There are many varieties of apples, and they are plentiful from late summer to winter. Apples range in taste from sweet to tart and are a great treat as an on-the-go snack, in salads, with a sprinkle of cinnamon, or baked.

**Why Are Apples a Superfood?**

- Rich in antioxidants, don’t forget to leave on the peel which gives you 2-6 times the antioxidant power
- Good source of fiber, which can help with constipation
- Good source of vitamin C which is important for healthy tissues and your immune system
- Can help you feel fuller for longer periods of time, are low in calories, and may help control blood sugar when chosen over fruit juices

**Apples And Kidney Disease**

Apples are low in potassium, phosphorus, and sodium so they are a great choice for a kidney friendly diet. They are safe to eat for all of the following kidney conditions and treatments:

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

**Popular Apple Varieties**

<table>
<thead>
<tr>
<th>APPLE VARIETY</th>
<th>DESCRIPTION</th>
<th>USES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambrosia</td>
<td>Sweet, crisp</td>
<td>Baking, eating, salad</td>
</tr>
<tr>
<td>Braeburn</td>
<td>Sweet, hard</td>
<td>Eating, salad, sauce, baking</td>
</tr>
<tr>
<td>Fuji</td>
<td>Sweet, hard</td>
<td>Baking, eating, salad</td>
</tr>
<tr>
<td>Gala</td>
<td>Sweet, crisp</td>
<td>Eating, baking, drying</td>
</tr>
<tr>
<td>Golden Delicious</td>
<td>Sweet, firm</td>
<td>Eating, salad, baking</td>
</tr>
<tr>
<td>Granny Smith</td>
<td>Tart, firm</td>
<td>Baking, eating</td>
</tr>
<tr>
<td>Honeycrisp</td>
<td>Sweet, crisp</td>
<td>Eating, salad, dipping</td>
</tr>
<tr>
<td>McIntosh</td>
<td>Tart, crisp</td>
<td>Eating, cooking, pie, sauce</td>
</tr>
<tr>
<td>Pink Lady</td>
<td>Sweet, crisp</td>
<td>Eating, salad</td>
</tr>
<tr>
<td>Red Delicious</td>
<td>Sweet, firm</td>
<td>Eating, salad</td>
</tr>
</tbody>
</table>
LOW POTASSIUM RECIPE
CINNAMON STEWED APPLES

MAKES: 4 SERVINGS. SERVING SIZE ½ CUP
1 tablespoon butter or vegan butter
4 medium apples, peeled and cubed or sliced
1 teaspoon ground cinnamon
⅛ cup water

INSTRUCTIONS
Heat the butter in a large sauté pan over medium heat.
Add the apples and cinnamon and stir to coat.
Add the water and reduce the heat to a low simmer.
Cook the apples to your desired consistency, 5–10 minutes.
Cool slightly and serve warm. Perfect for dessert or delicious for breakfast served over oatmeal, pancakes, or waffles.

NUTRIENTS PER SERVING:
Calories..........................117
Fat.....................................3 g
Cholesterol.......................0 g
Carbohydrate..............25 g
Sugar.................................19 g
Sodium...............................19 mg
Potassium.....................195 mg
Phosphorus...................20 mg
Calcium.............................12 mg

From the book The Cooking Doc’s Kidney-Healthy Cooking by Blake Shusterman, MD

ADDITIONAL RECIPES
HIGH POTASSIUM RECIPE
APPLE SAGE STUFFING

BUDGET RECIPE
BBQ APPLE CHIPS

For more information, contact the National Kidney Foundation
Toll-free help line: 855.NKF.CARES or email: nkfcares@kidney.org
The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.