

#1997 - Alkaline diet: A novel nutritional strategy in chronic kidney disease?

Authors and Affiliations

Zahra Yari¹, Parvin Mirmiran²

1. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Science, Tehran, Iran

2. Nutrition and Endocrine Research Center, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. e-mail: mirmiran@endocrine.ac.ir

Corresponding Author and email

Parvin Mirmiran. Nutrition and Endocrine Research Center, Obesity Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. e-mail: mirmiran@endocrine.ac.ir

Body

Chronic kidney disease (CKD) is defined as glomerular filtration rate lower than 60 mL/min/1.73m², which is regarded as a public health priority and part of growing burden of non-communicable disease. Reduced kidney function is concomitant with high levels of inflammatory factors, abnormal lipid profile, anemia, and bone abnormalities, calcium deposition outside the bones, endothelial dysfunction, and cardiomyopathy.

Furthermore, metabolic acidosis is a common complication in CKD that is associated with secondary hyperparathyroidism and faster kidney disease progression. Effective approaches may slow progression of CKD and reduce the risk of subsequent morbidity and mortality. It seems that correction of metabolic acidosis slow decline in glomerular filtration rate and is one of noble approaches. A diet rich in fruits and vegetables instead of bicarbonate therapy is feasible and economical and appears to have a positive effect on renal hemodynamic function.

Key words: Chronic kidney disease, alkaline diet, metabolic acidosis, dietary acid load, glomerular filtration rate

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