



KIDNEY-FRIENDLY SUPERFOODS

APPLES

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

APPLE VARIETY	DESCRIPTION	USES
Ambrosia	Sweet, crisp	Baking, eating, salad
Braeburn	Sweet, hard	Eating, salad, sauce, baking
Fuji	Sweet, hard	Baking, eating, salad
Gala	Sweet, crisp	Eating, baking, drying
Golden Delicious	Sweet, firm	Eating, salad, baking
Granny Smith	Tart, firm	Baking, eating
Honeycrisp	Sweet, crisp	Eating, salad, dipping
McIntosh	Tart, crisp	Eating, cooking, pie, sauce
Pink Lady	Sweet, crisp	Eating, salad
Red Delicious	Sweet, firm	Eating, salad