

Best Foods and Those to Avoid - Summary

Goal: Keep the remaining kidney healthy while reducing kidney stones.

Diet for Jeff Kallis

Improve Kidney Function

Best

Lemons, citrus fruits, broccoli, cucumbers, green leafy vegetables. These all have citrate that stops calcium stones from developing as well.

Apples, cabbage, carrots, green beans, grapes, strawberries - low in potassium.

Avoid

Salt, salt-added foods.

Salt replacement (substitutes) – high in potassium.

Foods with high potassium - bananas, oranges, potatoes, spinach, tomatoes.

Cut back on protein intake.

Creatinine – To improve kidney function (Removed from the body entirely by the kidneys - urine.)

Used to calculate the eGFR - kidney filtering rate. Under 1,000 mg per day.

Best

Stay hydrated - at least 60 oz.'s of water / Crystal light per day.

Cranberries, kiwi, apples, blueberries - antioxidant rich.

Vegetables - red bell pepper, cucumber, onions.

Cinnamon as an ingredient.

Fiber - fruits, vegetables, whole grains, legumes (beans, peas, lentil).

Whole, unprocessed foods - flavor with spices and herbs.

Avoid

Diet high in red meat, salty meals, white bread, processed foods, sugary foods, caffeine, canned vegetables, foods high in protein.

Foods with high potassium content.

Alcohol, NSAIDs, oral supplements that contain creatinine.

Dairy products.

Protein – To improve kidney function.

A high protein diet will also increase the calcium in urine.

Between 50 to 70 grams per day.

Best

White milk, 2%

Red meat, fish, chicken

Whole wheat bread

Fruits and vegetables

Avoid

Chicken breast

Lasagna with hamburger

Tuna and turkey

Calcium – To prevent kidney stones

Under 1,000 mg per day.

Best

Fruits - bananas, blackberries, blueberries, strawberries, pears, pineapple, grapefruit, grapes
Vegetables - asparagus, cauliflower, celery, romaine lettuce, zucchini
Grains - oat bran, barley, white or wheat bread, white rice, corn tortillas, flour tortillas
Protein & Dairy - eggs, fish, meat, poultry, cheese, milk, butter
Beverages - coffee, water, fruit juice

Avoid

Fruits - kiwi, raspberries, dates, oranges, tangerines, rhubarb
Vegetables - spinach, beets, potatoes, carrots
Grains - brown rice, couscous, wheat
Beverages - hot chocolate, tea, tomato juice, chocolate milk. Other: cocoa, chocolate
Bean and Legumes - navy, kidney, lentils, chickpeas
Nuts - almonds, walnuts, peanuts, macadamia nuts, cashews

Sodium – Lower sodium diet helps reduce urine calcium.

Eating a lot of salty foods will increase urine calcium and the risk for kidney stones.

Under 2,300 mg per day.

Best

Low-sodium foods.

Avoid

Bread, cured meats, pizza, poultry, soups, sandwiches, cheese, mixed meat and pasta dishes, and savory snacks contribute most of the salt to your diet.

Note: This is a diet specific to Jeff Kallis based on individual research and consultation with a registered dietician with expertise in nephrology. Consult your physician before implementing a diet that is specific to your medical situation.

Created in 2023.