



KIDNEY-FRIENDLY SUPERFOODS

YOGURT

Yogurt is a popular dairy product made by bacterial fermentation of milk. Its rich, creamy texture makes it a favorite food for many. It can be eaten in different ways: plain, mixed with fruit and granola, as a smoothie, or dip. There are different types of yogurt, including regular, Greek, kefir, and plant-based yogurts made from plant proteins instead of milk, such as soy and coconut.

Why is Yogurt A Superfood?

Yogurt contains many nutrients, including:

- Vitamin B12, which is important for proper nerve function, heart health, and preventing anemia.
- Riboflavin, which helps to produce energy in the body.
- Phosphorus and calcium for helping to build strong teeth and bones.
- Protein, within a general range of 6-15 g protein per 6 oz serving to promote healthy muscle and fight infections.
- Probiotics, which may help strengthen the digestive and immune systems.



Yogurt and Kidney Disease

CKD/TRANSPLANT

Yogurt contains protein, phosphorus, and potassium. These may need to be limited. After transplant, it's important that you get enough calcium to keep your bones healthy. Avoid unpasteurized yogurt.

HEMODIALYSIS (3 TIMES/WEEK)

Yogurt contains phosphorus and potassium, which may need to be limited.

DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

Daily home and nocturnal hemodialysis remove more phosphorus and fluid from the body, so yogurt may not need to be limited. Patients on peritoneal dialysis still usually need to limit phosphorus. Talk to your kidney dietitian about how you can fit yogurt into your kidney diet plan.


KIDNEY STONES

Eating calcium with each meal can be helpful in preventing calcium oxalate stones. Talk with your doctor and kidney dietitian about the type of kidney stones you have and how you can include yogurt in your diet.

YOGURT NUTRITION FACTS

	PLAIN (6OZ)	GREEK (6OZ)	KEFIR (8OZ)
Protein (g)	6	15	9
Phosphorus (mg)	162	230	244
Calcium (mg)	206	170	303
Potassium (mg)	264	240	388

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Recipe



NUTRITION FACTS

Per serving

Calories 39 cal

Sodium 9 mg

Protein 2.3 g

Phosphorus 36 mg

Potassium 56 mg

STRAWBERRY & CHOCOLATE FROZEN YOGURT BARK

INGREDIENTS

3 cups whole-milk plain Greek yogurt

¼ cup pure maple syrup or honey

1 teaspoon vanilla extract

1½ cups sliced strawberries

¼ cup mini chocolate chips

DIRECTIONS

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours.

To serve, cut or break into 32 pieces



For more information, contact the National Kidney Foundation

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

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