



Supporting KIDNEY HEALTH

Over 37 million Americans are affected by chronic kidney disease. Your kidneys help keep the right balance of minerals and nutrients in your body. Therefore, when kidneys are compromised, proper nutrition becomes essential for supporting kidney health.

Research has shown that nutrition is a key factor in the treatment of kidney disease. Doctors typically recommend a diet low in protein, potassium, phosphorus, and sodium. This diet can help slow disease progression. Here is why:

Protein

Eating too much protein can throw your kidneys into overdrive because they have to process it into waste. A low protein diet can help preserve the kidneys function because they don't have to work as hard.

Potassium

Since those with kidney disease cannot filter as much blood as they should, hazardous amounts of potassium can build up in the blood contributing to heart issues.

Phosphorus

Phosphorus is an essential mineral that builds up bones. But too much of it will change your body systems and start pulling calcium out of your bones, making them weak.

Sodium

When your kidneys are not working properly, excess sodium and fluids build up in your body, leading to puffiness or fluid around your heart or lungs.

While this is the optimal diet, we know it is hard to eat this way. Whole Story Meals has designed its Restore Line specifically to meet the needs of those with reduced kidney function, without compromising nutrition.



NUTRITIONALS



Meal Ideas

FOR KIDNEY HEALTH

Smoothie Bowl

2 scoops of Restore Fusion
4 oz almond milk
1/3 c frozen mango
Ice
Sprinkle with coconut and walnuts

Easy Snack

1 cup of applesauce
1 scoop of Restore or Restore Fusion (sweeter)

On The Go

Grab a shaker bottle with 6 oz of your choice of liquid and 2-3 scoops of Restore or Restore Fusion (sweeter)

Tube Feeding

Shake together 2 oz of water or appropriate liquid for every scoop of Restore. Recommend bolus feeding but can go through a pump.

Suggested Use

Oral:

CKD stages 1-3 with GFR > 30 ml/min: replace 1 meal per day with Restore Fusion, or add as a snack.

CKD stages 4-5 not requiring dialysis with GFR < 30 ml/min: replace 1-2 meals per day with Restore Fusion. Add age-appropriate vitamin/mineral supplementation as needed.

Enteral:

CKD stages 1-3 with GFR > 30 ml/min: use Restore with other Whole Story Meals in a 1:1 ratio.

CKD stages 4-5 not requiring dialysis with GFR < 30 ml/min: use Restore with age-appropriate vitamin/mineral supplementation as needed.