



KIDNEY-FRIENDLY SUPERFOODS

CITRUS FRUITS

Citrus fruit like lemons, oranges, and grapefruits are considered berries that have evolved over millions of years! They have a fragrant smell, which comes from their rind or outer layer and can be eaten and used in many ways.

Why Are Citrus Fruits A Superfood?

- Citrus is a superfood high in vitamin C that assists in the body's protective and healing processes.
- Citrus fruits are high in pectin, a fiber that helps reduce cholesterol and controls diarrhea.
- Citrus juices and zest (grated rind) can add flavor, replace sodium, and help make meats tender when used in a marinade.

Citrus Fruits and Kidney Disease

The amount of potassium in citrus fruits can vary. The number and types of citrus fruits (see table) you can eat depends on your blood potassium levels, medications, and dialysis treatment. Work with your kidney dietitian to create a meal plan to allow safe amounts of citrus foods. Use the table for citrus fruit ideas. There is a general caution with grapefruit and grapefruit juice with certain medicines, especially those for blood pressure. Consult your pharmacist or healthcare provider.

CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Most people with CKD or kidney transplants do not have to limit citrus due to potassium. If your laboratory results show higher levels of potassium, a kidney dietitian may talk with you about how much to eat. After transplant, you need to avoid grapefruit and grapefruit juice.

HEMODIALYSIS (3 TIMES/WEEK)

Potassium can be a concern with some citrus fruits. Limit your high potassium choices to one a day.

DAILY HOME DIALYSIS AND NOCTURNAL HEMODIALYSIS/PERITONEAL DIALYSIS

You may need to eat more potassium-rich foods with these types of dialysis.

KIDNEY STONES

Lemons and limes have citrate and citrate is used to prevent certain types of kidney stones.



	AMOUNT	CALORIES	POTASSIUM MG	POTASSIUM LEVELS
Clementine	1	35	131	Moderate
Orange	1	62	237	High
Nectarines	1 raw	63	285	High
Grapefruit, pink and red	1½	52	166	Moderate
Lemon Juice, fresh	1 oz	7	31	Low
Lime Juice, fresh	1 oz	7	36	Low
Tangerines	1 small	40	126	Moderate
Mandarin oranges (light syrup, fruit cup, can)	½ cup	80	140	Moderate



Source: USDA Food Data Central

Recipe



BLUEBERRY MANDARIN BROCCOLI SALAD

Servings: 6 servings (½ cup/serving)

INGREDIENTS

Ingredients for Salad:

- 4 cups of broccoli chopped into bite size pieces
- ½ cup of fresh blueberries
- ¼ cup of dried cranberries
- ¼ cup of sliced almonds
- ¼ cup of chopped red onion
- 1 cup of mandarin oranges, fresh or canned

Ingredients for Blueberry Balsamic Vinaigrette:

- 1 cup of fresh blueberries
- ½ cup of olive oil
- ½ cup of balsamic vinegar
- 2 tbsp. of Dijon mustard
- 2 tbsp. of maple syrup

DIRECTIONS

1. Combine all salad ingredients, except the mandarins, in a large bowl.
2. Blend all of the dressing ingredients until smooth.
3. Pour desired amount of dressing over salad and toss the salad.
4. Add mandarin oranges to the salad.

NUTRITION FACTS

Servings 6
Calories 296 kcal
Carbohydrates 27 grams
Protein 4 grams
Fat 21 grams
Sodium 84 mg
Potassium 353 mg
Fiber 4 grams
Sugar 18 grams
Calcium 66 mg

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For more information, contact the National Kidney Foundation

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

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