

# RENAL FRIENDLY SNACK IDEAS

When a child has kidneys that aren't working well, they may not feel very hungry. Finding a balance between eating small amounts throughout the day and "grazing" can be a challenge. Consider using snacks as "mini meals" to support adequate nutrition intake.

Here are a few ideas you may want to try:

## CRUNCHY SNACKS



Celery

Homemade popcorn  
add extra oil or butter (for more calories)

Baby carrots

Sugar snap peas

Cucumber slices

Pretzels

Small amounts of nuts

Green and red pepper strips

Rice cakes

Corn or tortilla chips

# SNACK IDEAS WHEN FOLLOWING A RENAL DIET

## SWEET SNACKS



A small handful of berries

An apple or pear

Pineapple

Grapes

Fruit cocktail

(ask your dietitian for advice on which fruits you can have)

Sherbet

Plain Muffins

Croissant

Cookies

Grape or pineapple juice

Low potassium fruit smoothie

Dried cranberries

(small amount)

Peaches

Cherries

Graham crackers

Cinnamon chips

# SNACK IDEAS WHEN FOLLOWING A RENAL DIET

## SAVORY SNACKS



Bagel and cream cheese

Pita pockets with cottage cheese

Small amount of hummus

(please ask your dietitian regarding which vegetables you can have)

Hardboiled egg

Zesty snack mix

Half turkey sandwich

Low sodium dip — sour cream based

Toasted bread dipped in olive oil

Breadsticks / plain crackers with sour cream and chive dip

Falafels

Always check with your dietitian regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.