



Integrative Kidney Institute

Gut Kidney Food First Toolkit

A practical workbook for food variety and digestive tolerance



Choose one change. Notice how it feels. Build a routine that fits your care.

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For adults interested in kidney health or living with non-dialysis chronic kidney disease. Educational guidance, not a personalized diet or treatment for digestive disease.

Build a workable food routine

Choose a food you enjoy, adapt its amount or preparation, and record a few useful observations. Then decide what to keep or discuss with your care team.

What this workbook adds

The Grocery and Pantry Reset teaches purchasing and label skills. This workbook begins after the food comes home: make a small change, observe without self diagnosing, and adapt without unnecessary restrictions.

Find what you need	Pages
Safety and the gut-kidney evidence	3–4
Fiber types and your starting picture	5–7
A flexible two to four week route	8–10
Preparation, substitutions and meal choices	11–14
Worked cases and a shopping example	15–17
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References and free companion tools	23–24

Choose the pace that fits you

The two to four weeks are a planning window, not a treatment schedule. You can move more slowly, repeat a step, or stop. There is no required plant count, fiber dose, fermented food serving or symptom score to achieve.

Use the completed examples before the blank pages. All people and food experiments in this workbook are fictional teaching examples. Portions illustrate how one person might describe a change; they are not recommended portions for every reader.

Your useful outcome

A food routine you can repeat, a clearer account of symptoms if they occur, and a short list of questions for your clinician or renal dietitian. Better tolerance does not prove improved kidney function.