



KIDNEY-FRIENDLY SUPERFOODS

STRAWBERRIES

Strawberries are a delicious fruit that can be found fresh, frozen, freeze dried, or in jellies and jams. They are one of the only fruits with seeds on the outside and can have as many as 200 seeds for 1 strawberry. Their sweetness can depend on the weather, time of harvest, and the type of strawberry.

Why Are Strawberries A Superfood?

- Strawberries are a good source of vitamin C, manganese, folate, potassium, and antioxidants.
- They are very low in calories, providing only 28 calories, 6.5 g carbohydrates, and 2 grams of fiber for ½ cup of sliced berries.
- Strawberries are found year-round in grocery stores, seasonally at the local farmers market, or in the summer at many local farms.
- It is easy to grow your own strawberries in a garden or using planters.
- Add these sweet berries to salads, sauces, yogurt, oatmeal, cereal, blend for a fresh smoothie, or dip in dark chocolate.

Strawberries and Kidney Disease

Strawberries are a low potassium food, containing 130 mg for ½ cup. They are also low in sodium and phosphorus making it a good choice for all the following kidney conditions and treatments:

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



Tips for Storing Strawberries

- To keep the strawberries fresh longer, add a paper towel to the bottom of the container to absorb excess moisture. Avoid rinsing them until you plan to eat them.
- ← • Freeze fresh whole or sliced strawberries on a sheet pan in a single layer to keep them from sticking together. Once solid, place in a freezer bag for up to 6 months.

Recipe



STRAWBERRY PROTEIN SALAD*

Makes 4 servings

INGREDIENTS

- 1 package (16 ounces) strawberries, divided
- 3 Tablespoons olive oil or avocado oil
- 2 Tablespoons champagne vinegar or white balsamic vinegar
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon Dijon mustard
- Pepper
- 6 Cups mixed greens of choice
- ¼ Cup nuts or seeds
- 3-4 Cups assorted sliced vegetables (red cabbage, carrots, cucumbers, radishes, snow peas, bell peppers, etc.)
- 1 chicken breast (6-8 ounces) cooked and chopped

DIRECTIONS

1. Hull 5 or 6 strawberries and place in a blender or food processor.
2. Add oil, vinegar, lemon juice, and mustard. Blend on high speed until ingredients are incorporated
3. Taste dressing and season with pepper.
4. Set aside vinaigrette.
5. Divide vegetables between four salad bowls.
6. Sprinkle with nuts or seeds.
7. Divide chicken between salad bowls.
8. Core and slice remaining strawberries. Garnish salads with sliced strawberries.
9. Drizzle vinaigrette over salads just before serving.
10. Store remaining vinaigrette in refrigerator for up to 4 days.
11. Serve salad immediately.

NUTRITION FACTS (PER SERVING)

Calories	273
Protein	18 g
Carbohydrate	19 g
Sodium	168 mg
Potassium	522 mg
Phosphorus.....	187 mg

*Adapted from Driscoll's Inc. Strawberry Protein Salad.

Additional recipe: <https://protect-us.mimecast.com/s/uSZCC68vzpzHroY95S6Pzpl?domain=driscolls.com>

For more information, contact the National Kidney Foundation

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

The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.