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:

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

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**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.
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, heat to boiling.
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: nkfcares@kidney.org

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