

# How to Eat More Plant Foods for Your Kidney Health

Eating more whole, unprocessed plant foods may help slow the progression of kidney disease. Plant foods are high in fibre, vitamins, and minerals, and low in sodium. Eat plant foods every day for kidney and heart health, for healthy blood pressure and blood sugar levels, and to promote good digestion.

## Use your plate as a guide:

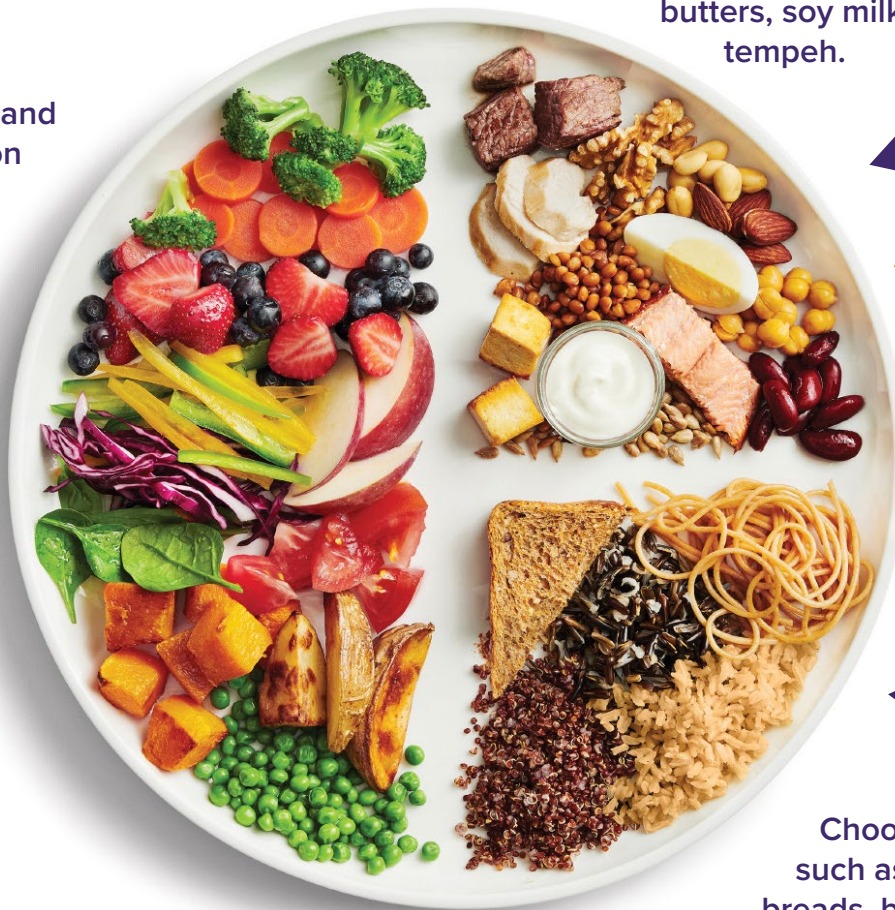
- Half vegetables and fruit
- One quarter whole grains
- One quarter protein

Base meals and snacks on vegetables and fruit.

Plant-based proteins include beans, lentils, tofu, nuts, seeds, nut/seed butters, soy milk, seitan and tempeh.

Animal proteins like fish, chicken and lean meats can be part of a plant-forward diet. The goal is to focus less on animal proteins and more on plant proteins.

Choose whole grains such as whole grain breads, barley, oats, brown and wild rice.



Source: Canada's Food Guide

# Easy Meals with Plant Foods

## Breakfast

- Oatmeal or Greek yogurt with berries, topped with nuts or seeds
- Whole grain toast with natural nut butter and banana slices
- Smoothie with frozen mixed fruit, milk/milk alternative and Greek yogurt
- Whole grain wrap (tortilla, chapati or roti) with beans or eggs, and vegetables (e.g., mushrooms, peppers, onions)
- Pan-fried tofu or scrambled eggs mixed with vegetables (e.g., kale and tomato), plus whole grain toast



## Lunch and Dinner

- **Black bean tacos:** Make with black beans, onions, peppers, cabbage, lime, cilantro, avocado, and salsa. Serve in corn tortillas with mixed greens on the side.
- **Chickpea tuna salad:** Make with lettuce, canned chickpeas, canned tuna, celery, tomato, quinoa, and a homemade dressing with olive oil, apple cider vinegar, lemon juice and dill.
- **Tofu, chicken, or seitan stir-fry:** Make with vegetables (e.g., bok choy, peppers, snap peas, carrots, onions, mushrooms) and tofu, chicken, or seitan. Cook with vegetable oil and low-sodium soy sauce. Serve on rice or noodles.
- **Barley bowl:** Make with roasted vegetables (e.g., brussel sprouts, broccoli, sweet potato), pumpkin seeds, shredded carrots, and shelled edamame beans or tempeh. Serve over barley with a homemade dressing.
- **Pasta:** Make with whole wheat pasta and ground turkey and white bean meatballs, or simmer red lentils into your sauce. Serve with homemade tomato sauce and a side salad.
- **Vegetable bean soup:** Make with vegetables (e.g., carrots, onion, celery), kidney beans, and "No Salt Added" broth. Serve with whole wheat bread and a slice of mozzarella cheese or avocado.
- **Dahl and roti:** Make with lentils, onions, garlic, ginger, tomatoes, and spices. Serve with whole wheat roti (flatbread) and salad (cucumbers, onions, radish, lettuce).
- **Vegetable sabzi (curry):** Make with vegetables (e.g., cauliflower, peas, carrots, onion, potatoes), garlic, ginger, and spices. Serve with brown rice or whole wheat roti and Greek yogurt.



## Snacks

- Raw vegetables (e.g., carrots, cucumbers, celery) — cut up and served with hummus or Greek yogurt dip
- Fruit (fresh, frozen, or canned)
- Whole grain crackers with nut butter and pear slices
- Small handful of unsalted nuts, soy nuts, roasted chickpeas or roasted edamame beans
- Air-popped popcorn seasoned with nutritional yeast flakes
- Plain tortilla chips (low sodium) with fresh salsa
- Chia pudding: Make with milk/milk alternative, chia seeds and vanilla extract. Top with berries or mango.
- Canned peaches with plain Greek yogurt



For recipe ideas, visit [Kidney Community Kitchen](#), [Kidney Wellness Hub](#), or [My Spice It Up!](#)