

KIDNEY FRIENDLY NUTRITION



What To Eat and Be Mindful of to Make You and Your Kidneys Feel Better

Protein

High / good quality
protein

(Eggs whites, fish &
Chicken)

Salt

Limit 2,300 mg/ day or
less

(choose fresh veggies
over canned)

Potassium

Mindful of high potassium
foods

(Bananas, Potatoes,
tomatoes & processed
meat/ cheese.

Phosphorus

Limit 800-1000 mg/ day
(Dairy products, Soda,
Processed meats and
cheeses)

Quick Tips

- Read food Labels (Salt, Potassium and Phosphorus)
- Cook Fresh Veggies or Rinse Canned Veggies
- Stay Active and Communicate With Your Care Team

