



KIDNEY-FRIENDLY SUPERFOODS

APPLES

There are many varieties of apples, and they are plentiful from late summer to winter. Apples range in taste from sweet to tart and are a great treat as an on-the-go snack, in salads, with a sprinkle of cinnamon, or baked.

Why Are Apples a Superfood?

- Rich in antioxidants, don't forget to leave on the peel which gives you 2-6 times the antioxidant power
- Good source of fiber, which can help with constipation
- Good source of vitamin C which is important for healthy tissues and your immune system
- Can help you feel fuller for longer periods of time, are low in calories, and may help control blood sugar when chosen over fruit juices

Apples And Kidney Disease

Apples are low in potassium, phosphorus, and sodium so they are a great choice for a kidney friendly diet. They are safe to eat for all of the following kidney conditions and treatments:

- Chronic Kidney Disease (CKD)/Transplant
- Hemodialysis (3 times/week)
- Daily Home and Nocturnal Hemodialysis/Peritoneal Dialysis
- Kidney Stones

Popular Apple Varieties

APPLE VARIETY	DESCRIPTION	USES
Ambrosia	Sweet, crisp	Baking, eating, salad
Braeburn	Sweet, hard	Eating, salad, sauce, baking
Fuji	Sweet, hard	Baking, eating, salad
Gala	Sweet, crisp	Eating, baking, drying
Golden Delicious	Sweet, firm	Eating, salad, baking
Granny Smith	Tart, firm	Baking, eating
Honeycrisp	Sweet, crisp	Eating, salad, dipping
McIntosh	Tart, crisp	Eating, cooking, pie, sauce
Pink Lady	Sweet, crisp	Eating, salad
Red Delicious	Sweet, firm	Eating, salad

Recipes

LOW POTASSIUM RECIPE

CINNAMON STEWED APPLES

MAKES: 4 SERVINGS. SERVING SIZE ½ CUP

- 1 tablespoon butter or vegan butter
- 4 medium apples, peeled and cubed or sliced
- 1 teaspoon ground cinnamon
- ¼ cup water

INSTRUCTIONS

Heat the butter in a large sauté pan over medium heat.
Add the apples and cinnamon and stir to coat.
Add the water and reduce the heat to a low simmer.
Cook the apples to your desired consistency, 5–10 minutes.
Cool slightly and serve warm. Perfect for dessert or delicious for breakfast served over oatmeal, pancakes, or waffles.

NUTRIENTS PER SERVING:

Calories.....	117
Fat	3 g
Cholesterol	0 g
Carbohydrate	25 g
Sugar.....	19 g
Sodium.....	19 mg
Potassium	195 mg
Phosphorus.....	20 mg
Calcium.....	12 mg

*From the book The Cooking Doc's Kidney-Healthy Cooking
by Blake Shusterman, MD*



ADDITIONAL RECIPES

HIGH POTASSIUM RECIPE

APPLE SAGE STUFFING [↗](#)

BUDGET RECIPE

BBQ APPLE CHIPS [↗](#)



For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: nkfcare@kidney.org

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