

The power of plant-based eating

Plant-based eating means choosing more of your food from plant sources like fruits, veggies, beans, seeds, nuts and whole grains. Choosing plant-based foods for snacks, meals or even desserts is a great way to get the nutrients you need to help you keep feeling your best.

Top 5 tasty truths about plants

- 1 Protein comes from plants.** Beans, lentils and even peanut butter are great sources of protein. These plant-based foods lower inflammation, which contributes to kidney damage. And plant proteins build and maintain muscle with less stress on your kidneys.
- 2 Plants can be sweet.** For a sweet treat, try fresh or frozen berries, which taste sweet and are high in fiber while low in total carbohydrates and potassium. Pears are also high in fiber and low in potassium.
- 3 Plants can control hunger.** Snacking on fresh veggies will help you feel full longer, curb cravings and control portion sizes. At a restaurant? Start with a garden salad (hold the cheese) and see how your hunger changes. Or try cucumbers and hummus before lunch. Bonus—hummus is a high-protein plant choice that will also boost your health!
- 4 Plants are easy to add to your diet.** Choose three whole grains each day. Start with a breakfast of whole oats, fresh fruit and a sprinkle of cinnamon. Have whole wheat pasta for lunch or dinner—it goes great with onions and sautéed squash or red peppers. A whole grain snack? Popcorn! Pop it yourself to reduce sodium and unhealthy fat.
- 5 You can cook with plant fats and oils.** Choose olive oil for cooking. Use avocado in place of mayonnaise to add savory flavor and plant-based vitamins that are super kidney-friendly.

Did you know:

- Recent evidence shows that a diet rich in plants slows the progression of chronic kidney disease, improves blood pressure and diabetes management.¹⁻³
- A diet high in fiber reduces the risk of cardiovascular disease, type 2 diabetes and some cancers. It has also been associated with lower body weight.⁴

1. Rebholz CM, Crews DC, Grams ME, et al. DASH (Dietary Approaches to Stop Hypertension) Diet and Risk of Subsequent Kidney Disease. *Am J Kidney Dis*. doi: 10.1053/j.ajkd.2016.05.019.

2. Juraschek SP, Gelber AC, Choi HK, et al. Effects of the Dietary Approaches to Stop Hypertension (DASH) Diet and Sodium Intake on Serum Uric Acid. *Arthritis Rheumatol*. doi: 10.1002/art.39813.

3. KJ Marks, TJ Hartman, SE Judd, et al. Dietary Oxidative Balance Scores and Biomarkers of Inflammation among Individuals with and without Chronic Kidney Disease. *Nephron Extra*, 2018;8:11-23.

4. USDA. Dietary Guidelines for Americans. <https://health.gov/dietaryguidelines/2015/guidelines/>. Accessed January 18, 2019.

TEX MEX BOWL

Makes 4 servings

Think kidney-friendly eating is bland? Not so! This delicious meal has a bit of a spicy kick, yet the ingredients are almost entirely plant-based. Plants pack a ton of fiber and anti-inflammatory nutrients to help you feel great and live longer. Whole, less-processed fruits, veggies, beans, seeds, nuts and whole grains are the healthiest go-tos for snacks, meals and even desserts.



INGREDIENTS

- 2 cups white quinoa, cooked as directed with 1 teaspoon olive oil
- 2 cups black beans, canned, low sodium
- 2 cups iceberg lettuce, shredded
- 1 cup salsa
- 1 cup regular cheddar cheese, shredded
- ½ cup regular sour cream, cultured
- 4 tablespoons green onion tops, fresh
- 40 unsalted tortilla corn chips

DIRECTIONS

- 1 Drain, rinse and heat black beans.
- 2 Layer ½ cup cooked quinoa into each bowl.
- 3 Add ½ cup black beans to each bowl.
- 4 Add ½ cup lettuce to each bowl.
- 5 Top each bowl with ¼ cup salsa, ¼ cup cheese, 2 tablespoons sour cream and 1 tablespoon green onions.
- 6 Serve with 10 tortilla chips and enjoy!



LOOKING FOR DELICIOUSLY INSPIRED, PLANT-BASED MEALS?

Visit [FreseniusKidneyCare.com/Eating-Well](https://www.freseniuskidneycare.com/eating-well) for more kidney-friendly recipes and other information on eating well.