

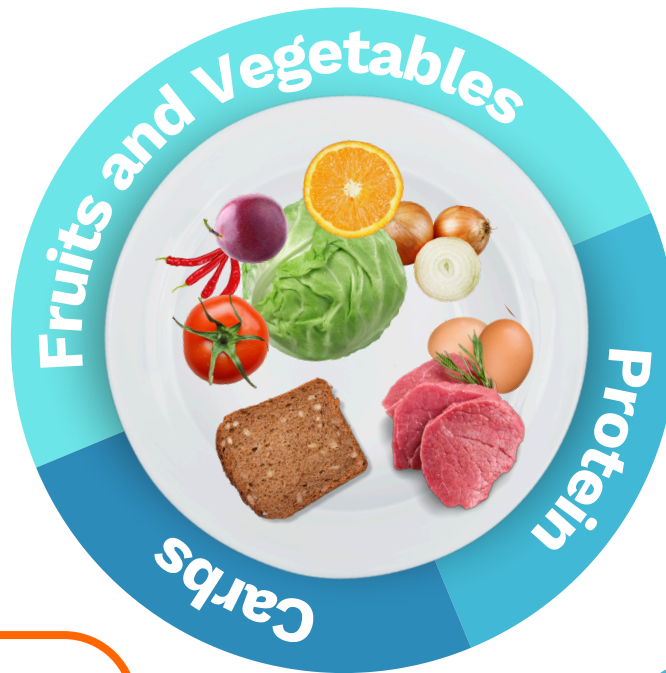
# THE *Balanced* KIDNEY PLATE

**50%** Fruits and Veggies

**25%** Carbs

**25%** Proteins

When you add **FATS** to your meal, choose healthier plant-based options



## Fruits

- |              |             |
|--------------|-------------|
| Apple        | Mango       |
| Blackberries | Apricot     |
| Raspberries  | Plum        |
| Pears        | Prune       |
| Cranberry    | Rhubarb     |
| Grape        | Pomegranate |
| Pineapple    | Papaya      |
| Blueberries  | Nectarine   |
| Strawberries | Persimmon   |
| Grapefruits  | Watermelon  |
| Kiwi         | Fig         |
| Cherries     | Guava       |
| Peaches      | Pomelo      |
| Melon        | Mangosteen  |
| Banana       | Jackfruit   |
| Orange       | Durian      |
| Lemon        | Avocado     |
| Lime         | Tamarind    |
| Lychee       | Sugar Apple |

## Vegetables

- Yambean
- Kale
- Mustard Greens
- Arugula
- Endive or Escarole
- Okra
- Pumpkin
- Squash
- Kohlrabi
- Leeks
- Radish
- Spinach
- Tomatillos
- Turnips
- Rutaba
- Parsnips
- Yam
- Mixed Vegetables
- Brussel Sprouts
- Asparagus
- Beans
- Carrots
- Tomato
- Cabbage
- Mushroom
- Lettuce
- Corn
- Broccoli
- Cauliflower
- Cucumber
- Beets
- Peas
- Potatoes
- Artichokes
- Alfalfa
- Celery
- Collards
- Eggplant

## Healthy Fats



- |           |           |
|-----------|-----------|
| Almonds   | Flaxseed  |
| Walnut    | Sesame    |
| Pecans    | Sunflower |
| Pistachio | Pumpkin   |
| Macadamia | Poppyseed |
| Cashew    | Olive     |
| Hazelnut  | Coconut   |
| Peanut    | Safflower |
| Pine      | Canola    |
| Chestnut  | Soybean   |
| Acorn     | Butter    |
| Chia      | Ghee      |
| Hemp      | Margarine |

## Carbs

- Breads
- Pasta
- Crackers
- Rice
- Oats
- Wheat
- Couscous
- Barley
- Quinoa
- Amaranth
- Cereals
- Pancake
- Waffle

## Protein

- |           |           |
|-----------|-----------|
| Salmon    | Mahi-mahi |
| Tuna      | Flatfish  |
| Sardines  | Halibut   |
| Tilapia   | Lobster   |
| Pollock   | Scallops  |
| Pangasius | Herring   |
| Cod       | Crayfish  |
| Anchovies | Squid     |
| Clams     | Egg       |
| Oysters   | Chicken   |
| Crab      | Turkey    |
| Catfish   | Pork      |
| Mussels   | Beef      |
| Trout     | Lamb      |
| Carp      | veal      |