



KIDNEY-FRIENDLY SUPERFOODS

BLUEBERRIES

Blueberries are a popular and nutritious fruit that are available year-round. The cost of fresh blueberries may vary depending on the season, but frozen blueberries may be more affordable. They are easy to prepare, just rinse and eat.

Why Are Blueberries a Superfood?

- Blueberries are a good source of fiber, vitamin C, vitamin K, and antioxidants.
- Blueberries are low in calories and high in fiber; ½ cup of blueberries has 40 calories with about 2 grams of fiber
- They are available in stores year-round, either fresh or frozen
- You can eat them plain or add them to your favorite cereal, pancakes, or fruit salad

Blueberries and Kidney Disease

A ½ cup serving of blueberries has less than 150 milligrams potassium making them a low potassium fruit choice. Blueberries are also low in sodium and phosphorus making them suitable for a kidney friendly diet. They are safe to eat for all of the following kidney conditions and treatments:

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



Recipe

BLUEBERRY ENERGY BALLS

MAKES: 10 BALLS

½ c. frozen blueberries (thawed)

6 dates (pitted)

½ c. gluten-free oats

¼ c. almond butter

¼ c. chia seeds

Optional: 1 t. acai powder

INSTRUCTIONS

Place all ingredients in a food processor and pulse until ingredients are combined and sticky.

Using your hands, roll mixture into balls, about 1-2 tablespoons each. If it gets too sticky, dip your fingers in lukewarm water.

Place on a plate or in a container, cover, and refrigerate for at least 1 hour. Serve and enjoy!

NUTRITIONAL ANALYSIS

Calories: 110

Total Fat 5 g

Cholesterol 0 mg

Sodium 15 mg

Dietary Fiber 3g

Potassium 131 mg

Sugar 4 g

Calcium 56 mg



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.