



NOURISH YOUR ORGANS

Essential Grocery List for Kidney and Liver Health

Grocery List for Kidney and Liver Health

A diet that supports kidney and liver health focuses on whole, unprocessed foods that are low in sodium, sugar, and unhealthy fats. Here's a grocery list to help maintain and support the health of these vital organs:

Fruits and Vegetables

- Apples
- Blueberries
- Cranberries
- Grapes
- Strawberries
- Raspberries
- Cherries
- Bell peppers
- Cabbage
- Cauliflower
- Garlic
- Onions
- Spinach (in moderation due to oxalates)
- Kale
- Broccoli
- Carrots
- Beets

Whole Grains and Legumes

- Quinoa
- Brown rice
- Oats
- Barley

- Whole wheat pasta
- Lentils
- Chickpeas
- Black beans

Healthy Proteins

- Skinless chicken breast
- Turkey
- Eggs (in moderation)
- Salmon
- Mackerel
- Sardines
- Tofu
- Tempeh

Nuts and Seeds

- Walnuts
- Almonds
- Flaxseeds
- Chia seeds
- Hemp seeds

Healthy Fats

- Olive oil
- Avocado oil
- Avocados

Herbs and Spices

- Turmeric
- Ginger
- Parsley
- Basil
- Oregano

Beverages

- Green tea
- Herbal teas (e.g., dandelion, ginger)
- Water with a slice of lemon or lime

Limit/Exclude

While shopping, it's also important to limit or avoid certain foods that can strain the kidneys and liver:

- **High-sodium foods:** Processed foods, canned foods with added salt, and salty snacks.
- **Sugary foods and drinks:** Soda, candy, and baked goods with high sugar content.
- **Fried and fatty foods:** Foods high in trans fats and saturated fats.
- **Alcohol:** Limit intake to support liver health.

By choosing foods from this list, you can create meals that are not only delicious but also supportive of your kidney and liver health.