

Healthy Renal Friendly Snack Ideas

1. Unsalted pretzels
2. Unsalted popcorn
3. Rice cakes
4. Graham crackers
5. Animal crackers
6. Low sodium crackers
7. Carrots
8. Celery
9. Cucumber
10. Bell peppers (green, red, orange)
11. Apple
12. Grapes
13. Berries (blackberries, blueberries, raspberries, strawberries)
14. Cherries
15. Plum
16. Pear

Note:

If you are on dialysis, you will have increased protein needs. Protein is also important to help stabilize blood glucose levels.

Kidney friendly protein options to add to your snacks include:

1. Hard boiled egg or egg whites (1 egg or 1 oz)
2. Peanut butter (1 Tbs)
3. Unsalted nuts (¼ cup)
4. Cottage cheese with no “phos” ingredients (½ cup)
5. Humus (¼ cup)
6. Natural cheese -mozzarella, parmesan, ricotta (1 oz/ 2 dice)
7. Unsalted sunflower seeds (¼ cup)