



10 Foods That You Should **Avoid** to Maintain Healthy Kidneys

- 1. Canned goods**
(especially those high in sodium)
- 2. Whole wheat bread**
(due to the higher content of potassium and phosphorus)
- 3. Bananas**
(high in potassium)
- 4. Chips, crackers, pretzels**
(snack foods like this are generally high in sodium)
- 5. Potatoes, sweet potatoes**
(high in potassium)
- 6. Apricots**
(high in potassium)
- 7. Pickled foods**
(typically high in sodium)
- 8. Brown rice**
(similar to whole grain bread with a higher content of potassium and phosphorus)
- 9. Avocados**
(high in potassium)
- 10. High-fat dairy products**
(high in potassium and phosphorus)

***These guidelines may change depending on specific aspects of your condition. Please consult your doctor before making any changes to your care.