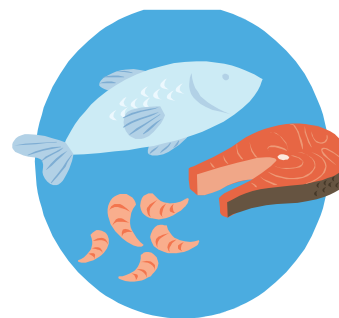


Kidney Kids Snacks For Hemodialysis

Dialysis takes energy and protein from your body. Eat snacks to help you grow and stay strong during dialysis. Remember to take your phosphate binder when you eat snacks.

Choose Protein Snacks First!

- ½ Chicken, Tuna, or Egg Salad Sandwich
- ¾ cup Rice or Corn Cereal with 3oz Milk Substitute
- 1 Hard Boiled or Deviled Egg
- 2 Chicken Wings (no sauce)
- Scrambled Egg Burrito (1 egg in a 4" flour tortilla)
- 1-2oz Turkey + 4 Crackers (unsalted tops)
- ¼ cup Chicken, Tuna, or Egg Salad + Unsalted Crackers or Chips
- ½ English Muffin with 1-2 oz Mozzarella Cheese



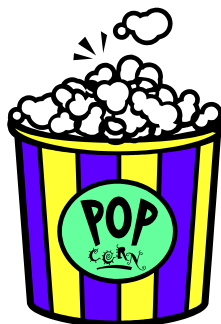
Next, Try Low Potassium Fruits and Vegetables!

- 1 small fresh Apple, Plum, or Pear
- ½ cup fresh Blueberries, Pineapple, or Raspberries
- ½ cup canned Peaches, Pineapple, Pears, or Fruit Cocktail
- ½ cup Applesauce
- ½ cup Cucumber, Celery, Cauliflower, Carrot



If you are in the mood for Crunchy...

- 4 Celery Sticks with 1 Tbsp Cream Cheese
- 2 ½ cups Unsalted, Unflavored Popcorn
- 10 Pretzel Sticks, Unsalted
- 2 Rice Cakes, any kind
- ¼ cup Hummus + 5-6 Cucumber Slices or 1/2oz unsalted Tortilla Chips
- 16 Wheat Thins crackers



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For Something Sweet...

- 2 Graham crackers
- 5 Vanilla Wafers
- 1 Nutra-Grain bar, mixed berry
- 1 Pop-Tart (grape, apple, wild berry)
- 1 Rice Krispy Treat



For Special Occasions...Not Everyday!



- Candies: peppermint, sours, gummies, soft mints, cinnamon, marshmallow, jelly beans
- Red Licorice (Avoid Black Licorice)
- Glazed Donuts
- White Cake with White Frosting
- Sandwich cookies (no chocolate)

Avoid or Limit:

- Chocolate, Nuts, Salted Crackers, Salted Pretzels, Salted Chips, Oranges, Bananas, Potatoes, Tomatoes, Cantaloupe, Honeydew Melon, Dried Fruits (raisins, prunes, etc.)