Maintenance</i> 	New recommendations.
CKD: Fish Oil/Omega-3 Fatty Acids <ul style="list-style-type: none"> • <i>CKD: Fish Oil/Omega-3 Fatty Acids</i> 	CKD: n-3 PUFA supplements <ul style="list-style-type: none"> • <i>CKD: LC n-3 PUFA Nutritional Supplements for Mortality and Cardiovascular disease</i> • <i>CKD: LC n-3 PUFA Nutritional Supplements for Lipid Profile</i> • <i>CKD: LC n-3 PUFA Nutritional Supplements for AV Graft and Fistula Patency</i> • <i>CKD: LC n-3 PUFA Nutritional Supplements</i> 	Updated and New recommendations.

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	for Kidney Allograft Survival	
CKD: Physical Activity <ul style="list-style-type: none"> <i>CKD: Physical Activity</i> 		Not updated.
CKD: Coordination of Care <ul style="list-style-type: none"> <i>CKD: Coordination of Care</i> 		Updated under the CKD: MNT to Improve Outcomes section.
CKD: Multivitamin Supplementation <ul style="list-style-type: none"> <i>CKD: Multivitamin Supplementation</i> 	CKD: Micronutrients <ul style="list-style-type: none"> <i>CKD: Micronutrient Assessment and Supplementation</i> <i>CKD: Micronutrient Supplementation, Dialysis</i> 	Updated and New recommendation.
	CKD: Micronutrients <ul style="list-style-type: none"> <i>CKD: Dietary Micronutrient Intake</i> 	New recommendation.
CKD: Control Potassium Intake in CKD <ul style="list-style-type: none"> <i>CKD: Control Potassium Intake in CKD</i> 	CKD: Potassium <ul style="list-style-type: none"> <i>CKD: Dietary Potassium Amount</i> <i>CKD: Dietary Potassium in Hyperkalemia</i> 	Updated and New recommendations.

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	<ul style="list-style-type: none"> • <i>CKD: Potassium Intake for Hyperkalemia or Hypokalemia</i> 	
	CKD: Dietary Patterns <ul style="list-style-type: none"> • <i>CKD: Mediterranean Diet</i> • <i>CKD: Fruits and Vegetables</i> 	New recommendations.
NUTRITION MONITORING & EVALUATION		
CKD: Monitor and Evaluate Biochemical Parameters <ul style="list-style-type: none"> • <i>CKD: Monitor and Evaluate Biochemical Parameters</i> 	CKD: MNT Monitoring and Evaluation <i>CKD: MNT Monitoring and Evaluation</i> CKD: Frequency of Body Weight/BMI and Body composition assessment <i>CKD: Frequency of Body Weight/BMI and Body Composition Assessment</i>	Updated.
CKD: Monitor and Evaluate Adherence to Nutrition and Lifestyle Recommendations <ul style="list-style-type: none"> • <i>CKD: Monitor and Evaluate Adherence to Nutrition and Lifestyle Recommendations</i> 	CKD: MNT Monitor and Evaluation <i>CKD: MNT Monitoring and Evaluation</i>	Updated.