

# Kidney Patient Diet Chart

## Patient Details

Name:

Age:

Date:

## Health Professional Details

Name:

Hospital/Clinic:

Phone:

Email:

### Dietary Goals

#### Specific Nutritional Goals

#### Caloric Intake Per Day

#### Fluid Intake Limitation

#### Nutrient Limits

Sodium

Potassium

Phosphorus

Protein

#### Other Nutrients

Include all meals and alternatives.

**Additional Recommendations, Reminders, and Notes**

**Dietary Supplements (if prescribed)**

**Other Lifestyle Changes**

**Exercise Recommendations**

**Other Notes**