



KIDNEY-FRIENDLY SUPERFOODS

ROOT VEGETABLES

Root vegetables are typically affordable year-round and can add a variety of nutrients to the diet. Examples of root vegetables, which grow underground, include carrots, potatoes, sweet potatoes, celery root, ginger, turmeric, beets, parsnips, rutabagas, yucca and yams. Root vegetables also come in the form of bulbs which include onions, garlic, shallots, and fennel. Some are available as a pill. Talk with your healthcare professional before using.

Why Are Root Vegetables A Superfood?

- Root vegetables are very high in fiber which can help to fill your stomach while also promoting movement of foods through your digestive tract.
- Many root vegetables contain antioxidants which can help to fight inflammation.
- These vegetables can last for extended periods of time when stored correctly in the kitchen which can help to stretch food dollars and minimize trips to the market.
- Nutrients that you get from eating root vegetables include vitamin C, vitamin A, many B vitamins, vitamin K, vitamin E, calcium, iron, potassium, and manganese.
- These veggies are low in calories and can add beautiful color to the plate.

Root Vegetables and Kidney Disease

Some of these vegetables will be higher in potassium including potatoes, sweet potatoes, rutabagas, yams and yuca. The amount of potassium you may have depends on your stage of kidney disease.

CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Most people with early-stage CKD or a kidney transplant do not have to limit root vegetables because of potassium. If your laboratory results show higher levels of potassium, your doctor or kidney dietitian may talk with you about how much to eat.

HEMODIALYSIS (3 TIMES/WEEK)

Talk to your kidney dietitian to limit higher potassium foods. The double boiling method could be helpful if you enjoy consuming some of these higher potassium root vegetables. To double boil: **1.** peel and slice **2.** bring to boil, drain, add new water, and finish cooking

DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

These types of dialysis can remove more potassium, so you may need to eat more potassium rich foods. Root vegetables are a good way to add potassium to your diet.

KIDNEY STONES

If you are a calcium oxalate stone former, talk with your doctor or kidney dietitian about the need to limit oxalates. Some root vegetables are higher in oxalates.

Some Tips for Preparing These Tasty Roots

1. Always wash your produce.
2. Peel roots including potatoes, sweet potatoes, yams, beets, carrots, ginger, parsnips, rutabagas and yuca.
3. You can boil these (twice if needed) and mash them up like you would a potato.
4. You can also cut the root vegetables and roast them on a sheet pan after drizzling with a canola or olive oil and sprinkling them with your favorite herbs and spices. They could also be grilled on skewers or in aluminum foil.
5. Limit adding salt to cooking these vegetables if you are on a sodium restricted diet.

Recipe

GLAZED CARROTS

½ cup serving

INGREDIENTS

- 1 pound carrots
- 1 tablespoon unsalted butter
- ¼ cup brown sugar
- ⅛ teaspoon pepper

INSTRUCTIONS

1. Wash and peel carrots.
2. Boil for about 15-20 minutes or until fork tender.
3. Drain carrots.
4. Melt butter and sugar to form a sauce.
5. Pour sauce and pepper over carrots.
6. Toss and serve.



NUTRITION FACTS (PER SERVING)

Calories	124
Carbohydrates	24.4 g
Dietary Fiber	3.2 g
Protein	1.1 g
Fat	3.2 g
Saturated Fat	1.8 g
Sodium	82.5 mg
Potassium	383 mg
Calcium	50 mg
Phosphorus	41.2 mg

For more information, contact the National Kidney Foundation

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

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