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)