

## Making Kidney-Friendly Food Choices

“The right diet for you depends on your overall health condition and your stage of kidney disease.”

If you have chronic kidney disease CKD, it’s important to work with a renal dietitian to help you select the food and beverage choices that are best for you. The right diet for you depends on your overall health condition and your stage of kidney disease.

What’s right for someone else with kidney disease may not be right for you.

Once you have learned what the best food choices are for you, you can use this handy reference guide as a tool for grocery shopping and menu planning. In general, look for foods that are rich in anti-oxidants (disease-fighting chemicals), low in sodium, low in potassium and low in phosphorous.

Food	Serving Size	Sodium	Potassium	Phosphorus
<b>Apple</b>	1 medium, with skin	0 mg	158 mg	10 mg
<b>Blueberries</b>	½ c.	4 mg	65 mg	7 mg
<b>Cabbage, red</b>	½ c.	6 mg	60 mg	9 mg
<b>Cauliflower</b>	½ c.	9 mg	88 mg	20 mg
<b>Cherries</b>	½ c.	0 mg	160 mg	15 mg
<b>Chicken</b>	3 oz, grilled, no skin	65 mg	220 mg	190 mg
<b>Cranberries</b>	½ c., dried	2 mg	24 mg	5 mg
<b>Egg whites</b>	2 egg whites	110 mg	108 mg	10 mg
<b>Garlic</b>	1 clove	1 mg	12 mg	4 mg
<b>Lettuce, romaine</b>	1 c., chopped	0 mg	115 mg	15 mg
<b>Olive oil</b>	1 tbs.	< 1 mg	< 1 mg	0 mg
<b>Onion</b>	½ c.	3 mg	116 mg	3 mg



## Making Kidney-Friendly Food Choices

“Keep a list of kidney-friendly foods wherever a reminder will help you best.”

Food	Serving Size	Sodium	Potassium	Phosphorus
Plums	1 medium	0 mg	104 mg	11 mg
Raspberries	½ c.	0 mg	93 mg	7 mg
Red bell pepper	½ c.	1 mg	88 mg	10 mg
Red grapes	½ c.	1 mg	88 mg	4 mg
Salmon	3 oz.	50 mg	368 mg	274 mg
Spinach	1 c. raw	25 mg	170 mg	15 mg
Strawberries	½ c.	1 mg	120 mg	13 mg

### Plan Ahead

- Pick a day each week to plan out your menus for the week.
- Have a list of three go-to meals for breakfast, lunch and dinner that you can make in a pinch or order out in a restaurant.
- Keep a list of kidney-friendly foods in your purse or wallet, in your smart phone, on the fridge—wherever a reminder will help you best.

