

# Medical Nutrition Therapy

Female, 15 years of age and older

Diet Specs for Medium Framed* Female, Sedentary Lifestyle**							
		Standard Diet			Patients with Chronic Kidney Disease		
		50% Carb 20% Protein 30% Fat	50% Carb <b>20% Protein</b> 30% Fat	50% Carb 20% Protein <b>30% Fat</b>	60% Carb 10% Protein 30 % Fat	60% Carb <b>10% Protein</b> 30 % Fat	60% Carb 10% Protein <b>30 % Fat</b>
		<i>All Measurements in GRAMS</i>			<i>All Measurements in GRAMS</i>		
Height	Calories	Carbs	Protein	Fat	Carbs	Protein	Fat
4ft 7 in.	975	122	49	33	146	24	33
4ft 8 in.	1040	130	52	35	156	26	35
4ft 9 in.	1105	138	55	37	166	28	37
4ft 10 in.	1170	146	59	39	176	29	39
4ft 11 in.	1235	154	62	41	185	31	41
5ft 0 in.	1300	163	65	43	195	33	43
5ft 1 in.	1365	171	68	46	205	34	46
5ft 2 in.	1430	179	72	48	215	36	48
5ft 3 in.	1495	187	75	50	224	37	50
5ft 4 in.	1560	195	78	52	234	39	52
5ft 5 in.	1625	203	81	54	244	41	54
5ft 6 in.	1690	211	85	56	254	42	56
5ft 7 in.	1755	219	88	59	263	44	59
5ft 8 in.	1820	228	91	61	273	46	61
5ft 9 in.	1885	236	94	63	283	47	63
5ft 10 in.	1950	244	98	65	293	49	65
5ft 11 in.	2015	252	101	67	302	50	67
6ft 0 in.	2080	260	104	69	312	52	69
6ft 1 in.	2145	268	107	72	322	54	72
6ft 2 in.	2210	276	111	74	332	55	74

Male, 21 years of age and older

Diet Specs for Medium Framed* Male, Sedentary Lifestyle**							
		Standard Diet			Patients with Chronic Kidney Disease		
		50% Carb 20% Protein 30% Fat	50% Carb <b>20% Protein</b> 30% Fat	50% Carb 20% Protein <b>30% Fat</b>	60% Carb 10% Protein 30 % Fat	60% Carb <b>10% Protein</b> 30 % Fat	60% Carb 10% Protein <b>30 % Fat</b>
		<i>All Measurements in GRAMS</i>			<i>All Measurements in GRAMS</i>		
Height	Calories	Carbs	Protein	Fat	Carbs	Protein	Fat
5ft 0 in.	1373	172	69	46	207	35	46
5ft 1 in.	1456	182	73	49	218	36	49
5ft 2 in.	1534	192	77	51	230	38	51
5ft 3 in.	1612	202	81	54	242	40	54
5ft 4 in.	1690	211	85	56	254	42	56
5ft 5 in.	1768	221	88	59	265	44	59
5ft 6 in.	1846	231	92	62	277	46	62
5ft 7 in.	1924	241	96	64	289	48	64
5ft 8 in.	2002	250	100	67	300	50	67
5ft 9 in.	2080	260	104	69	312	52	69
5ft 10 in.	2158	270	108	72	324	54	72
5ft 11 in.	2236	280	112	75	335	56	75
6ft 0 in.	2314	289	116	77	347	58	77
6ft 1 in.	2392	299	120	80	359	60	80
6ft 2 in.	2470	309	124	82	371	62	82
6ft 3 in.	2548	319	127	85	382	64	85
6ft 4 in.	2626	328	131	88	394	66	88
6ft 5 in.	2704	338	135	90	406	68	90
6ft 6 in.	2782	348	139	93	417	70	93

\* If large framed, Increase by 10%, If small framed, decrease by 10%\*\* If moderately active lifestyle, increase by 7.5%. If active lifestyle, increase by 15%.

Meal Plan vs. Carbohydrate Counting		
1 Choice of Fruit/Sugar	equals:	15 Grams Fast Carbohydrate
1 Choice of Milk	equals:	12 Grams Fast Carbohydrate; 8 Grams Protein
1 Choice of Bread/Starch	equals:	15 Grams Slow Carbohydrate; 3 Grams Protein
1 Choice of Vegetables	equals:	5 Grams Slow Carbohydrate
1 Choice, or 1oz. Protein	equals:	7 Grams Protein
1 Choice of Fat	equals:	5 Grams Fat