

Chronic Kidney Disease

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Welcome to the Chronic Kidney Disease (CKD) Guideline and Systematic Review

The focus of the 2020 Chronic Kidney Disease (CKD) Guideline is on the treatment of adults with kidney disease. Nutrition and its management is an integral part of the care of patients with kidney disease. Due to the most recent advances in evidence, the Academy of Nutrition and Dietetics and the National Kidney Foundation collaborated to merge, update and expand the 2010 Evidence Analysis Library® (EAL®) CKD project and the Kidney Disease Outcomes Quality Initiative (KDOQI) Nutrition Guidelines.

About the CKD Guideline

The overall objective of the 2020 CKD Guideline is to provide medical nutrition therapy (MNT) guidelines for patients with kidney disease to assess, prevent and treat protein-energy wasting, mineral and electrolyte disorders, and other metabolic disorders that are associated with kidney disease. The target population is adults with chronic kidney disease: Stages 1-5, including dialysis and post-kidney transplant. The expert workgroup was divided into three groups and each group concentrated their efforts on the subtopics of macronutrients, micronutrients, electrolytes, assessment, nutritional status, dietary intake, energy requirements, medical nutrition therapy, and dietary patterns.

A total of 83 recommendations were developed with the following major categories of outcomes:

- Hard outcomes: mortality, RRT, quality of life, hospitalization
- Nutritional status outcomes: SGA, PWS, protein markers
- Dietary intake outcomes: FFQ, 24-hour recall, diet history
- Inflammation outcomes: CRP, adipokines, cytokines
- Anthropometrics: body weight, BMI, waist circumference, skinfold thickness, conicity index
- Electrolyte biomarkers: serum or urinary excretion for all included micronutrients
- CKD progression: eGFR, creatinine
- Comorbidity outcomes: lipid profile, blood pressure

Download the [CKD Guideline Comparison Table](#) to see the changes between the 2010 and 2020 guideline.

- Use the left navigation bar to view the CKD guideline and supporting systematic reviews.
- The entire guideline can be downloaded in PDF format from [here](#).
- Expand the section below titled **Project Team and Disclosures** for a listing of individuals who contributed to the development of the project, conflict of interest disclosures and project funding information.