



Kidney Health Guidelines

Kidney is in charge of filtering blood, removing waste through urine, producing hormones, balancing minerals, and maintaining fluid balance. When the kidneys become damaged and are unable to function properly, fluid can build up in the body and waste can accumulate in the blood. Avoiding or limiting certain foods in your diet may help decrease the accumulation of waste products in the blood, improve kidney function, and prevent further damage.

Here are foods that are best to avoid or limit in order to support ongoing kidney health.

1. Salt needs to be limited in all forms. It is important to check all labels for the sodium content and to recognize that processed food or fast food is often very high in salt.
2. High protein is to be avoided. A variety of protein is still recommended though.
3. Avoid known food intolerances.
4. Dark sodas should be avoided on a renal diet, as it contains inorganic phosphates, or additives, in high amounts. This is not good for the kidneys.
5. Avocados should be avoided on a renal diet due to their high potassium content.
6. Canned foods are often high in sodium. Avoiding, limiting canned food is likely best to reduce overall sodium consumption.
7. White bread is **recommended** over whole wheat bread on a renal diet due to its lower phosphorus and potassium levels. All bread contains sodium, so it's best to compare food labels and choose the bread with lower sodium.
8. Brown rice has a high content of phosphorus and potassium and will likely need to be portion-controlled or limited on a renal diet. Quinoa, riced cauliflower, bulgur, buckwheat, and couscous are all good alternatives.
9. Bananas are a rich source of potassium and may need to be limited on a renal diet.
10. Dairy products contain high amounts of phosphorus, potassium, and protein and should be **limited** on a renal diet.



Naturopathic Foundations

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11. Oranges and orange juice are high in potassium and should be limited on a renal diet. Grapes, apples, cranberries, or their juices are good alternatives.
12. Processed meats are high in salt and protein and should be consumed in moderation on a renal diet. This includes sausages, hot dogs, salami, ham and cured bacon.
13. Pickles, processed olives, and relish are high in sodium and should be limited on a renal diet.
14. Apricots are a high potassium food that should be avoided on a renal diet.
15. Potatoes and sweet potatoes are high potassium vegetables. Boiling or double cooking potatoes can decrease potassium by about 50%.
16. Tomatoes are another high potassium fruit that should likely be limited on a renal diet.
17. Packaged, instant, and premade meals are highly processed items that can contain very large amounts of sodium and lack nutrients. It's best to limit these foods on a renal diet.
18. Leafy green vegetables like Swiss chard, spinach, and beet greens are full of potassium, especially when served cooked.
19. Nutrients are concentrated when fruits are dried. Therefore, the potassium content of dried fruit, including dates, prunes, and raisins, is extremely high and should be avoided on a renal diet.
20. Pretzels, chips, and crackers are easily consumed in large portions and tend to contain high amounts of salt.

Recommendations: _____

