

Kidney-Friendly Guide to Frozen and Canned Foods

Frozen and canned foods are great alternatives to fresh ingredients. They offer nutritious, flexible, and budget-friendly options for people with kidney disease.

WHAT TO KEEP IN MIND:

Canned Food

- Preserved with high heat which can reduce some of the nutrient content.
- May contain added salt, sugar, potassium, phosphorus, or other preservatives.
- Shelf life: Months to years (great for long-term storage).
- May be easier to prepare if you have fatigue or limited mobility.
- Easy to incorporate plant-based alternatives, which are great sources of protein and fibre.
- Often very affordable and widely available.

Frozen Food

- Preserved with flash freezing which retains more nutrients. Some of the nutrient content may decrease during long-term storage.
- Plain fruits and vegetables are generally lower in added sodium, potassium, and phosphorus. Pre-seasoned options often contain added salt, sugar, or other preservatives.
- Shelf-life: Months.
- Great way to add variety and out of season produce to dishes while maintaining freshness.
- Portions can be flexible.

HOW TO REDUCE SODIUM, POTASSIUM, AND PHOSPHORUS CONTENT:

Canned Food

- Drain and rinse canned vegetables and legumes to help reduce sodium and potassium content.
- Choose canned items packed in water for lower sodium options.

Eg. Tuna or fruits packed in water often have less sodium.

Frozen Food

- Choose plain fruits and vegetables without added sodium, potassium, or phosphorus.

Eg. Frozen vegetables with added sauces or seasonings are higher in sodium than plain.

Choose no or low sodium options and add your own seasonings to manage sodium and improve flavour.

COST AND BUDGETING TIPS:

- Shop around to find the best deals and stock up for future use.
- Consider portion sizes and amounts used when budgeting.

Always read nutrition labels and ingredient lists to help you make informed decisions.

Always follow the advice and recommendations of your healthcare team for your individual health needs.

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