



**KIDNEY-FRIENDLY SUPERFOODS**

# SHELLFISH

Shellfish are underwater animals with shells. Common types include crab, lobster, oysters, clams, shrimp, mussels, and scallops. They add flavor and healthful nutrition to main dishes, soups, salads, and dips.

## Why Are Shellfish A Superfood?

- Good source of protein and are rich in iron, copper, zinc, and vitamin B12
- Low in calories and saturated fat
- Contain healthy unsaturated fats, such as omega-3 fatty acids, that are important for heart, brain, and eye health and may help reduce inflammation
- High in cholesterol but has been found to be heart healthy because of other beneficial nutrients such as omega-3 fatty acids and antioxidants

## Shellfish and Kidney Disease

Shellfish can be included at all stages of kidney disease. Ask your kidney dietitian about how much shellfish to include in your diet. Be sure you buy shellfish from a reliable vendor to avoid food-borne illness. Some processed or frozen seafood is very high in sodium and should therefore be limited.

## CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Shellfish can be included in the CKD diet. Transplant recipients are at higher risk for food-borne illness and should avoid raw shellfish.

## HEMODIALYSIS (3 TIMES/WEEK)

In-center dialysis patients can include shellfish in their diet to meet their protein needs. Like other animal proteins, they contain phosphorus and potassium. Your kidney dietitian can recommend the right number of shellfish for you.

## DAILY HOME DIALYSIS AND NOCTURNAL HEMODIALYSIS/PERITONEAL DIALYSIS

Home dialysis patients can include shellfish in their diet to meet their protein needs. If you need to limit phosphorus, your kidney dietitian can help you include the appropriate number of shellfish in your diet.

## KIDNEY STONES

Shellfish are low in oxalates and will not affect kidney stone formation.



	SHELLFISH (SERVING SIZE 3OZ)	PROTEIN	PHOSPHORUS	POTASSIUM	SODIUM
	King Crab	15g	192mg	173mg	711mg
	Snow Crab	20g	109mg	170mg	873mg
	Shrimp	17g	120mg	220mg	94mg
	Lobster	14g	160mg	177mg	323mg
	Mussels	10g	167mg	228mg	314mg
	Clams	12g	287mg	533mg	1022mg
	Oysters	8g	120mg	257mg	180mg
	Scallops	10g	73mg	267mg	567mg
	Crayfish	14g	230mg	252mg	80mg

## Recipe

### SHRIMP SCAMPI

Prep Time: 15 minutes

Cook Time: 5 minutes

Servings: 4

### INGREDIENTS

1-pound large shrimp, peeled and deveined

5 large garlic cloves, minced

3 tablespoons extra virgin olive oil

½ to 1 teaspoon red pepper flakes, or more to your liking

4 tablespoons unsalted butter

¼ cup dry white wine, or use low sodium broth if you don't want to use wine

Juice of ½ lemon

Zest of 1 lemon

¼ cup fresh parsley, chopped

### DIRECTIONS

1. Pat the shrimp dry and put them in a mixing bowl. Add half the garlic and 1 tablespoon of extra-virgin olive oil. Toss to combine. Set aside for 15 to 20 minutes (or refrigerate for 30 mins to 1 hour).
2. In a large cast iron skillet, heat the remaining olive oil over medium-high heat. When the oil starts to shimmer, add the marinated shrimp mixture. Cook the shrimp for about 1 to 1 ½ minutes on each side or until it begins to turn pink. Remove the shrimp and set it aside on a plate (if some of the shrimp is still a little grey, do not worry, it will fully cook through when you put it back in the skillet).
3. Now add the remaining garlic and red pepper flakes to the skillet and cook briefly until fragrant (careful not to brown the garlic). Add the wine and lemon juice and cook for a couple minutes until reduced by ½.
4. Add the butter and cook until melted.
5. Return the shrimp back to the pan and toss to coat. Allow the shrimp a couple minutes to warm through (and for any grey shrimp to turn pink).
6. Turn the heat off and add the parsley and more red pepper flakes if you like. Serve immediately over pasta or zucchini noodles.

Recipe adapted from:  
Suzy Karadsheh  
[themediterraneandish.com/shrimp-scampi/](http://themediterraneandish.com/shrimp-scampi/)



### NUTRITION FACTS

(not including noodles of any type, using white wine)

Calories ..... 249  
Protein ..... 8g  
Sodium ..... 47mg  
Potassium ..... 135mg  
Phosphorus ..... 56mg

For more information, contact the National Kidney Foundation

Toll-free help line: **855.NKF.CARES** or email: [nkfcare@kidney.org](mailto:nkfcare@kidney.org)

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