

KIDNEY-FRIENDLY FOOD LIST

PROTEINS	FRUITS	VEGETABLES
<ul style="list-style-type: none"> Beans (<i>dry or canned</i>): <ul style="list-style-type: none"> Baked Beans Kidney Lima Lentils Navy Pinto Soybeans Beef Chicken Chickpeas Eggs Fish (<i>frozen or canned</i>): <ul style="list-style-type: none"> Crab Lobster Shrimp Salmon Tuna Pork Turkey 	<ul style="list-style-type: none"> Apple Applesauce Blackberries Blueberries Fruit Cocktail Grapes Lemon Lime Mandarin Oranges Peaches Pears Pineapple Raspberries Strawberries Tangerines 	<ul style="list-style-type: none"> Bean Sprouts Cabbage Carrots Cauliflower Celery Corn Cucumber Eggplant Green Beans Green Peas Lettuce Mushrooms Onions Peppers Radishes Summer Squash Turnips Water Chestnuts (<i>canned</i>)
GRAINS	SNACKS	DRINKS
<ul style="list-style-type: none"> Bagels Bread (<i>white</i>) Cereals (<i>corn, oat, wheat</i>) English Muffins Grits Pasta Pita Pockets Rice (<i>white</i>) Tortillas 	<ul style="list-style-type: none"> Animal Crackers Cookies <ul style="list-style-type: none"> Butter Lemon Shortbread Sugar Crackers (<i>unsalted</i>) Popcorn (<i>unsalted</i>) Pretzels (<i>unsalted</i>) Vanilla Wafers 	<ul style="list-style-type: none"> Coffee Juices (<i>sugar-free</i>): <ul style="list-style-type: none"> Apple Cranberry Grape Pineapple Lemonade (<i>sugar-free</i>) Dairy Substitutes (<i>unenriched</i>): <ul style="list-style-type: none"> Almond Milk Rice Milk Sodapop (<i>diet or sugar-free</i>): <ul style="list-style-type: none"> Lemon-Lime Root Beer Tea Water (<i>unflavored</i>)



NATIONAL KIDNEY
FOUNDATION®

of Michigan

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
fbcmich.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



Education on the transplant process and finding a living donor



Physical activity and falls prevention programs



Bob Meyer Emergency Fund and low-cost medical ID tags



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



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