



Snacks & Sweets

for People with Kidney Disease

Many people who have kidney disease need to limit certain foods. Luckily, there are many healthy options. Here are some of the delicious snacks and sweets you can enjoy.

Snacks

Fruit (1/2 cup or 1 small fruit)

Lower potassium: apple, applesauce, berries, clementine, fruit cup, grapes, pear, pineapple, plum, or tangerine.

Higher potassium: banana, cantaloupe, dried fruit, honeydew, kiwi, mango, nectarine, orange, papaya, peach, plantain, or pomegranate.

Vegetables (1/2 cup)

Lower potassium: broccoli, carrots, cauliflower, celery, cucumber, peas, peppers, radishes, sugar snap peas, or yellow summer squash.

Higher potassium: artichokes, avocado, potatoes, soybeans/edamame, or winter squash.

Starches

Reduced-sodium or unsalted crackers, pretzels, popcorn, tortilla chips; graham or animal crackers, rice cakes, English muffin, bagel, cereal or oat bar, or muffin.

Renal Dietitians

a dietetic practice group of the
Academy of Nutrition and Dietetics



Fruit & veggie dips

Cream cheese and yogurt go great with **fruit**.

Veggies go well with low-sodium sour cream herb dip, hummus, or mayo-curry dip.

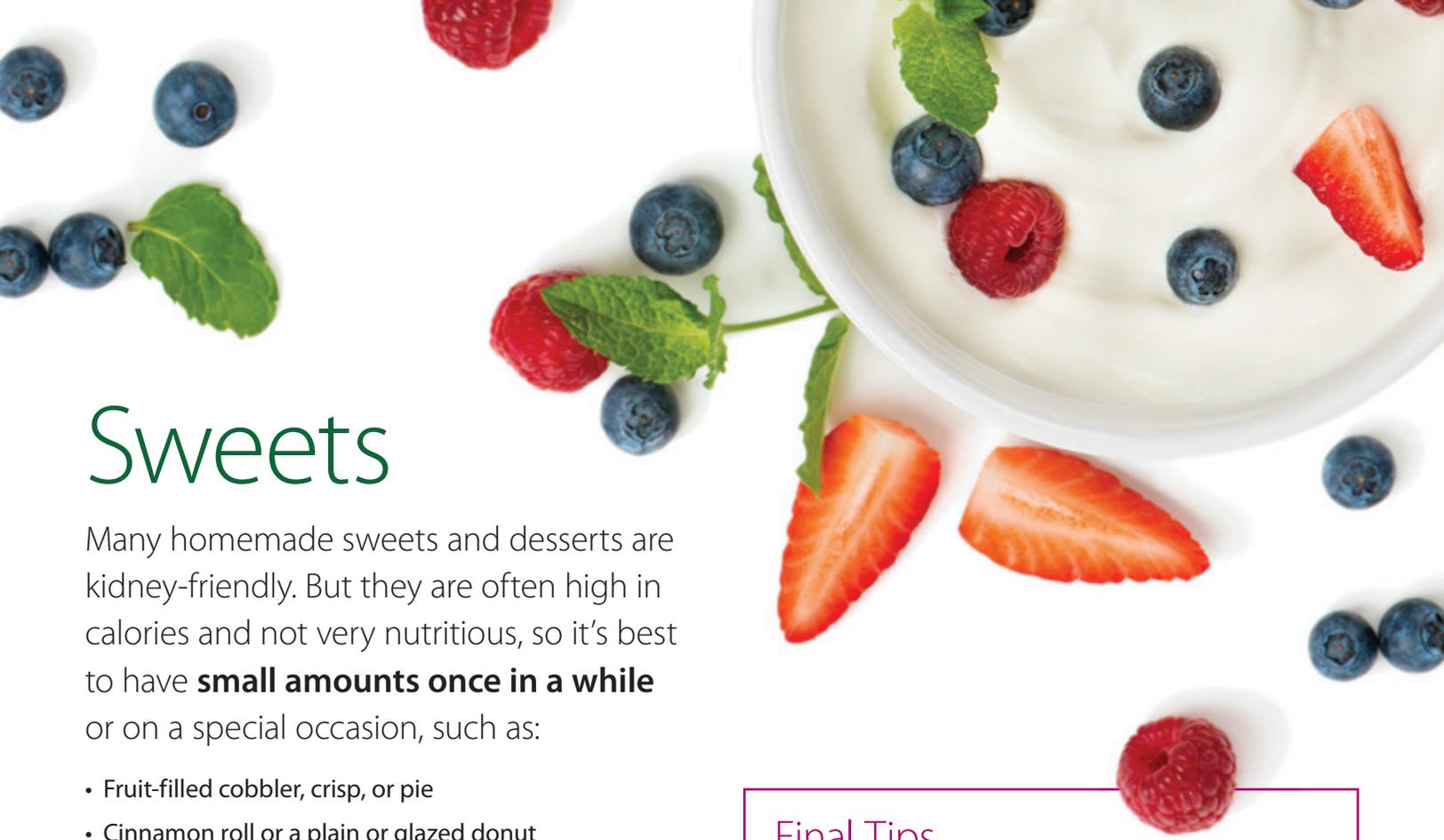


High protein snacks

High protein snacks are suggested for anyone on dialysis. You need extra protein to help you stay healthy. Healthy snack ideas include homemade:

- Sandwich with low-fat meat
- Toast or crackers with chicken, egg, tuna, or turkey salad
- Reduced-salt cottage cheese with fruit
- Boiled or deviled eggs
- Brie with fruit on crackers
- Omelet, French toast, or crepes
- Fruit or veggies with nut butter dip
- Greek yogurt with fruit
- Peanut butter and apple slices, rolled up in a tortilla or on graham crackers
- Shrimp cocktail
- Pita with hummus
- Protein bars with at least 10g protein and less than 200mg sodium.

Ask your Registered Dietitian Nutritionist (RDN) which options are best for you.



Sweets

Many homemade sweets and desserts are kidney-friendly. But they are often high in calories and not very nutritious, so it's best to have **small amounts once in a while** or on a special occasion, such as:

- Fruit-filled cobbler, crisp, or pie
- Cinnamon roll or a plain or glazed donut
- Angel food, spice, vanilla, white, or yellow cake
- Butter, gingersnap, molasses, shortbread, or sugar cookie
- Vanilla wafer, lemon bar, or crispy rice cereal treat
- Fruit ice, gelatin, popsicle, or sherbet (remember to count these as fluid)
- Soft candies – butter mints, marshmallows, taffy, fruit chews, candy corn, jelly beans, orange slices, gummies, or candy twists
- To relieve a sweet craving or dry mouth, try sugar-free or regular gum or hard candies.

How to Shop Smart

- Look for sweets without caramel, chocolate, custard, or nuts.
- If homemade sweets are not an option, shop for sweets with no added phosphorus (no “phos” ingredients).

Goal Summary

I plan to: _____

Final Tips

- **Check the label** – snacks should have less than 200mg sodium (or less than 10% of Daily Value).
- If you take **binders**, remember to take these with snacks as directed.
- If you are on **dialysis** and will miss a meal, bring a high protein snack for before or after your dialysis treatment.
- **Bake at home.** You will have more control over the ingredients in your food and you can limit sodium, sugar, and phosphorus.
- Limit sweets to **small amounts**, and only once in a while.
- If you are on a **fluid restriction**, count gelatins or frozen sweets in the day's fluid allowance.
- Ask your RDN about **serving sizes**, and which snacks are right for you.