



KIDNEY-FRIENDLY SUPERFOODS

TOFU

Tofu is a nutrient dense plant-based food. Your kidney dietitian can show you how to include tofu as part of a kidney friendly eating pattern.

Why is Tofu A Superfood?

- Tofu contains all the essential amino acids needed to build protein and provide your body with energy. One block of tofu has 29 g protein.
- It is rich in calcium and magnesium.
- Tofu contains omega-3 and omega-6 healthy fats.
- Due to its protein, fiber, and isoflavone content, tofu boasts potential health benefits.

Tofu and Kidney Disease

Tofu is kidney friendly because it is a plant-based protein source that is low in phosphorus, potassium, and sodium. Tofu is safe to eat for all the following conditions and treatments:

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



Tofu Tips

Tofu on its own does not have much flavor, but it takes up other flavors of the dish. Marinating or seasoning bring both sweet and savory flavors to tofu.

You can find tofu in different varieties and consistencies:

- Store spices away from sunlight, heat, and moisture.
- Bulk or individually packaged
- Soft tofu is lower in fat and is good for use in salad dressings, sauces, and desserts
- Firm tofu is good for stir frying, baking, and grilling
- Tempeh is tofu that has been fermented. It has more texture and a more nutty, meaty flavor.

Tofu blocks should be rinsed before using. You can refrigerate your tofu for up to 3-5 days by submerging in water in an airtight container and changing the water daily to keep it fresh. You can also freeze tofu in its original packaging for about 5 months.



Easy Ways to Use Tofu

Tofu is a soy product that is very versatile and can be cooked in a variety of ways as a meat substitute for many different dishes. Add to stir fry dishes, smoothies, soups, sauces, desserts, and more. Here are some examples:

Tofu Aioli	Blend soft tofu, olive oil, garlic, lemon juice into a sauce
Tofu Breakfast Scramble	Use firm tofu instead of eggs; spice up the flavor and color by mixing in some cumin, Dijon mustard and turmeric
Marinated Tofu	Firm tofu can be used to replace meat in just about any dish; drain, cube, marinate and bake it
Grilled Tofu	Use extra firm tofu; cook on lightly greased grill until heated and grill marks show
Sandwiches & Wraps	Cut marinated firm tofu into thin slices and use in sandwiches and wraps
Soups	Use plain cubed firm tofu in soup recipes
Desserts & Smoothies	Blend soft tofu, cocoa powder, vanilla, raspberries and honey into a smooth, low-phosphorus chocolate pudding or smoothie

Source: Northwest Kidney Centers

Recipe



NUTRITION FACTS (PER SERVING)

Calories.....	117 g
Carbohydrate	6 g
Protein	7 g
Sodium.....	184 mg
Potassium	218 mg
Phosphorus.....	30 mg

nwkidney.org/recipe/low-sodium-stir-fry/

SESAME GREENS WITH TOFU 4 servings per recipe

INGREDIENTS

4 cups (about ¾ pound) mixed greens (lettuce, collard, beet, etc.)
 1 tablespoon olive oil
 1 cup onions, sliced thin
 1 teaspoon curry powder
 1 tablespoon low sodium soy sauce
 ½ cup unseasoned rice vinegar
 8 ounces firm tofu, cut into cubes
 ½ teaspoon sesame oil
 1 teaspoon sesame seeds

DIRECTIONS

1. Cut greens into 2-inch-long shreds. Remove hard stems if needed.
2. Drain tofu and pat dry with paper towel.
3. Heat oil in wok or sauté pan.
4. Sauté tofu 3 to 5 minutes until golden. Set aside.
5. Sauté onions until translucent, about 2 minutes.
6. Sprinkle curry over onions and add sugar and greens. Cover.
7. Reduce heat and let greens steam in their own juice until tender, 3-5 minutes. Stir halfway through cooking. Don't overcook or the greens will turn darker.
8. Add soy sauce and vinegar, heat to boiling.
9. When sauce is slightly thickened, remove from heat and add the tofu.
10. Garnish with sesame oil and seeds. Serve with rice or pita bread.

For more information, contact the National Kidney Foundation

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

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