



Kidney Diet Daily Nutrition Goals

DaVita Diet Helper™ is a free online meal-planning tool that helps people who are on a kidney diet plan daily meals and track their food intake. To start using this tool, ask your doctor or dietitian to fill out your daily nutrition goals below.

[To be filled out by your doctor or dietitian. Information can be changed in the Meal Plan Settings if your nutrition goals change.]

Please provide daily nutrition goals by circling the protein grams and potassium milligrams below.

Protein grams (circle one)	50	60	70	80	90	100
Potassium milligrams (circle one)	2,000	4,000				
Diabetes modifications? (circle one)	Yes	No				

All meal plans are low in sodium and phosphorus.

- Sodium ranges from 1,200 to 2,000 mg daily.
- Phosphorus ranges from 800 to 1,200 mg daily, depending on the protein level selected.

Thank you for filling out the form so that your patient can access 1,000+ recipes for quick and easy meal planning with DaVita Diet Helper.

To learn more, visit [DaVita.com/DietHelper](https://www.davita.com/DietHelper).