



KIDNEY-FRIENDLY SUPERFOODS

FISH

All fish provide excellent high-quality protein for your diet, but some fish provide higher amounts of omega-3 fatty acids. Our bodies do not produce omega-3 fatty acids, so we have to get them from our diet.

Why is Fish a Superfood?

- Fish is loaded with vitamins such as D and B2 (riboflavin).
- Fish is a great source of calcium, phosphorus, iron, zinc, iodine, magnesium, and potassium.
- Fatty fish, such as salmon, are some of the best sources of omega-3 fatty acids. Omega 3-fatty acids are packed with benefits for your heart, brain, eyes, inflammation, and your overall health.
- Good source of protein without being high in saturated fat – a 3 oz portion of fish (size of a deck of cards) provides about 20 gm protein.

Fish and Kidney Disease

The amount of potassium and phosphorus in fish varies (see the chart on next page). The amount of potassium and phosphorus you can have each day will depend on your stage of kidney disease and/or the type of dialysis you receive.

Some Concerns

Larger fish like tuna and shark may have high mercury concentrations. See list of seafood, mercury levels and maximum serving recommendations per week at:

[verified.org/articles/guides/mercury-poisoning-from-fish](https://www.kidney.org/verified.org/articles/guides/mercury-poisoning-from-fish)

CHRONIC KIDNEY DISEASE (CKD)/TRANSPLANT

Most people with CKD or transplant do not have to limit fish. When you reach later stages of kidney disease your doctor may want you to limit the amount of protein you eat, so you might need to eat smaller portions of fish. Talk to your doctor or to a kidney dietitian to find out your individual needs.

With transplant you will want to avoid raw or undercooked fish as it can pose an increased risk of food borne illness (also known as food poisoning). Transplant patients are at higher risk since they take immunosuppressive medications or “anti-rejection medications” to protect the new transplanted kidney.

HEMODIALYSIS (3 TIMES/WEEK) AND DAILY HOME AND NOCTURNAL HEMODIALYSIS/ PERITONEAL DIALYSIS

People on dialysis have increased protein needs. Include fish two times per week as a great lean protein option and a way to help boost intake of omega-3 fatty acids. Choose fresh fish when possible because it is lower in sodium. Canned fish can be high in sodium. Talk to your kidney dietitian to find out how you can include fish in your diet.

KIDNEY STONES

Eating fish will not have an effect on forming kidney stones.

FISH (3.5 OZ COOKED)	POTASSIUM MG	PHOSPHORUS MG	SODIUM MG
Black Cod/Sablefish*	459	215	72
Bluefin Tuna*	323	326	50
Catfish	366	247	119
Flounder	197	309	363
Haddock	351	278	261
Herring	542	292	95
Mackerel*	558	318	203
Perch	344	257	79
Pollock	456	283	110
Rainbow Trout	450	270	61
Salmon*	439	313	90
Striped Bass*	328	254	88
Sardines* (canned)	397	490	307
Tilapia	380	204	56
Tuna, Light. Canned in water	176	137	219
White Fish*	434	285	132

Recipe



BAKED SALMON IN FOIL

About 8 – 3oz servings

INGREDIENTS

- ½ cup olive oil
- 2½ tablespoons lemon juice, or more to taste
- 5 cloves garlic, minced or pressed through a garlic press
- 1 tablespoon brown sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- freshly ground black pepper to taste
- aluminum foil
- 1 teaspoon olive oil
- 1 (2 pound) salmon fillet
- ¼ cup chopped fresh parsley
- 1 lemon, sliced

DIRECTIONS

1. Preheat the oven to 375°F (190° C).
2. Combine 1/2 cup olive oil, lemon juice, garlic, brown sugar, oregano, thyme, and pepper in a bowl.
3. Place a large piece of aluminum foil on a baking sheet and brush with olive oil. Place salmon in the middle of the foil, skin-side down. Drizzle with olive oil mixture. Fold up the edges of the foil over the salmon to create a packet, making sure to seal the edges.
4. Bake in the preheated oven until the fish flakes easily with a fork, 20 to 25 minutes, until the internal temperature is 145°F. If your salmon fillet is very thick, it can take longer. Garnish with fresh parsley and lemon slices.

NUTRITION FACTS (PER SERVING)

Calories.....205	Fat22 g	Sodium.....44 mg
Carbohydrates4 g	Saturated Fat4.5 g	Potassium312 mg
Protein.....17 g	Polyunsaturated Fat ..3.8 g	Phosphorus250 mg

Recipe adapted from [allrecipes.com/recipe/263217/baked-salmon-in-foil/](https://www.allrecipes.com/recipe/263217/baked-salmon-in-foil/)

For more information, contact the National Kidney Foundation

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

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