

Adding plant-powered foods to your plate

Including more fruits, vegetables, beans, seeds, nuts, and whole grains helps you get the nutrients you need to feel your best. Plant-based meals, snacks, and desserts add flavor, fiber, and kidney-friendly benefits.



Benefits of a plant-based diet

Plant-based diets are rich in fiber and anti-inflammatory nutrients that help:

- // Slow kidney disease progression
- // Support muscle strength with less strain on the kidneys
- // Improve blood pressure and reduce inflammation
- // Lower risk of heart disease, diabetes, and certain cancers
- // Promote healthy weight and bowel health
- // Reduce the need for some medications

Start slowly with easy swaps

- // Choose whole grains like brown rice instead of refined or highly processed grain products (like biscuits).
- // Add a fruit or vegetable at every meal, like carrots or berries.
- // Once a week, try a new plant-based protein as a kidney-friendly swap.
- // Mix proteins: Use half meat, half beans for a boost of flavor while supporting kidney health.
- // Brighten meals: Add veggies like bell peppers or spinach to sandwiches or pasta.
- // Pick fruits without added sugar, like blueberries, for a sweet treat.



Looking for plant-based inspired meals?

Meal prepping and planning makes it easy to include healthy, plant-based foods, even on busy days. Visit **[FreseniusKidneyCare.com/Recipes](https://www.freseniuskidneycare.com/Recipes)** for plant-based, kidney-friendly meal inspiration.

Build your own plant-based bowl



Protein options:

- beans (½ cup)
- lentils (½ cup)
- edamame (½ cup)
- chicken (3 oz)
- tuna (3 oz)
- tofu (4 oz)

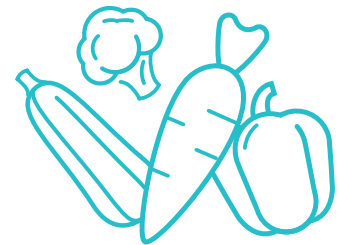


1-2 tsp of flavor boosters

- salsa
- fresh herbs
- garlic
- vinegar/lemon juice
- olive oil/sesame seed oil
- ginger

½ cup of whole grain options:

- quinoa
- barley
- whole grain pasta
- brown rice



1 cup (or half your bowl) of vegetable options:

- bell peppers
- carrots
- squash
- broccoli
- peas
- cucumber



1-2 tbsp optional toppings

- unsalted seeds/nuts
- roasted chickpeas
- natural cheese
- low-sodium dressing
- tahini
- hard-boiled egg



TIP

Bowls aren't just for lunch or dinner — build a nourishing plant-based bowl any time of day, even at breakfast. Try a breakfast bowl made with Greek yogurt, berries, oats, pecans, and honey.

My plan to add more plant-based foods at meals:

Breakfast _____

Lunch _____

Dinner _____

Snack _____