



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

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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.