

WHAT SNACKS CAN I HAVE IF I AM FOLLOWING A KIDNEY FRIENDLY DIET?

It can be difficult to know what snacks you can have when you have been advised to follow a low salt, low potassium or low phosphate diet. The following list provides examples of snacks which may be suitable.

FRUIT



Pineapple,
canned in syrup (drained)



Apple



Blackberries



Blueberries



Raspberries



Clementine



Fruit cocktail,
canned in syrup (drained)



Grapes (approx 10)



Plums x 2



Strawberries (approx 5)



Cherries



Dried, sweetened cranberries

VEGETABLES



Carrot Sticks



Celery Sticks



Cucumber Slices



Slices of green / red bell peppers



Olives (wash off any salted water)



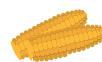
Cauliflower florets



Roasted chickpeas (unsalted)



Courgette sticks



Baby corn



Peas



Cherry tomatoes
(1 small tomato or 4 cherry tomatoes)



Radish



Beansprouts

















Sugar snap peas



Green beans

SAVOURY SNACKS

- | | | | |
|---|---|---|--|
|  | Rice cakes |  | Brioche |
|  | Tortilla wraps cut into triangles and baked |  | Croissant |
|  | Air fried pasta shapes |  | Melba toast |
|  | Toast (granary, wholemeal, brown or white bread) |  | Pitta bread |
|  | Bread sticks |  | Pancakes |
|  | Bagel / crumpet with jam, marmalade or cream cheese |  | Crisps* (wheat, corn or maize based) |
|  | Chapati (white flour) |  | Breakfast cereals* (puffed rice, wheat biscuits, Cornflakes, frosted flakes, porridge or granola) |

*Aim for less than 0.5g of sodium or less than 1.25g salt per 100g

SWEET SNACKS

- | | | | |
|---|-----------------------------|---|------------------------------------|
|  | Shortbread / plain biscuits |  | Doughnuts |
|  | Pink wafer biscuits |  | Plain or jam sponge |
|  | Rusks |  | Sweet waffles |
|  | Jam biscuits |  | Jam Swiss roll |
|  | Custard creams |  | Meringue nests / Lemon meringue |
|  | Marshmallows |  | Apple / pear crumble |
|  | Boiled / chewy sweets |  | Jelly |
|  | Unsalted or sweet popcorn | | |

Please speak to your Dietitian to find which are the best snack options for you, as everyone's dietary needs are different.

