



KIDNEY-FRIENDLY SUPERFOODS

HEALTHY OILS/ FATS

Healthy oils/fats include those rich in monounsaturated and polyunsaturated fatty acids (MUFA and PUFA). Bad fats include industrial-made trans-fat and saturated fats. A variety of foods are rich in PUFA and MUFA, but we need to limit our intake of dietary fat to avoid excessive calorie intake.

Why Are Healthy Oils/Fats A Superfood?

- Fat in our diets is a major source of energy (calories)
- It helps absorb some vitamins and minerals
- Fat is needed to build cell membranes and nerve tissue
- It is essential for blood clotting, muscle movement, and to lower inflammation
- Healthy oils/fats may help lower the odds of heart disease and atherosclerosis by lowering LDL cholesterol

Healthy Oils/Fats and Kidney Disease

Healthy oils and fats are good for heart health and are a great choice for a kidney friendly diet. They are safe to eat for all the following kidney conditions and treatments:

- Chronic Kidney Disease (CKD)/Transplant
- Hemodialysis (3 times/week)
- Daily Home and Nocturnal Hemodialysis/ Peritoneal Dialysis
- Kidney Stones

HEALTHY FAT/OIL	FAT DESCRIPTION	SMOKE POINT*	USES
Avocado Oil	MUFA, High in oleic acid, lutein, carotenoids, and antioxidants	Very High	Good for roasting and frying. The neutral flavor makes it a good option for baking.
Canola Oil	MUFA and PUFA	High	Good for roasting and frying. Neutral flavor.
Flaxseed Oil	PUFA, High in omega-3 fatty acids	Very Low	Do not heat this oil. Use in cold dishes such as
Grapeseed Oil	PUFA, High in omega-6 fatty acids and antioxidants such as vitamins D, C and E	High	Good for cooking and grilling.
Olive Oil	MUFA, Extra virgin olive oil is high in antioxidants	Low	Good for sauteed dishes and baked goods.
Sesame Oil	PUFA, High in antioxidants	High	Good for stir-frying but has a strong flavor.
Sunflower Oil	Mostly polyunsaturated, High in omega-6 fatty acids and vitamin E	High	Good for deep-frying, pan-frying, sauteing, roasting, grilling, baking, & salad dressings. Mild flavor.
Walnut Oil	Mostly PUFA, High in omega-3 fatty acids	Very Low	Do not use for cooking. Best for salad dressings and as a flavor booster to finish a dish.

*Smoke point = temperature at which the fat or oil begins to smoke

Recipe



Oil: The key item in any salad dressing recipe. Extra virgin oil is the best and most common oil to use. You can also substitute sunflower oil or avocado oil for similar results.

Vinegar: This often adds acidity. Balsamic, white wine, red wine, rice wine, and apple cider vinegars are all wonderful to try and are featured in the recipes below.

Citrus: Lemons, limes, and oranges help add additional acidity while also giving them a touch of sweetness.

Seasonings: You can add a variety of flavors by mixing in seasonings such as ginger, garlic, herbs, or spices.

Sweetener: Not for everyone, but honey, maple syrup or sugar work great when trying to balance the acidity from citrus or vinegar.

RECIPES For Heart-Healthy Salad Dressings

Italian Vinaigrette

Makes 7 servings, Serving size: 2 tbs

INGREDIENTS

½ cup extra virgin olive oil
2 tablespoon white wine vinegar
1 clove garlic crushed
2 teaspoon Italian seasoning
2 teaspoon fresh lemon juice
3 tablespoon parmesan cheese
2 teaspoon honey
Pinch of salt *

Honey Mustard Dressing

Makes 7 servings, Serving size: 2 tbs

INGREDIENTS

½ cup extra virgin olive oil
2 Tbsp. Dijon mustard
2 Tbsp. white wine or apple cider vinegar
3 Tbsp. honey
pinch of salt *

DIRECTIONS

Combine all ingredients with any one of the following: blender, food processor, jar with a lid, or bowl with a whisk (using a whisk will be more challenging since you need to whisk for a few minutes). Use as a salad dressing (2 tablespoons) or marinade.

NUTRITION FACTS (PER SERVING)

HONEY MUSTARD DRESSING

Calories..... 166
Fat 16 g
Cholesterol 0 mg
Carbohydrate 7.5 g
Sugar..... 7.2 g
Sodium..... 119 mg
(* ½ tsp salt adds 166m
Phosphorus..... 2 mg

NUTRITION FACTS (PER SERVING)

ITALIAN VINAIGRETTE

Calories..... 154
Fat 16 g
Cholesterol 1.8 mg
Carbohydrate 2.2 g
Sugar..... 1.7 g
Sodium..... 40 mg
(* ½ tsp salt adds 166m
Phosphorus..... 12.6 mg

For more information, contact the National Kidney Foundation

Toll-free help line: [855.NKF.CARES](tel:855.NKF.CARES) or email: nkfcare@kidney.org

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