



KIDNEY-FRIENDLY SUPERFOODS

AVOCADOS

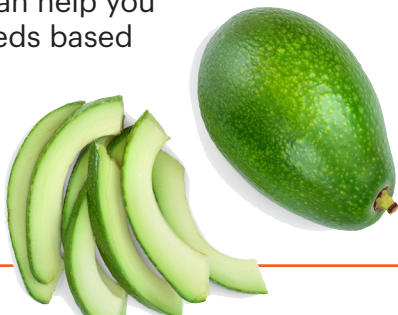
There are many types of avocados, the most common is the Hass avocado. Their tough leathery skin changes color as they ripen, turning from green to almost black in color when ready to eat. The squeeze test is another way to tell when it is ripe; hold the fruit in your palm and there should be some give when you squeeze the avocado between your fingers.

Why Are Avocados A Superfood?

- Avocados are very nutrient dense. They contain about 20 different vitamins and minerals.
- They are unique in their nutrient profile as they are lower in carbohydrate and higher in fat compared to other fruits.
- Avocados are rich in monounsaturated fat. This type of fat can help reduce your LDL (“bad”) cholesterol and inflammation.
- They are a good source of fiber which is great for gut health, keeping you full, and aiding in blood sugar control.
- One serving (1/3 of an avocado) contains about 250 mg potassium.

Avocados and Kidney Disease

Avocados, like most fruits, are not a significant source of phosphorus or sodium. They are considered a high potassium food. Working with a kidney dietitian can help you with your potassium needs based on your stage of kidney disease and labs.



CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Those who have early-stage CKD or kidney transplant often do not need to restrict potassium. If your blood tests show high potassium levels, ask your kidney dietitian how to safely include avocado in your eating plan.

HEMODIALYSIS (3 TIMES/WEEK)

Most people on hemodialysis can include higher potassium foods like avocado when they are mindful of portions and other sources of potassium in their diet. Work with your kidney dietitian to figure out how to safely include avocado in your eating plan.

DAILY HOME DIALYSIS AND NOCTURNAL HEMODIALYSIS/PERITONEAL DIALYSIS

Some people doing these types of treatments need more dietary potassium since more potassium is removed from the blood. Work with your kidney dietitian to help figure out how much avocado you can safely consume.

KIDNEY STONES

Eating avocados will not have an effect on forming kidney stones.



HOW TO CUT OPEN AND STORE AN AVOCADO

Use a chef's knife to cut into the length of the avocado until the knife hits the pit. Keep the knife in place and rotate the avocado around the knife to slice in half.

With your hands, twist the avocado halves apart.

To remove the pit, hit the pit with the sharp blade of your knife. The avocado flesh can be scooped out of the skin with a spoon. To store an avocado once it's cut keep the pit in and cover with plastic wrap by pressing the wrap directly onto it. Then place in a container with a lid to help with discoloration.



AVOCADO NUTRITION FACTS

(1/3 of a whole avocado)

Calories	84
Protein	1 g
Carbohydrates	4 g
Sugars	0 g
Fiber	3 g
Fat	8 g
Potassium	250 mg
Sodium	4 mg
Phosphorus	27 mg

Source: USDA Food Data Central

Recipe

AVOCADO AND PEA GUACAMOLE

Recipes yields: 1 ½ cups

Serving size: ¼ cup

INGREDIENTS

1 cup frozen peas, slightly thawed

1 medium avocado

juice from 1 lime

½ cup grape tomatoes, diced

½ cup red onion, diced

1 jalapeño, seeded and minced

¼ cup chopped cilantro

1 clove minced garlic

DIRECTIONS

1. Place peas in the bowl, food processor, or mini chopper and pulse until the peas are smooth.
2. In a medium bowl, cut or mash the avocado until desired consistency.

3. Transfer peas into the bowl and add lime juice, tomato, onion, jalapeño, cilantro, garlic, and salt. Stir everything together with a fork.
4. Serve with raw vegetables or low sodium tortilla chips.

NUTRITION FACTS (PER ¼ CUP SERVING)

Calories.....	69
Fat	3.7 g
Cholesterol	0 g
Carbohydrate	8.4 g
Protein	2.1 g
Calcium.....	17.2 mg
Potassium	236 mg
Phosphorus.....	43 mg
Sodium.....	27 mg



Adopted from: eatingbirdfood.com/healthy-guacamole-frozen-peas/

For more information, contact the National Kidney Foundation

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

The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.