

Nutrition Guidance for Focal Segmental Glomerulosclerosis (FSGS)

The recommended diet for those with FSGS varies widely based upon each individual's overall health, kidney function, and medical plan. In general, those with FSGS should reduce salt and fat in their diet, manage fluid intake, and limit animal protein to 1 gram per kilogram of body weight. Speak to your doctor to see what is right for you.

1 Reducing Fat in Diet

It is generally recommended to choose **unsaturated fats** instead of saturated fats. Reduce fats by baking, roasting, grilling, or broiling instead of sautéing or frying foods.¹



- Try using an air fryer to make foods crispy instead of frying!
- Roast chicken breast alongside vegetables on a baking sheet for a 1-pan, quick meal option.

Fats to Choose

Monounsaturated fat

- Olive oil
- Avocados, avocado oil
- Canola oil
- Safflower oil



Polyunsaturated fat

- Fatty fish (salmon, mackerel, striped bass, sardines)
- Walnuts
- Flax seeds
- Chia seeds



Fats to Limit

Saturated Fat

Limit to <10% daily calorie intake.² <15g saturated fat daily for a 2,000-calorie diet.

- **Meats:** beef, dark meat poultry, bacon, sausage, processed meats such as pepperoni, potted meats, some vegetarian meat alternatives
- **Full-fat dairy products:** butter, whole milk, whole milk yogurt, cheese, ice cream
- **Tropical oils:** coconut oil, palm oil
- **Processed foods:** frozen meals that contain full-fat dairy or high fat meats, beef jerky, meat sticks, ramen noodles, etc.



Trans Fat **AVOID!**

- Choose products with 0g Trans Fat.
- Watch out for "partially hydrogenated oil" listed on food labels.



2 Reducing Sodium

Sodium is found in table salt, seasoning blends, processed or potted meats, canned and packaged foods and can lead to increased fluid retention for those living with kidney disease. Talk to your doctor or dietitian about your individual sodium limit.

Some ways to decrease your sodium intake:

- **Read nutrition labels!** Compare food products and choose foods with sodium levels that fit within the guidelines given by your doctor or dietitian.
- Use **herbs and spices** instead of salt/salt-containing seasoning blends when cooking.
- **Choose fresh meats** such as chicken, turkey, or fish. **Avoid processed meats** such as salami, bologna, hot dogs, pepperoni, or potted meats.
- Look for “**low sodium**” or “**no salt added**” versions of canned items. You can also drain and rinse canned vegetables to reduce the sodium level. If using frozen vegetables, choose those without sauce and season yourself.
- Cook pasta, rice, and hot cereal in water **without added salt**.

	Calories 120	Calories from Fat 10	% Daily Value*
Total Fat	2g		
Saturated Fat	0.5g		
Trans Fat	0g		
Cholesterol	0mg		
Sodium	530mg		
Total Carbohydrate	27g		
Dietary Fiber	2g		
Sugars	0g		
Protein	3g		

3 Reducing Animal Proteins

It is generally recommended for people with FSGS to limit animal proteins to 1 gram per kilogram of body weight (**your weight in kilograms = your weight in pounds ÷ 2.2**).^{1,3} However, talk to your doctor or dietitian for the amount that is right for your body.

Plant-Based Proteins

Examples:

- Soy
- Tofu
- Legumes (e.g., kidney beans, black beans, lentils)
- Nuts and Seeds



QUICK TIPS

If you usually have animal proteins (e.g., meat, eggs, cheese) with each meal, try a meatless meal once per day to start.

For example, have toast with almond butter for breakfast instead of eggs!



4 Fluid Intake

Talk to your doctor or dietitian about how much fluid you should have per day, based on your individual kidney function and plan of care.



Keep in mind:

Fluid includes all water and other beverages, as well as broths from soups and similar foods.

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Patient Resources

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1. Williams, Lauren et al. (2022). *Nutrition interventions for youth with dyslipidemia: A National Lipid Association clinical perspective*. Journal of Clinical Lipidology, 16(6), P776-796. <https://doi.org/doi.org/10.1016/j.jacl.2022.07.011>

2. U.S. Department of Agriculture and Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th ed. (December 2020). Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

3. American Heart Association (2023, August 3). *Understanding Food Nutrition Labels*. www.heart.org. Retrieved September 5, 2023, from www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels

4. American Heart Association (n.d.). *Life's Essential 8*. www.heart.org. Retrieved September 5, 2023, from www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8