



KIDNEY-FRIENDLY SUPERFOODS

TOMATOES

There are many varieties of tomatoes, and they are available in stores year-round.

Why Are Tomatoes a Superfood?

- Tomatoes are rich in lycopene, beta carotene/ vitamin A, vitamin C, potassium, fiber and antioxidants
- Tomatoes are low in calories and high in fiber; 1 cup of cherry tomatoes has 27 calories with about 1 ½ to 2 grams of fiber
- You can also grow tomatoes in your garden or in pots
- You can eat them raw or cooked: add raw tomatoes to salads or sandwiches, use cooked tomatoes as a side dish or to make tomato sauce

Tomatoes and Kidney Disease

The amount of potassium you can have each day will depend on your stage of kidney disease or the type of dialysis you receive (see below).

CKD/TRANSPLANT

Most people with early-stage CKD or a kidney transplant do not have to limit tomatoes 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)

Potassium can be a concern depending on the amount you eat. For example, 1 or 2 slices of raw tomato has a much smaller amount of potassium than a cup of cooked tomatoes.

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. Tomatoes are a good way to add extra potassium to your diet and decrease the need to take an additional potassium pill.

KIDNEY STONES

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

Recipe Tips

- Marinara sauce is an easy way to use lots of tomatoes (see recipe below). If you need o to reduce potassium, use half the tomatoes an add more bell peppers, shredded carrots, etc
- In salads or sandwiches, use 2-3 slices of tomato or a few sliced cherry tomatoes if restricted

Recipe

MARINARA SAUCE

MAKES: 4 SERVINGS

- 2 tsp of garlic (minced)
- 1 tsp dried oregano
- 2 pieces of bay leaves (dried)
- 3 cups of crushed tomatoes
- 1 small onion (chopped)
- 3 cups of tomato sauce
- 2½ Tbsps. of olive oil
- ½ cup of grated Parmesan cheese
- ¾ tsp of salt and pepper to taste

INSTRUCTIONS

Over medium heat, add the olive oil and the chopped onion. Cook until translucent. Add the garlic and cook for 2 minutes. Add the crushed tomatoes, tomato sauce, spices, and salt and pepper to taste. Once the sauce starts boiling, simmer at low temperature for at least one hour. After one hour, add the parmesan cheese to the sauce. Serve on top of a whole grain pasta with a side green salad. Refrigerate or freeze leftovers.

This is a low protein recipe. Add the protein from pasta for total amount of protein.

NUTRIENTS PER SERVING:

Calories.....	198
Protein.....	3.75 g
Vitamin A.....	1895 IU
Potassium	920 mg
Dietary fiber.....	4.4 g
Total saturated fat.....	0
Cholesterol	0



LOWER IN POTASSIUM AND PROTEIN VERSION

Instead of 3 cups of tomato sauce, use 2 cups of chopped bell peppers. Per serving:

Calories: 166

Protein: 2 g

Potassium: 417 mg

HIGH IN PROTEIN VERSIONS

One pound of ground turkey adds 20 g of protein, 169 calories, total fat 9.4 g, saturated fat 2.6 g, and cholesterol 89.5 mg per serving.

One pound of grass-fed ground beef adds 215 calories, 21.5 g of protein, total fat 14 g, saturated fat 6 g, and cholesterol 69.5 mg per serving.

For more information, contact the National Kidney Foundation

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

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