



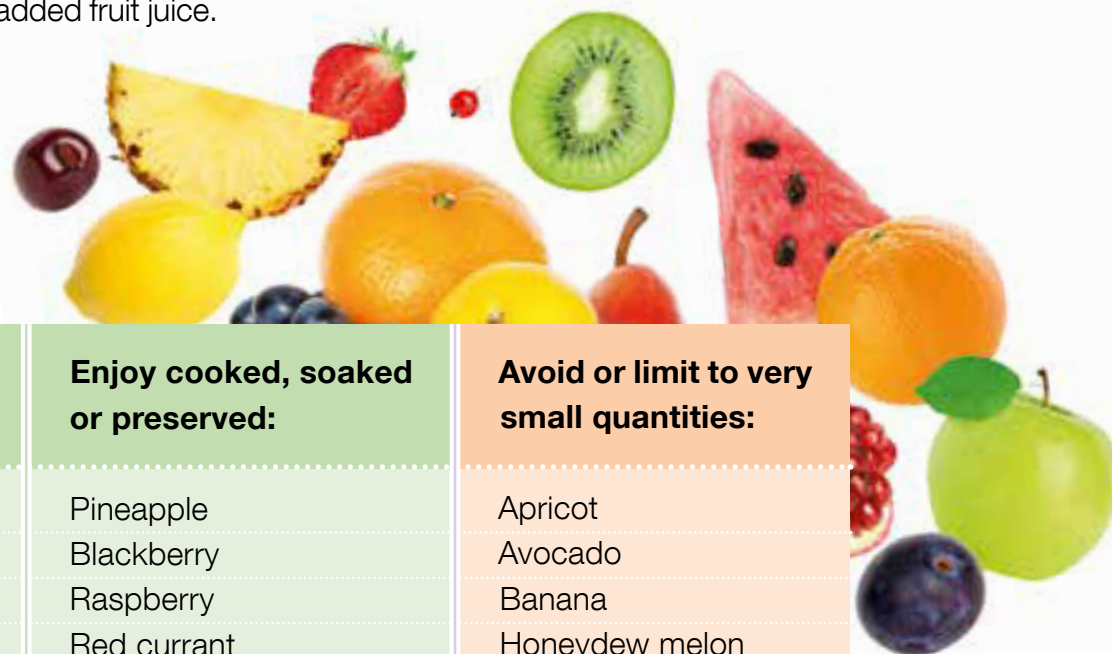
## Fruits of summer's harvest

Soon the bright, warm sun of summer will coax out beautiful hues in berries, stone fruit and more. We want you to enjoy the delicious flavours of some of nature's most precious gems. But we also want you to be kind to your kidneys and your body, since many fruits contain high levels of potassium.

Let's start with the basics. Having chronic kidney disease means that your kidneys function at a decreased level. In consequence, they are not as efficient at removing certain nutrients from your blood. Because fruit is rich in nutrients, it is highly recommendable to limit your fruit intake to two portions per day (around 150 grams in total). Ideally, you split this into one portion of fresh fruit and one portion of fruit compote, without added fruit juice.

### Selecting the best kinds of fruit

Many renal patients are told by their nephrologist or dietician to closely monitor their potassium intake. That said, choosing the right type of fruit and/or optimum fruit preparation method can make all the difference. Still, there are many fruits you can enjoy – especially in moderation and when prepared correctly. **Discover them below!**



For fresh fruit choose:	Enjoy cooked, soaked or preserved:	Avoid or limit to very small quantities:
Apple	Pineapple	Apricot
Pear	Blackberry	Avocado
Strawberry	Raspberry	Banana
Blueberry	Red currant	Honeydew melon
Lingonberry	Mango	Black currant
Watermelon	Orange	Kiwi
Sea buckthorn	Peach	Passion fruit
Sour cherry	Plum	Jackfruit
Lemon	Sweet cherry	Pomegranate
Cactus fruit	Grape	Dried fruit

### Why potassium matters

You could say the mineral potassium is a star player in your body. It takes on a leading role in muscle contractions and nerve impulses. It helps regulate fluids in your cells and aids in producing proteins and breaking down carbohydrates. Potassium is found in nearly all foods of plant and animal origin, though the concentrations differ greatly. Fruits, vegetables and potatoes are all especially rich in the mineral.

However, when you have renal failure, potassium is no longer flushed out of the body via the kidneys, like in people with normal kidney function. This can lead to a high concentration of potassium in the blood, a potentially life-threatening condition. Keeping a close eye on your potassium intake and following your treatment plan can help prevent this from ever occurring.

### What you can do to stay healthy

As someone on dialysis, you play an active role in your personal health and well-being. To a certain extent, the decisions you make every day can influence how you feel and your energy levels. By making smart, kidney-friendly choices, you can help increase your overall quality of life.

The overall message to keep in mind: you can enjoy delicious fruit this summer. Just be sure to make good choices when doing so! Reach out to your nutritionist or nephrologist if you have questions on which fruits are good for your needs.

Here are three rules of thumb to follow when it comes to potassium and fruit consumption.

#### ➡ Consume less:

Select low-potassium fruits. This is especially important over the weekend or whenever you go longer between dialysis sessions. Always toss out the liquid from tinned fruit! Do the same with compote or preserved fruit. Treat frozen fruit like fresh and toss out the liquid from thawing.

#### ➡ Reduce content:

Potassium is highly water soluble. The good news: by soaking, blanching or cooking fruit or by removing water from fruit, you can decrease its potassium content. An easy way to do so is by cutting fruit into small pieces and soaking them in a generous amount of (unsalted) water. Heat the water to 70°C if the fruit can withstand it. Change the water, remembering to pour the soaking water down the drain.

#### ! Be cautious with juice.

Juice is a sneaky one. It's known by different names – juice, fruit nectar, fruit juice drink, lemonade – all of which may contain high levels of potassium. The general rule: the higher the amount of fruit juice, the higher the potassium content. If you do drink juice, dilute it with water.