

Top 15 Healthy Foods

for a kidney-friendly diet

Kidney-friendly foods with antioxidants to include in your healthy kidney diet

Red Bell Peppers
Cabbage
Cauliflower
Garlic
Onions
Apples
Cranberries
Blueberries
Raspberries
Strawberries
Cherries
Red Grapes
Egg Whites
Fish
Olive Oil



For more information on kidney-friendly foods contact us at:

2831 Prospect Avenue
Cleveland, Ohio 44115
(216) 771-2700
www.kfohio.org

