



KIDNEY-FRIENDLY SUPERFOODS

HERBS

Herbs are savory plants used for flavoring food. Popular culinary herbs include basil, bay leaf, chervil, chives, cilantro, marjoram, oregano, dill, parsley, thyme, tarragon, rosemary, and mint.

Why Are Herbs a Superfood?

- They give flavor to food without the addition of salt
- Herbs can be purchased dry or fresh and are budget friendly
- You can easily grow them in a pot indoors or in your garden
- There are many varieties of herbs which can be purchased as a single herb or as part of a blend
- You can drink herbs as tea*

**Some herbal teas can interfere with actions of medicines. Check with your kidney dietitian or doctor for specifics on herbal teas.*

Herbs and Kidney Disease

Used in small amounts for seasoning, herbs are not a significant source of nutrients. Herbs are beneficial for people in all stages of kidney disease including:

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



Recipe

SPICY SEASONING

MAKES: ABOUT 1/2 CUP

- 3 Tbsp. celery seed
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 2 Tbsp. crushed oregano
- 1 Tbsp. crushed thyme
- 1-1/2 tsp. ground bay leaf
- 1-1/2 tsp. black pepper
- 1-1/2 tsp. ground cloves

(Nutrition: *The Art of Good Eating*, Seattle, WA)

HERB	USE WITH
BASIL	Beef, pork, most vegetables
BAY LEAF	Beef, pork most vegetables
CILANTRO	Chicken, seafood
DILL	Beef, chicken, green beans, cabbage, carrots, peas, dips
MARJORAM	Beef, chicken, pork, green beans, cauliflower, eggplant
MINT	Lamb, iced tea
ROSEMARY	Chicken, pork, cauliflower, peas, marinades, risotto
THYME	Beef, chicken, pork, fish, green beans, beets, carrots
TARRAGON	Fish, asparagus, beets, cabbage, cauliflower, marinades



For more information, contact the National Kidney Foundation

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

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