

CCN – Kidney Nutrition & Dialysis Care Programme

This comprehensive programme provides kidney-specific medical nutrition designed to support patients by slowing disease progression, stabilising electrolyte levels, and enhancing outcomes for those undergoing dialysis.

We combine evidence-based renal nutrition guidelines with personalised care to empower kidney patients to achieve better health, improved quality of life, and sustained well-being.

Renal Nutrition

Kidney-specific medical diet plans

Slow Progression

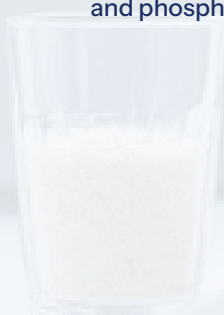
Nutrition to reduce disease advancement

Electrolyte Balance

Stabilise potassium and phosphate levels

Dialysis Support

Improve outcomes and quality of life





Why Kidney Patients Need Specialised Nutrition

According to Krause's Renal Nutrition Guidelines and ESPEN renal care standards, nutrition has a **direct and powerful impact** on kidney health. Medical nutrition therapy is not just supportive care—it's **medicine** for CKD, ESRD, and dialysis patients.

Proper renal nutrition helps control uraemia (toxin buildup), reduces stress on kidneys, and prevents life-threatening complications. It's the cornerstone of managing chronic kidney disease effectively.



Controls Uraemia

Reduces toxic buildup



Balances Electrolytes

K, P, Na, and fluids



Prevents Muscle Loss

Maintains strength



Supports Dialysis

Improves efficiency

Delays CKD Progression

Slows kidney function decline through targeted nutrition

Improves Energy & Appetite

Enhances daily functioning and gut health

Prevents Hospitalisation

Reduces complications and emergency visits



Comprehensive Kidney Nutrition Services

Our service bundle provides everything kidney patients need for optimal nutritional management. From detailed assessments to daily support, we cover every aspect of renal nutrition care with personalised medical nutrition therapy.

01

Comprehensive Kidney Nutrition Assessment

Complete evaluation including kidney stage (GFR, creatinine trend), dialysis type (HD, PD, or pre-dialysis), fluid restriction needs, electrolyte review (K, Na, P, Ca), and symptom scoring

02

Personalised Medical Nutrition Therapy

CKD Stage 1–5 diets, dialysis-specific high-protein plans, low potassium/phosphorus sodium-control diet, fluid restriction strategy, and recipe modifications for Indian foods

03

Symptom-Specific Diet Protocols

Targeted plans for high potassium correction, phosphorus control, sodium oedema, uraemia control, constipation, itching, muscle cramps, and nausea management

04

Supplement Guidance

CKD-safe recommendations for protein, iron, folate, vitamin D, calcium, B-complex, omega-3, and probiotics for uraemic toxin reduction

05

Weekly Tracking & Monitoring

Weight, dry weight, oedema score, blood pressure logs, appetite, food intake, dialysis tolerance, and hydration management

06

Dialysis-Day Nutrition Strategy

Specific guidance on what to eat before, during, and after dialysis to optimise recovery and avoid blood pressure drops

07

Direct CCN Dietitian Support

Daily symptom-based guidance via WhatsApp for immediate assistance

Choose Your Kidney Nutrition Programme

3-Month Kidney Nutrition Programme

Great for: Kidney disease stages 1–4, starting dialysis, or when your body's salt levels are off.



6-Month Kidney & Dialysis Programme

Great for: People on dialysis, kidney disease stages 4–5, waiting for a transplant, or feeling very weak.



Phase 1: Stabilise & Protect (Month 1–2)

Control potassium and phosphorus, plan meals around dialysis, handle nausea, fix albumin levels, and get your fluid plan just right.



Phase 2: Strength & Recovery (Month 3–4)

High-protein diet for kidney health (1.2–1.5 g/kg for hemodialysis), keep your muscles strong, recover from dialysis tiredness, and update your plan each month based on lab tests.