

Adding fiber to your diet

Fiber is an important part of your kidney-friendly diet. It has many benefits to support your overall health. Learn more about good sources of dietary fiber and how it can help you feel your best.

What is fiber?

Fiber is found in plant foods like fruits, vegetables, whole grains, nuts, seeds, and legumes. Eating foods rich in fiber has many health benefits like:

- Improving your blood sugar levels by slowing down how quickly your body digests food.
- Protecting your heart by lowering your cholesterol and reducing your risk of heart disease.
- Helping you feel full for a longer amount of time, which can help with overeating and maintaining a healthy weight.
- Helping you have more regular bowel movements and less chance of constipation.

Managing phosphorus and potassium

You can choose foods that add fiber while still managing your individual phosphorus and potassium goals.

- Some foods like nuts, beans, and whole grains are high in fiber and are better choices than foods with added phosphates, such as processed meats, dairy, and ready-to-eat foods.
- Whole grains, beans, nuts, fruits, and vegetables contain potassium but can still be part of a kidney-friendly diet in the right portion sizes.



Managing fluids and fiber

Some people with CKD need to limit their fluid intake. High-fiber foods add bulk to your stool, which can lead to constipation if you're not getting enough fluids. Fluids help move waste through your digestive system.

If you're limiting fluids, your care team can help you add fiber in a safe way. They may recommend fiber-rich foods like fruits and vegetables that also contain water but may not need to be counted in your fluid total.

Including fiber on your plate



Fruits

Apples
Berries (strawberries, blueberries, raspberries, and blackberries)
Pears
Peaches
Plums
Pineapple



Vegetables

Green beans
Broccoli
Carrots
Cauliflower
Cabbage
Summer squash



Whole Grains

Oats
Whole wheat bread, cereal, pasta, and crackers
Brown rice
Barley
Popcorn
Quinoa
Shredded wheat
Bran



Nuts and Seeds

Walnuts
Almonds
Cashews
Pecans
Peanuts
Flax seeds
Chia seeds
Pumpkin seeds
Sunflower seeds



Legumes

Black beans
Chickpeas
Edamame
Pinto beans
Cannellini beans
Lentils



We are here to help!

Talk to your care team about more tips for adding fiber to your diet.