



# Kidney-Friendly Summer

Eating well while managing phosphorus, potassium, and sodium levels does not mean missing out on summer favorites! Here are a few kidney-friendly foods and refreshing drinks for those hot, sunny days. These menu ideas will help you stay cool, nourished, and confident as you enjoy the flavors of the season. Recipes on pages 20-21.

## GRILLED CHICKEN

High in protein,  
low in phosphorus



## RICE SALAD

Low potassium  
alternative to  
potato-based salads



## CUCUMBER & ONION SALAD

Light and refreshing



## HOMEMADE LEMONADE

Low in potassium  
if made with  
fresh lemons

**GRILLED SALMON**  
High-quality protein,  
low in sodium, rich in  
omega-3 fatty acids



**CUCUMBER  
INFUSED WATER**  
A refreshing way  
to drink water;  
try lemon, mint,  
or frozen fruit



## Grilled Salmon

### Ingredients (2 servings)

2 4-ounce salmon fillets  
1 tablespoon olive oil  
1 teaspoon fresh lemon juice  
1 teaspoon fresh dill (or  
½ teaspoon dried)  
½ teaspoon garlic powder  
½ teaspoon onion powder  
¼ teaspoon black pepper  
1 teaspoon honey for slight  
sweetness (optional)  
1 clove garlic, minced (optional)

### Instructions

Soak salmon in water for 1–2 hours  
before cooking to lower potassium.

In a small bowl mix olive oil, lemon  
juice, dill, garlic powder, onion powder,  
black pepper, and honey (if using).

Brush the marinade evenly over  
both sides of the salmon fillets.

Put the salmon in the refrigerator  
for about 15–20 minutes.

Heat a grill to medium and lightly  
oil the grates to prevent sticking.

Place the salmon on the  
grill skin side down.

Cook for about 4–5 minutes per side,  
or until the fish flakes easily with a fork.

Serve immediately.

### Nutritional Facts (per serving)

Calories: 241  
Protein: 22 g  
Total Fat: 14 g  
Saturated Fat: 2 g  
Cholesterol: 62 mg  
Carbohydrates: 4 g  
Calcium: 20 mg  
Phosphorus: 234 mg  
Potassium: 583 mg  
Sodium: 50 mg



## Refreshing Cucumber & Onion Salad

### Ingredients (4 servings)

2 cucumbers, thinly sliced  
¼ red onion, thinly sliced  
2 tablespoons apple cider vinegar  
1 tablespoon olive oil  
1 teaspoon sugar  
¼ teaspoon black pepper

### Instructions

Combine all ingredients in a bowl.  
Toss well and let sit for ten  
minutes before serving.

### Nutritional Facts (per serving)

Calories: 57  
Protein: .97 g  
Total Fat: 3 g  
Saturated Fat: .5 g  
Cholesterol: 0 mg  
Carbohydrates: 5 g  
Calcium: 23 mg  
Phosphorus: 34 mg  
Potassium: 221 mg  
Sodium: 3 mg



## Rice Salad

### Ingredients (4 servings)

2 cups cooked white rice (rinsed  
to reduce potassium)  
½ cup red bell pepper, finely diced  
¼ cup cucumber, peeled  
and finely diced  
¼ cup red onion, finely diced  
¼ cup fresh parsley, chopped  
2 tablespoons olive oil  
1 tablespoon apple cider  
vinegar (or lemon juice)  
½ teaspoon garlic powder  
½ teaspoon onion powder  
¼ teaspoon black pepper  
1 teaspoon honey (optional)

### Instructions

Prepare white rice according to package  
instructions, then rinse under cold  
water to cool and reduce potassium.

Dice the bell pepper, cucumber, and  
red onion (soak onion in water for 10  
minutes if you prefer a milder taste).

In a small bowl, whisk together olive oil,  
vinegar (or lemon juice), garlic powder,  
onion powder, black pepper, and honey.

In a large bowl, mix the rice,  
diced vegetables, and dressing.

Toss well to coat evenly.

Refrigerate for at least 30 minutes  
to allow flavors to blend.

Serve chilled or at room temperature.

### Nutritional Facts (per serving)

Calories: 180  
Protein: 3 g  
Total Fat: 7 g  
Saturated Fat: 1 g  
Cholesterol: 0 mg  
Carbohydrates: 27 g  
Calcium: 20 mg  
Phosphorus: 50 mg  
Potassium: 120 mg  
Sodium: 5 mg



## Grilled Lemon Herb Chicken

### Ingredients (4 servings)

4 skinless, boneless chicken breasts  
2 tablespoons olive oil  
Juice of 1 lemon  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
1/2 teaspoon black pepper

### Instructions

In a bowl, mix together olive oil, lemon juice, garlic powder, oregano, and black pepper.

Brush marinade on chicken.

Allow the chicken to marinate for 30 minutes.

Grill on medium heat for 6-7 minutes per side until fully cooked.

### Nutritional Facts (per serving)

Calories: 196  
Protein: 24 g  
Total Fat: 9 g  
Saturated Fat: 1 g  
Cholesterol: 72 mg  
Carbohydrates: 1 g  
Calcium: 15 g  
Phosphorus: 242 mg  
Potassium: 444 mg  
Sodium: 131 mg



## Homemade Lemonade

### Ingredients (4 servings)

4 cups water  
Juice of 2 lemons  
1/4 cup sugar (or to taste)  
Ice cubes

### Instructions

Mix water, lemon juice, and sugar.  
Stir well and serve over ice.

### Nutritional Facts (per serving)

Calories: 51  
Protein: .05 g  
Total Fat: .06 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrates: 13 g  
Calcium: 25 mg  
Phosphorus: 2 mg  
Potassium: 25 mg  
Sodium: 5 mg

## Cucumber Infused Water

### Ingredients (4 servings)

4 cups filtered water  
1/2 cucumber, peeled and thinly sliced  
3-4 fresh mint leaves (optional)  
1 teaspoon lemon juice (optional)  
Ice cubes (optional)

### Instructions

Peel the cucumber to reduce potassium, then slice into thin rounds.

In a pitcher, add the cucumber slices, mint leaves (if using), and filtered water.

Let the mixture sit in the refrigerator for at least 1-2 hours (or overnight for stronger flavor).

Pour over ice and enjoy!

### Nutritional Facts (per serving)

Calories: 5  
Protein: .25 g  
Total Fat: 0 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrates: 1 g  
Calcium: 14 mg  
Phosphorus: 5 mg  
Potassium: 56 mg  
Sodium: 12 mg

Every person is different and each meal may need adjusting depending on your situation, so please be sure to check with your dietitian or medical team if you're not sure about a recipe.



## Cooking For Your Kidney Health Online Nutrition Information Tool

RSN's Nutritional Information Database is a great resource for people who have chronic kidney disease, are on dialysis, or have a kidney transplant. Learn more at [RSNhope.org](https://RSNhope.org), Web ID: NTData

