

Seven healthy kidney-friendly snacks

There's a lot to choose from when it comes to healthy snacks. Your care team might have recommended a diet low in sodium, protein, potassium, or phosphorus. Try these tasty, nutritious, easy snacks—that are kidney-friendly too.

Whether you're home, out running errands, hanging with family, or off on an adventure, these healthy and delicious snacks help when hunger hits!

1. Fresh cucumbers and baba ghanoush

Enjoy this snack curled up with your favorite book. It's easy to prepare and low in potassium. Slice up half a cup of cucumbers and try dipping them in our recipe for baba ghanoush.

2. Berries on the go

Grab some strawberries, blueberries, or raspberries to satisfy your craving for something sweet.

3. Chips and salsa

Looking for a crunchy snack? Try some unsalted corn tortilla chips with homemade salsa.

4. Homemade trail mix

Store-bought trail mix can be high in potassium and phosphorus. Make your own healthier version by combining unsalted walnuts, macadamia nuts, and Honey Nut Cheerios®. Add dried cranberries for extra sweetness!

5. Apples and nut butter

Hanging out with the kids or grandkids calls for quick, easy snacks. Slice an apple and serve with a small amount of your favorite nut butter. They will love it—and you will too!

Make your own salsa

Use a blender to combine two tomatoes, half a white onion, two jalapeños (optional for spice), one-third cup of cilantro, and a splash of lime juice. Tomatoes are high in potassium, but they aren't totally off-limits if you're following a low-potassium diet. Just keep your portion size small (one to two tablespoons). When limiting potassium, focus on avoiding potassium additives instead of the naturally occurring potassium found in fruits and vegetables.

6. Frozen fruit popsicles

Making popsicles is easy. Buy popsicle molds at your local dollar store—or use freezer-safe cups and popsicle sticks. Blend watermelon, blueberries, or strawberries with water, pour into your mold, and freeze! If you're tracking fluid intake, remember to count popsicles.

7. Rice cakes with apples and cinnamon

It's all about the toppings! Load your rice cakes with apples and cinnamon for a snack that will keep you satisfied and full.



We are here to help

Your care team can help you find more healthy snack options. Reach out for any support you need.

We love a good dip, and this one is no exception. It features roasted eggplant—a great source of fiber—and olive oil, which is packed with heart healthy fat.

INGREDIENTS:

- 2 small to medium eggplants,* washed
- 2 medium cloves of garlic, minced
- 3 tbsp of lemon juice
- ¼ cup of tahini
- ⅓ cup of extra virgin olive oil, plus more for brushing the eggplant
- 2 tablespoons of chopped, fresh flat-leaf parsley, plus extra for garnish
- ¼ teaspoon of salt
- ¼ teaspoon of ground cumin
- Pinch of smoked paprika for garnish

*Aim to prepare the eggplant soon after you purchase because the longer they sit, the more bitter they become.



Baba Ghanoush

Directions

1. Preheat oven to 450° F and place the top rack in the upper third of the oven. Line a large, rimmed baking sheet with parchment paper.
2. Halve the eggplant lengthwise and brush the cut sides lightly with olive oil. Place them cut side down on the baking sheet.
3. Roast about 35-40 minutes until the interior is very tender throughout and the skin collapses. Set the eggplant aside to cool for a few minutes.
4. Flip the eggplants over and scoop out flesh with a large spoon. Discard the skin.
5. Place a mesh strainer over a mixing bowl, then transfer the flesh to the strainer and let rest for a few minutes. Shake and stir occasionally to remove as much moisture as possible.
6. Discard the eggplant drippings. Drain and wipe out the bowl, then add eggplant into the bowl.
7. Add garlic and lemon juice to eggplant and stir vigorously with a fork until the eggplant breaks down.
8. Add tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy. Use your fork to break up any particularly long strips of eggplant.
9. Stir in the parsley, salt, and cumin. Add more lemon juice to taste.
10. Transfer the baba ghanoush to a serving bowl, lightly drizzle olive oil on top, and sprinkle with parsley and smoked paprika.
11. Serve with wedges of pita bread, sliced vegetables, or any accompaniment of your choice.