



PRESS RELEASE

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Fruits and Vegetables Outperform Medication for Treating Metabolic Acidosis in Chronic Kidney Disease

Highlights

- Addressing metabolic acidosis with fruits and vegetables was associated with more favorable long-term clinical outcomes and health care utilization than standard treatment.
- The findings will be presented at American Society of Nephrology (ASN) Kidney Week 2026 October 22–25.

Denver, CO (October 22, 2026) — In people with chronic kidney disease (CKD), oral sodium bicarbonate is a standard treatment for metabolic acidosis (too much acid buildup in the body), but results from a recent clinical trial indicate that dietary acid reduction with base producing fruits and vegetables may be a better option. The findings will be presented at ASN Kidney Week 2026 October 22–25.

In the trial, 108 adults with stage 3 CKD and metabolic acidosis were randomized to receive fruits and vegetables (to reduce dietary acid by half), oral sodium bicarbonate (also to reduce dietary acid by half), or usual care (36 patients in each group). Participants were followed annually for 10 years.

During follow-up, there were 115 hospitalizations, 166 emergency department visits, and 34 patients needed dialysis. Compared with the usual care group, the fruits and vegetables group had fewer hospitalizations (14 versus 64), fewer emergency department visits (20 versus 88), and less progression to dialysis (4 versus 16). There was no difference between those given sodium bicarbonate compared with usual care regarding these outcomes.

“Treatment of metabolic acidosis with fruits and vegetables was associated with more favorable long-term clinical outcomes and health care utilization than standard treatment with sodium bicarbonate or usual care, without increasing overall health-system or societal costs,” said corresponding author Nimrit Goraya, MD, of Baylor Scott and White Health. “These findings support evaluating dietary interventions in chronic kidney disease not only at the individual-patient level but also at the population level, where the cumulative clinical and economic benefits may be substantial. They also highlight the potential quality-of-life and health-system value of investing in fruits and vegetables as a

treatment strategy, particularly when favorable clinical outcomes can be achieved without increasing overall costs.”

Study: “Long-Term Outcomes and Health Care Costs of Fruits and Vegetables vs. Sodium Bicarbonate or Usual Care for Metabolic Acidosis in CKD: Post Hoc Analysis of a 10-Year Randomized Trial”

About ASN Kidney Week

Join ASN and more than 12,000 other kidney professionals from across the globe at ASN Kidney Week 2026 in Denver, CO. The world's premier nephrology meeting, Kidney Week, provides participants with exciting and challenging opportunities to exchange knowledge, learn the latest scientific and medical advances, and listen to engaging and provocative discussions with leading experts in the field. Early programs begin on October 21, followed by the Annual Meeting from October 22-25. Follow the conversation at #KidneyWk.

About ASN

Since 1966, ASN has been leading the fight to prevent, treat, and cure kidney diseases throughout the world by educating health professionals and scientists, advancing research and innovation, communicating new knowledge and advocating for the highest quality care for patients. ASN has more than 20,000 members representing 138 countries. For more information, visit www.asn-online.org and follow us on [Facebook](#), [X](#), [LinkedIn](#), [Instagram](#), [Threads](#), and [Bluesky](#).

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