Table 1. The characteristics of the patients according to sex and the values of Dietary Acid Load (DAL)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **Male (n=42)**X**±S** | **Female (n=38)**X**±S** | **Total (n=80)**X**±S** | **p value** |
| Age (years) | 55,3±8,16 | 54,9±8,03 | 55,1±8,05 | 0,937 |
| Weight before dialysis (kg) | 76,8±13,36 | 71,5±15,16 | 74,3±14,40 | 0,100 |
| Dry weight (kg) | 74,4±12,85 | 69,1±15,06 | 71,9±14,10 | 0,095 |
| BMİ (kg/m2) | 25,6±3,93 | 27,6±5,78 | 26.5±4,97 | 0,074 |
| Dialysis time (months) | 66,2±47,00 | 83,3±49,61 | 74,31±14,40 | 0,101 |
| Dietary acid load (mEq / day) |  |  |  |  |
|  PRAL (mEq/gün) (min-max) | 14,1±13,02(-10,49-46,79) | 11,3±7,52(-1,54-31,11) | 12,8±10,8(-10,5-46,8) | 0,05\* |
|  NEAP (mEq/gün) (min-max) | 60,9±18,41(-1,54-31,11) | 60,0±16,01(35,56-116,01) | 60,5±17,21(32,7-116,0) | 0,295 |

\*p<0.05

BMI; Body mass index, PRAL: Potential kidney acid load, NEAP: Net endogenous acid production

Table 2. The status of cardiovascular risk factors according to DAL values of patients

|  |  |  |
| --- | --- | --- |
| **Risk factors** | **S** | **DAL (mEq/gün)** |
| **PRAL** |  | **NEAP** |
| X**±S** | **p** | **OR (95 %CI)** |  | X**±S** | **p** | **OR (95 %CI)** |
| DMNon-DM | 2654 | 15,2±13,0911,6±9,40 | 0,028\* | 0,632(0,246-1,625) |  | 60,1±17,7560,7±17,11 | 0,731 | 0,862(0,338-2,199) |
| SmokingNon-smoking | 1466 | 12,1±8,8212,9±11,21 | 0,445 | 2,032(0,615-6,716) |  | 61,1±18,9760,3±16,97 | 0,927 | 1,800(0,545-5,946) |
| BMİ (kg/m2)<23≥23 | 17 63 | 12,7±10,0012,8±11,07 | 0,492 | 0,636(0,215-1,883) |  | 63,6±9,8959,6±17,03 | 0,971 | 0,560(0,189-1,659) |
| SBP (mm Hg)≥130<130 | 1070 | 9,8±10,7913,2±10,80 | 0,976 | 1,588(0,412-6,122) |  | 59,4±19,9860,6±16,94 | 0,619 | 0,892(0,237-3,357) |
| DBP (mm Hg)≥85<85 | 971 | 5,2±5,0013,7±10,96 | 0,068 | 2,276(1,733-2,989) |  | 52,6±18,5861,5±16,91 | 0,841 | 3,000(0,564-15,960) |
| Serum cholesterol (mg/dL)≥200<200 | 2456 | 13,4±11,3411,3±9,42 | 0,691 | 0,788(0,302-2,055) |  | 58,6±15,3161,3±18,03 | 0,591 | 0,559(0,210-1,486) |
| Serum triglycerides (mg/dL)≥150< 150 | 5129 | 13,2±10,8311,9±10,85 | 0,386 | 0,897(0,360-2,234) |  | 60,2±16,1560,9±19,22 | 0,938 | 1,183(0,474-2,954) |
| Serum HDL-C (mg/dL)M <50, F <40M >50, F >40 | 746 | 13,1±11,148,9±3,02 | 0,037\* | 0,179(0,020-1,612) |  | 60,8±17,8356,2±3,83 | 0,011\* | 0,200(0,022-1,796) |
| Serum LDL-C (mg/dL)≥130<130 | 1565 | 12,6±8,0712,8±11,37 | 0,289 | 0,848(0,275-2,613) |  | 61,8±15,9561,2±17,59 | 0,831 | 0,960(0,312-2,956) |
| Serum hemoglobin (g/dL)< 11≥11 | 2258 | 13,6±7,7512,5±11,78 | 0,159 | 0,603(0,223-1,630) |  | 63,9±18,4859,2±16,69 | 0,630 | 0,677 (0,253-1,815) |
| Serum hematocrit (%)<33≥33 | 1961 | 11,0±6,52 13,3±11,80 | 0,044\* | 0,871(0,311-2,442) |  | 63,3±22,0159,6±15,53 | 0,115 | 1,007(0,359-2,824) |
| Serum CRP (mg/dL)>10≤ 10 | 2654 | 14,9±12,2311,7±9,98 | 0,244 | 1,000(0,392-2,549) |  | 62,2±17,8559,6±17,00 | 0,745 | 1,160(0,455-2,959) |
| Albumin (g/dL)<3.5≥3.5 | 773 | 12,9±16,6612,8±10,23 | 0,140 | 1,370(0,286-6,559) |  | 64,2±29,1960,1±15,89 | 0,019\* | 1,228(0,257-5,878) |
| Phosphate (mmol/L)>5.5≤5.5 | 2753 | 14,0±10,8212,1±10,82 | 0,895 | 1,118(0,442-2,827) |  | 59,6±13,5760,9±18,90 | 0,056 | 1,040(0,411-2,630) |
| iPTH (pg/mL)> 300≤ 300 | 5327 | 12,3±11,4013,7±9,61 | 0,568 | 0,355(0,135-0,935) |  | 59,1±16,9163,1±17,82 | 0,847 | 0,613(0,241-1,560) |
| Calcium (mmol/L)>10.2≤10.2 | 773 |  12,5±14,7612,8±10,47 | 0,450 | 0,145(0,017-1,268) |  | 57,6±15,4661,8±17,44 | 0,317 | 0,479(0,378-0,609) |

