



Hey there!

Thanks for joining the zoom tonight! It was so great chatting with all of you.

As promised, here are my go-to kidney friendly tips and tricks!

Check out my go-to Trader Joe's products, potassium lists, and phosphorus lists!

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Potassium Foods List

Low Potassium Foods (<100mg potassium per 1/2 cup):



Medium Potassium Foods (101-200mg potassium per 1/2 cup):



High Potassium Foods (>200mg potassium per 1/2 cup):



Please note: This list is not all inclusive. The foods listed above are common foods that might be helpful to know about.

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Phosphorus Foods List



Instant oatmeal

Boxed cornbread mixes
(not homemade)



Please note: This list is not all inclusive. The foods listed above are common foods that might be helpful to know about.

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Types of Phosphorus

It is so important to know where your phosphorus is coming from. Depending on what type of food you are eating, the amount of phosphorus that will be absorbed in your body will change. Phosphorus comes from animal-based sources, plant-based sources, and in the form of phosphate additives.

When you have CKD, the main goal is to stay away from phosphate additives, as these are 100% absorbed into the body. These phosphate additives can build up in the body and lead to high phosphorus levels. These phosphate additives are typically found in processed and packaged foods.

Types of Phosphorus

ANIMAL-BASED SOURCES OF PHOSPHORUS:

Absorbed 60-80% in the body



PLANT-BASED SOURCES OF PHOSPHORUS:

Absorbed 30-50% in the body



ADDITIVE SOURCES OF PHOSPHORUS:

Absorbed 90-100% in the body



Trader Joe's Guide *for CKD*



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