Açai (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. Açai is often used in smoothies or in an açai berry bowl. It has an earthy taste with a cross between blackberry or raspberry and chocolate.

**Why Are Açai Berries A Superfood?**

- Açai 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 açai berries have been linked to possibly helping support heart health.

**Açai Berries and Kidney Disease**

Açai berries are acceptable foods for chronic kidney disease (CKD), as well as for patients on dialysis. However, açai 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 açai 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 açai.
### 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)

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<thead>
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<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Phosphorus</th>
<th>Calcium</th>
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<tr>
<td>açai</td>
<td>192</td>
<td>11 g</td>
<td>28 g</td>
<td>4 g</td>
<td>82 mg</td>
<td>349 mg</td>
<td>140 mg</td>
<td>298 mg</td>
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<tr>
<td>Mix</td>
<td>32 g</td>
<td>5 g</td>
<td>15 g</td>
<td>2 g</td>
<td>25 mg</td>
<td>110 mg</td>
<td>20 mg</td>
<td>30 mg</td>
<td>1.3 g</td>
</tr>
</tbody>
</table>

For more information, contact the National Kidney Foundation

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

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

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[For more information, contact the National Kidney Foundation](#)