



KIDNEY-FRIENDLY SUPERFOODS

AÇAÍ BERRIES

Açaí (ah-sigh-EE) berries are small fruits that grow in clusters like grapes and have a center pit. They have a very short shelf life, so are usually found as powders, frozen fruit puree, or pressed juice. Açaí is often used in smoothies or in an açaí berry bowl. It has an earthy taste with a cross between blackberry or raspberry and chocolate.

Why Are Açaí Berries A Superfood?

- Açaí berries contain antioxidants, specifically anthocyanins and polyphenols. Antioxidants are substances that have been linked to preventing or delaying some types of cell damage.
- Anthocyanins have been linked to some potential health benefits, including decreased inflammation, reduced symptoms of arthritis, and protection against certain cancers.
- Polyphenols, fiber, and heart-healthy fat in açaí berries have been linked to possibly helping support heart health.

Açaí Berries and Kidney Disease

Açaí berries are acceptable foods for chronic kidney disease (CKD), as well as for patients on dialysis. However, açaí smoothies and bowls are usually prepared with fresh fruits and vegetables. Depending on the diet as a whole and potassium levels in the blood, one may need to be cautious about the potassium content of those foods. Discuss these considerations with a kidney dietitian.

TRANSPLANT

Raw açaí juice has not been tested well enough to determine any possible interactions with transplant medications. Check with your transplant team for guidance.

KIDNEY STONES

There are no reports linking the severity of or recovery from kidney stones in people who eat açaí.



**ACAI BERRY POWDER—
3 GM TEASPOON**

Calories 20
 Carbohydrates 1 g
 Potassium 60 mg
 Calcium 20 mg
 Fiber 1 g
 Fat 1.5 g
 Protein 0 g

**ACAI BERRY FROZEN—
100 GM (1 PACK)**

Calories 70
 Potassium 121 mg
 Calcium 23 mg
 Fiber 3 g
 Fat 3 g
 Protein 1 g

**Recipe****AÇAI BERRY SMOOTHIE BOWL****INGREDIENTS**

1 packet frozen açai
 (100 grams), unsweetened
 1 cup mixed frozen berries,
 unsweetened
 ¾ cup plain 2% low fat
 Greek yogurt
 1 teaspoon chia seeds
 ½ cup rice milk,
 unsweetened,
 original, classic
 2 tablespoons raspberries
 2 tablespoons blueberries
 ¼ fresh pear

DIRECTIONS

1. Remove frozen açai puree from the packaging and break up into pieces.
2. Place açai pieces, mixed frozen berries, Greek yogurt, chia seeds and rice milk in a blender.
3. Blend until smooth. Consistency should be thick enough to eat with a spoon.
4. Pour blended mixture evenly into two bowls.
5. Top with raspberries, blueberries and chopped pear.

HELPFUL HINTS

- Make the açai bowl your own by adding your favorite toppings such as chopped pineapple, unsweetened coconut flakes, cacao nibs or granola cereal.
- Use fresh or frozen raspberries and blueberries for topping.
- This recipe may be tart. For sweetness you can add honey, stevia, or your favorite sweetener.
- Low phosphorus, low potassium milk alternatives such as almond or soy milk can be used in substitution for rice milk.

**NUTRITION FACTS** (serving size = 1 cup)

Calories192	Sodium82 mg
Protein11 g	Potassium.....349 mg
Carbohydrates 28 g	Phosphorus140 mg
Fat4 g	Calcium298 mg
	Fiber7.2 g

*davita.com/diet-nutrition/
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 acai-berry-smoothie-bowl*

For more information, contact the National Kidney Foundation

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

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