



NATIONAL KIDNEY
FOUNDATION®

KIDNEY-FRIENDLY SUPERFOODS

FLAX AND CHIA SEEDS

Flax and chia seeds are seeds that pack a nutritional punch. Flax and chia seeds are available year-round at the grocery store and are usually found in the health foods section, the baking aisle, or by the nuts. Flaxseed can be ground up to increase absorption in your body. Store flax seeds and chia seeds in a tightly sealed container in your freezer to prevent spoilage. You can enjoy both flax and chia seeds sprinkled into hot cereal or yogurt, on salads, or in baked goods and smoothies.

Why Are Flax and Chia Seeds A Superfood?

- Contain healthy fats called omega-3s, which are good for your heart health
- Are high in fiber which helps to lower cholesterol, keep you full, and promote regular bowel movements and gut health
- High in antioxidants, compounds that protect your body against damage and inflammation

Flax and Chia Seeds, and Kidney Disease

Because flax seeds and chia seeds are low in sodium, potassium, and phosphorus, they are healthy for all the following kidney conditions and treatments:

CKD/TRANSPLANT

HEMODIALYSIS (3 TIMES/WEEK)

DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

KIDNEY STONES

Chia seeds are high in oxalate. If you have a history of oxalate stones, be sure to eat a high calcium food at the same time to decrease oxalate absorption. Talk with your kidney doctor or dietitian to see if you need to limit oxalates.



FLAX AND CHIA SEEDS FACTS



	PROTEIN	PHOSPHORUS	POTASSIUM	OXALATE
Flax Seed (ground, 2 Tbsp)	3g	90mg	114mg	Low
Chia Seeds (2 Tbsp)	4g	224mg	106mg	High

Recipes

CHIA PUDDING WITH BERRIES

Portions: 4

Serving Size: ½ cup plus berries

INGREDIENTS

2 cups vanilla almond milk
(or cow's milk, coconut,
rice, nut milks, or oat milk)

½ cup chia seeds

For Topping:

¼ cup shredded, sweetened coconut

½ cup fresh blueberries

4 large strawberries, sliced

DIRECTIONS

1. Mix milk and chia seeds together in a bowl.
2. Pour mixture into 4 separate dishes, stirring to evenly distribute the chia seeds.
3. Refrigerate until set, at least 1 hour.
4. Top each serving with ¼ cup coconut flakes, ¼ blueberries, and 4 sliced strawberries and enjoy!



Source: Davida



NUTRITION FACTS

Per serving, varies by exact ingredients used

Calories	184
Protein	4g
Carbohydrates	22g
Fat	9g
Cholesterol	0
Potassium	199mg
Sodium	94mg

For more information, contact the National Kidney Foundation

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

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