



**KIDNEY-FRIENDLY SUPERFOODS**

# NUTS & SEEDS

Nuts and seeds come in many varieties. Although most nuts and seeds have a high oil content, they provide “good fats” such as monounsaturated and polyunsaturated fats.

## Why Are Nuts & Seeds Superfoods?

- Nuts and seeds contain many beneficial elements such as heart healthy fats/omega 3s, plant sterols, fiber, plant protein, vitamin E, selenium, and calcium.
- They help prevent inflammation and are rich in antioxidants.
- Nuts can help suppress hunger because of their protein, fat, and fiber content.
- Crushed nuts add texture and flavor to foods.
- You can enjoy nuts and seeds as a snack (handful), sprinkle on top of salads or cereal, and add to smoothies or trail mix.

## Nuts & Seeds and Kidney Disease

Nuts and seeds contain potassium and phosphorus. The amount you can have each day will depend on your stage of kidney disease or the type of dialysis you receive.

### CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Most people with CKD or kidney transplant do not have to limit nuts and seeds due to potassium or phosphorus. If your laboratory results show higher levels of potassium, a kidney dietitian may talk with you about how much to eat. Find a kidney dietitian at [sites.google.com/view/ckdrd/home](https://sites.google.com/view/ckdrd/home)

### HEMODIALYSIS (3 TIMES/WEEK)

Potassium and phosphorus can be a concern for nuts and seeds. Limit to ¼ cup portion. Use the chart on the next page to choose nuts and seeds that will fit your kidney diet plan. For example, macadamia nuts and pecans are lower in potassium and phosphorus than peanuts and almonds.

### DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

These types of dialysis can remove more potassium, so you may need to eat more potassium foods. The amount of phosphorus you may have will depend on your blood phosphorus level. Use the chart on the next page to choose nuts and seed that will fit your kidney diet plan.

### KIDNEY STONES

If you have a history of calcium oxalate stones, talk with your doctor or kidney dietitian about the need to limit oxalates. Almonds, mixed nuts without peanuts, and sesame seeds are high in oxalates.



## Nuts & Seeds Facts

NUTS & SEEDS: ¼ CUP	PHOSPHORUS (MG)	POTASSIUM (MG)	PROTEIN (G)
Roasted Pumpkin Seeds	15	147	3
Macadamia Nuts	63	124	2.7
Pecan Halves	69	101	2.3
Hazelnuts	84	196	4.3
Sunflower Seeds	100	80	1.7
English Walnuts	101	129	4.5
Peanuts	133	232	8.9
Cashews	150	180	5
Almonds	150	200	6
Pistachios	150	290	6
Black Walnuts	154	157	7
Pine Nuts	194	202	4.6
NUT BUTTERS: 2 TABLESPOONS			
Almond Butter	163	240	6.7
Peanut Butter	108	180	7.2
Sunflower Seed Butter	214	184	5.5

gm = grams, mg = milligrams

## Recipe

### GREEN BEANS, HAZELNUTS & DRIED CRANBERRIES

#### MAKES 8 SERVINGS

- 1½ pounds fresh (or frozen) green beans
- ½ cup hazelnuts
- 12 cups water
- 3 tablespoons olive oil
- ½ cup shallots, thinly sliced
- ½ cup dried cranberries
- ½ teaspoon lemon zest

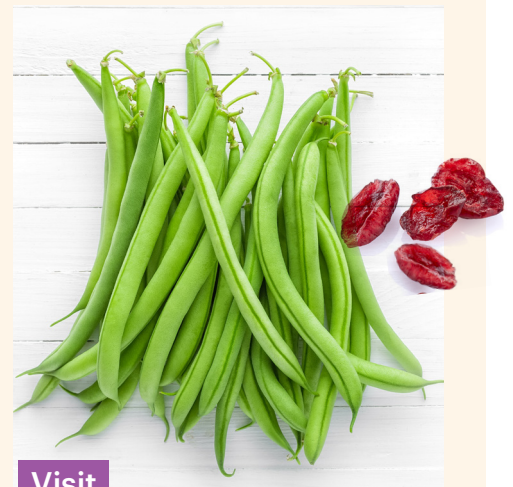
#### INSTRUCTIONS

- Preheat oven to 350 degrees.
- Spread hazelnuts in a single layer on a baking sheet. Bake at 350 degrees for 10-15 minutes or until the skins begin to split, turn once.
- Transfer toasted nuts to a colander or dish and rub briskly with a towel to remove the skins. Coarsely chop nuts.

- Bring 12 cups of water to a boil in a large saucepan. Add beans, cook 4 minutes or until crisp-tender. Drain and plunge into ice water, drain. Pat beans dry.
- Heat a large skillet over medium heat. Add oil to pan, swirl to coat. Add shallots, cook until lightly browned. Add beans, cook 3 minutes or until thoroughly heated, stirring occasionally. Add cranberries and hazelnuts, cook 1 minute. Sprinkle with lemon zest.

#### NUTRITION FACTS (PER SERVING)

Calories.....	199
Carbohydrates.....	17 g
Protein .....	4 g
Fat .....	14 g
Sodium.....	19 mg
Potassium .....	246 mg
Phosphorus.....	73 mg



#### Visit

[nwkidney.org/recipe/green-beans-with-hazelnuts-and-dried-cranberries/](https://nwkidney.org/recipe/green-beans-with-hazelnuts-and-dried-cranberries/)

[nwkidney.org/recipe/spiced-almonds-and-cashews/](https://nwkidney.org/recipe/spiced-almonds-and-cashews/)

[kitchen.kidneyfund.org/recipe/pecan-and-pank-crust-ed-sole-with-saffron-aioli/](https://kitchen.kidneyfund.org/recipe/pecan-and-pank-crust-ed-sole-with-saffron-aioli/)

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: [nkfcare@kidney.org](mailto:nkfcare@kidney.org)

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