*\*p<0,05,*

*OR: Odds ratio, CI: Confidence interval, DM: Diabetes mellitus, BMI: Body mass index, DBP: Diastolic blood pressure, SBP: Systolic blood pressure, M: Male, F: Female, iPTH: Ionized parathormone*

**Table 3.** Multiple regression analysis of nutritional parameters of PRAL levels

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **B** | **Standart devition** | **β** | **T** | **p** |
| Constant | 74,467 | 30,281 |  | 2,459 | 0,017 |
| Energy (kcal) | 0,011 | 0,003 | 0,475 | 3,969 | 0,000 |
| Protein (% energy) | 0,351 | 0,309 | 0,087 | 1,134 | 0,261 |
| Fat (% energy) | -0,964 | 0,316 | -0,527 | -3,046 | 0,003 |
| Carbohydrate (% energy) | -0,908 | 0,305 | -0,514 | -2,973 | 0,004 |
| Dietary fiber (g) | -0,00 | 0,048 | -0,063 | -2,057 | 0,044 |
| Potassium (mg) | -0,019 | 0,001 | -1,139 | -29,861 | 0,000 |
| Sodium (mg) | 0,000 | 0,000 | 0,033 | 1,161 | 0,250 |
| Calcium (mg) | -0,017 | 0,002 | -0,243 | -8,584 | 0,000 |
| Magnesium (mg) | -0,050 | 0,006 | -0,317 | -7,901 | 0,000 |
| Phosphorus (mg) | 0,052 | 0,003 | 1,314 | 18,852 | 0,000 |
| Cholesterol (mg) | -0,004 | 0,002 | -0,040 | -1,985 | 0,051 |
| SFA (g) | 0,042 | 0,081 | 0,032 | 0,513 | 0,610 |
| PUFA (g) | 0,072 | 0,064 | 0,054 | 1,122 | 0,266 |
| MUFA (g) | 0,011 | 0,066 | 0,007 | 0,158 | 0,875 |
| **R=0.995** | **R2=0.989** | **F=433.351** | **p=0.000** |  |  |

*SFA: Saturated fatty acids, PUFA: Polyunsaturated fatty acid, MUFA: Monounsaturated fatty acids*

**Table 4.** Multiple regression analysis of food groups of PRAL levels

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variables** | **B** | **Standart devition** | **β** | **T** | **p** |
| Constant | 2,144 | 1,665 |  | 1,288 | 0,202 |
| Meat | 0,087 | 0,007 | 0,519 | 12,700 | 0,000 |
| Poultry | 0,091 | 0,012 | 0,304 | 7,514 | 0,000 |
| Fish | 0,083 | 0,025 | 0,132 | 3,339 | 0,001 |
| Egg | 0,112 | 0,020 | 0,255 | 5,702 | 0,000 |
| Milk products | 0,004 | 0,006 | 0,032 | 0,775 | 0,441 |
| Fruit | -0,030 | 0,005 | -0,259 | -6,235 | 0,000 |
| Vegetables | -0,043 | 0,004 | -0.508 | -10,995 | 0,000 |
| Potato | -0,069 | 0,010 | -0,281 | -7,048 | 0,000 |
| Cereals, bread | 0,047 | 0,005 | 0,421 | 10,087 | 0,000 |
| R=0.947 | R2=0.896 | F=67.008 | p=0.000 |  |  |