



The foundation of kidney care.

## Navigating the Food Bank for the Kidney Diet

Almost 900,000 Canadians are assisted by food banks every month. Food banks are charitable organizations that store and distribute food, and since they rely on donations, the food available is not always suitable for special diets.

Food plays an important role in managing kidney disease. There is no standard kidney diet, but controlling the amount of certain nutrients, including sodium, phosphorus and potassium, can prevent complications. Sometimes it is difficult to combine the kidney diet with other recommendations. See your Registered Dietitian for guidance.

Choose	Avoid or Limit
<ul style="list-style-type: none"> <li>• Plain pasta or rice</li> <li>• White bread</li> <li>• Potatoes, fresh or canned (double-boil)</li> <li>• Corn or rice cereals</li> <li>• Frozen meats and fish</li> <li>• Eggs</li> <li>• Peanut butter</li> <li>• Canned tuna or salmon (remove bones)</li> <li>• Cheese</li> <li>• Milk (regular or powdered)</li> <li>• Vegetables (Best to choose canned with no salt added, if not, rinse before use.)</li> </ul>	<ul style="list-style-type: none"> <li>• Kraft Dinner and packaged side dishes</li> <li>• Whole wheat or whole grain bread</li> <li>• Instant potatoes</li> <li>• Whole grain or bran cereals</li> <li>• Beans and legumes</li> <li>• Processed cheese slices and spreads</li> <li>• Packaged or canned puddings</li> <li>• Canned goods (beans, soups, stews)</li> </ul>



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When you need to use a food bank you are not always able to make the perfect choice, but you can make the best choice. Try these tips!

- When selecting canned goods, aim for less than 10% daily value of sodium.
- Avoid foods with phosphate additives. Suspect processed and powdered products. Read the ingredients list and avoid products containing “phosphate”, “phosphoric” or “phos” in the list.
- After visiting the food bank, plan your meals and snacks to ensure you eat well and save money.
- Prepare food in batches and use leftovers for a meal the following day or freeze for a day when your energy is low.
- Only cook vegetables you will need and add leftovers to soups or casseroles.
- Use leftover meat or chicken bones to make soup.
- Grow your own herbs such as rosemary and thyme to add flavour to your food or, if you have space, grow your own vegetables, such as lettuce, cucumbers and zucchini.
- If you can, choose lower potassium fruits and vegetables such as apples, berries, pineapple, broccoli, cauliflower and corn.
- Contact your food bank to find out if they have a “kidney friendly” program.
- Talk to your dialysis unit Social Worker or local Public Health Department to learn about other services in your community like:
  - Food Buying Clubs
  - Meal Programs
  - Community Kitchens
  - Student Nutrition Programs
  - Community Gardens
  - Good Food Box

**For a food bank location near you, go to: [www.foodbankscanada.ca](http://www.foodbankscanada.ca)**

**For information on the kidney diet, go to: [www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca)**