

# 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:**

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