

## **PREVIEW\_ Is Low Carb Bad for the Kidneys\_ -**

### **Answers to Common Questions**

**Dr. Eenfeldt:** You are a kidney specialist. Many people believe that if you go on a low-carb diet, it's high protein and it's going to destroy your kidneys. What do you say about that?

**Dr. Fung:** Yeah, I have to say that if you have normal kidney function-- So, there's two situations, if you have normal kidney function and you eat a high-protein diet and keeping in mind that we often recommend moderate proteins, high-fat low carbohydrate, but if you were to eat a high-protein diet, there's really no evidence that it would cause kidney damage.

Now, if you have pre-existing kidney disease, there is a worry that the high-protein increases the level of strain on your kidneys and because you have the underlying kidney disease, it can't take it. That's fairly severe, kind of moderate to advanced kidney disease.

So, there's definitely a bit of truth in that, that if you have kidney disease already, then you should be a little bit careful that you don't eat excessive amounts of dietary protein. But if you don't have kidney disease to begin with, then, really there's no evidence that the high-protein diet is detrimental.

Now, keeping in mind, of course, again, I'm not advocating for extremely high levels of protein in the diet I generally advice people to stick to a moderate amount and increase the amount of natural fats.