



KIDNEY-FRIENDLY SUPERFOODS

BEANS

Beans are in the legume family which includes dried lentils and split peas. Recent research shows the benefits of plant-based foods in the kidney diet. Beans are a great for people with kidney disease to enjoy. Beans are affordable and easy to get! Beans are available at very low prices at grocery stores, food pantries, corner stores, dollar stores, and more.

Why Are Beans a Superfood?

- High in fiber – helps you stay full longer, so you eat less, lowers bad cholesterol, slows how quickly blood sugar rises after a meal, and feeds the good bacteria in your gut.
- High in protein – provides 6-8 grams of protein in $\frac{1}{2}$ cup and are a great non-animal protein option.
- High in iron – a good source of iron providing almost $\frac{1}{3}$ of your recommended iron intake.
- High in potassium and magnesium – two minerals that help heart function and control blood pressure.
- Low in fat and have no saturated fat, trans fat or cholesterol – helps to protect your heart from heart disease.

Beans and Kidney Disease

Since beans are a plant-based food, the phosphorus and potassium from beans are not absorbed as well as the phosphorus and potassium from animal sources or phosphate and potassium additives. The amount of potassium and phosphorus you can have each day will depend on your stage of kidney disease or the type of treatment you receive:

CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Most people with CKD not on dialysis and post-transplant do not have to limit beans due to potassium or phosphorus. If your laboratory results show higher levels of potassium or phosphorus, talk to a kidney dietitian. Find a kidney dietitian at sites.google.com/view/ckdrd/home

HEMODIALYSIS (3 TIMES/WEEK)

Work with your kidney dietitian to create a meal plan that allows you to safely consume beans within your dietary plan. For example, you may be able to use beans in place of meat.

DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

These types of dialysis can remove more potassium. Beans can give you the protein and potassium you need. Work with your kidney dietitian to create a meal plan that allows you to safely consume beans within your dietary plan.

KIDNEY STONES

If you have a history of calcium oxalate stones, talk with your doctor or kidney dietitian about the need to limit oxalates. Many beans are high in oxalates.

Bean Nutrition Facts

SERVING ½ CUP	PROTEIN (GM)	POTASSIUM (MG)	PHOSPHORUS (MG)
Black beans, cooked	7	305	120
Black-eyed peas, cooked	2.5	345	42
Chickpeas, cooked	7	238	137
Kidney beans, cooked	8	356	125
Lentils, cooked	9	365	178
Lima beans/butter beans, cooked	6.7	437	96
Navy beans, cooked	7	354	131
Pinto beans, cooked	7	372	125
White beans, cooked	8	414	150

gm = grams, mg = milligrams

Recipe

THREE BEAN SALAD

MAKES: 16 SERVINGS. SERVING SIZE ½ CUP

- 1 can low sodium green beans, drained and rinsed
- 1 can low sodium wax beans, drained and rinsed
- 1 can low sodium kidney beans, drained and rinsed
- 1 small yellow or white onion, sliced into thin rings
- ⅔ cup white vinegar
- ⅓ cup vegetable oil
- 1 tsp pepper
- ½ tsp celery seed
- 2 Tbsp sugar

INSTRUCTIONS

- Mix all the ingredients in a bowl.
- Marinate the salad in the refrigerator for at least 12 hours before serving.

NUTRITIONAL ANALYSIS

Calories: 71
 Fat 5 g
 Cholesterol 0 mg
 Carbohydrate 6 g
 Sugar 2 g
 Potassium 89 mg
 Phosphorus 22 mg
 Calcium 19 mg



Cooking tips: mondycampaigns.org/meatless-monday/beans-cooking-and-tips

For more information, contact the National Kidney Foundation

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

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