

## **Objectives and hypothesis**

The overall objective of this PhD study was to investigate the phosphorus content of the New Nordic Diet, study the dietary habits of Danish patients with CKD stage 3-4 and to develop a phosphorus reduced New Nordic Renal Diet and investigate the short-term effect of this diet on phosphorus homeostasis in eighteen CKD patients stage 3-4.

The following three hypotheses were addressed:

- The NND versus an Average Danish Diet reduces the dietary intake and hence 24-h urinary fractional excretion of phosphorus in centrally obese individuals (Paper I)
- The daily phosphorus intake in Danish CKD patients stage 3-4 exceeds the recommended levels (Paper II)
- The NNRD reduces the dietary intake of phosphorus and consequently 24-h urinary phosphorus excretion, and exerts a positive influence on phosphorus homeostasis in patients with CKD stage 3-4 (Paper III)