

# Cooking Tips for **Kidney Health**

Diets that are easy on the kidneys don't have to be bland.

## Try these tips:

- Read food labels. Shop for foods with lower sodium. Check for "added" nutrients that may be harmful to you.
- Herbs, spices, table wine and special vinegar can be used instead of salt to make your food flavorful. Try a dash of hot pepper sauce or a squeeze of lemon for flavor.
- Non-dairy creamers can be used in place of milk to lower the amount of phosphorus in your diet.

Source: National Kidney Foundation

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