

KIDNEY-FRIENDLY FOOD LIST

PROTEINS



- Beans (*dry or canned*):
 - Baked Beans
 - Kidney
 - Lima
 - Lentils
 - Navy
 - Pinto
 - Soybeans
- Beef
- Chicken
- Chickpeas
- Eggs
- Fish (*frozen or canned*):
 - Crab
 - Lobster
 - Shrimp
 - Salmon
 - Tuna
- Pork
- Turkey

FRUITS



- Apple
- Applesauce
- Blackberries
- Blueberries
- Fruit Cocktail
- Grapes
- Lemon
- Lime
- Mandarin Oranges
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Tangerines

VEGETABLES



- Bean Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Green Beans
- Green Peas
- Lettuce
- Mushrooms
- Onions
- Peppers
- Radishes
- Summer Squash
- Turnips
- Water Chestnuts (*canned*)

GRAINS



- Bagels
- Bread (*white*)
- Cereals (*corn, oat, wheat*)
- English Muffins
- Grits
- Pasta
- Pita Pockets
- Rice (*white*)
- Tortillas

SNACKS



- Animal Crackers
- Cookies
 - Butter
 - Lemon
 - Shortbread
 - Sugar
- Crackers (*unsalted*)
- Popcorn (*unsalted*)
- Pretzels (*unsalted*)
- Vanilla Wafers

DRINKS



- Coffee
- Juices (*sugar-free*):
 - Apple
 - Cranberry
 - Grape
 - Pineapple
- Lemonade (*sugar-free*)
- Dairy Substitutes (*unenriched*):
 - Almond Milk
 - Rice Milk
- Sodapop (*diet or sugar-free*):
 - Lemon-Lime
 - Root Beer
- Tea
- Water (*unflavored*)



KIDNEY-FRIENDLY FOOD TIPS

- Choose fresh or frozen-fresh foods when possible
- Look for “no salt added” and lower salt/sodium items
- Limit foods with “phos” in the ingredients
- Rinse canned meats, vegetables, and fruits before eating
- Avoid salt substitutes made with “potassium chloride.” Use seasonings such as Mrs. Dash, non-sodium spices and herbs such as garlic, basil, pepper, oregano, etc.
- Individuals on dialysis often need to restrict fluid intake. A fluid is anything that is liquid or anything that would melt if left at room temperature. These should be counted toward daily fluid intake.
- Remember to ask your doctor about any nutrients (ex. Potassium) you may need to limit.



Scan QR code or visit
fbcnich.org/food-bank-network to
find Food Banks & Pantries near you.

INFORMATION & SUPPORT FROM THE NATIONAL KIDNEY FOUNDATION OF MICHIGAN

We know that managing life with kidney disease can be challenging. With the right tools and resources, you can live well and do the things that are important to you. We have programs and services to help!



Workshops to help you self-manage life with kidney disease



Bob Meyer Emergency Fund and low-cost medical ID tags



Education on the transplant process and finding a living donor



Peer mentors, a support group, and a phone line for questions and support



Physical activity and falls prevention programs



Scholarships, internships, and many more community resources!

Would you like to connect with our Patient Services team? Contact us today!

Email: patientservices@nkfm.org | **Phone:** 800.482.1455 ext. 2570 | nkfm.org