



## FAQ'S | *Kidney Friendly Snacks*

Each of our plans include 3 meals and we recommend the addition of 2-3 servings of fat-free milk daily. For those with kidney disease, dairy can be swapped with "Flex Calories" of similar calories, allowing dietary flexibility. Adding snacks or plant-based milk aids in meeting calorie goals, filling nutrient gaps, and



adhering to disease management restrictions. Opt for whole, unprocessed snacks with a balance of protein and high-fiber carbs to stay fuller longer. It's never a good idea to snack directly from the box, carton or bag; use a plate or bowl instead.

**Snacking is okay on a kidney diet as long as you make healthy choices that are low in sodium, sugar, and if needed potassium, phosphorus, and calcium. Here are some healthy kidney-friendly snacks you can enjoy while on Seattle Sutton's Healthy Eating:**

- **Fruits:** Apples, Unsweetened Applesauce, Blueberries, Cherries, Grapes, Pears, Raspberries, Strawberries
- **Vegetables:** Broccoli, Carrots, Celery Sticks, Cucumber, Red Bell Pepper Strips
- **Grains:** Graham Crackers, Low-sodium or Unsalted Tortilla Chips, Rice Cakes, Unsalted Pretzels, Pita Chips, or Popcorn
- **Dairy Alternatives:** Unsweetened, Fortified Almond or Rice Milk, Non-dairy yogurts such as coconut, cashew, oat, or almond yogurt (watch out for added phosphorus)

**High Protein Snacks** (you may need phosphate binders with these)

- Chicken Salad
- Cottage Cheese
- Egg Salad or Hard-Boiled Egg
- High-Protein Supplement (such as Glucerna)
- Tuna Salad