



UNC
KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

IgA Nephropathy

“IgA: Can altering my diet help?”

Patient: Can altering my diet help the effects of the disease on my kidney?

Dr. Falk: For all kidney diseases, it's important to avoid salt. Sodium is most commonly present in processed foods, and can drive up your blood pressure. High blood pressure makes all forms of kidney disease substantially worse. So the most important thing to tell you is, be very careful about the amount of salt that you eat.

Whether there's a specific food that actually causes this disease, we've talked about. I wouldn't really alter my diet if I had IgA Nephropathy.

Another question comes, how much protein should I eat in my diet? There too, this must be individualized. If you're losing protein in your urine, you don't want to go on a severe protein-calorie restricted diet, or you'll develop protein-calorie malnutrition.