



Kidney Kitchen[®]

Social Media Toolkit

Table of contents

01	Overview
02	Kidney Kitchen Q&A's
03	Sharing Kidney Kitchen
05	Dietary restrictions
06	Nutrient guides
07	Eating for your stage
08	International recipes
09	Seasonal recipes and food holidays
13	Additional sample posts



Kidney Kitchen Social Media Toolkit Overview

The American Kidney Fund (AKF) is pleased to share its Kidney Kitchen Social Media Toolkit.

This toolkit is designed to help you share our branded content with your digital network.

This toolkit includes general information about AKF's Kidney Kitchen to help familiarize you with this resource. Thank you for partnering with us to share these important resources.

Use our sample posts and shareable images on your social media channels to spread the word about Kidney Kitchen

Kidney Kitchen is not designed to diagnose disease or prescribe an eating plan for your stage of kidney

disease. The information shared on Kidney Kitchen is developed by experts in renal nutrition and is provided for informational purposes only. The American Kidney Fund, its staff, agents and trustees are not able to provide medical advice.

Please consult with a medical professional or registered dietitian for specific questions you may have about your diet.

Don't forget to tag the American Kidney Fund in all your Kidney Kitchen posts!



American Kidney Fund



@americankidneyfund



@KidneyFund



Kidney Kitchen Q&A's

What is Kidney Kitchen?

Kidney Kitchen is AKF's comprehensive nutrition-focused website, and it covers the basics of cooking and healthy eating for people living with kidney disease. Since its launch in 2019, Kidney Kitchen has been supported by a multidisciplinary team of culinary and nutrition experts.

What does Kidney Kitchen provide?

Kidney Kitchen provides easy-to-understand nutritional information and resources to help people impacted by kidney disease navigate healthy eating and put the joy back in food and healthy eating.

What types of resources are available on Kidney Kitchen?

Several resources are available on the Kidney Kitchen website, including 700+ kidney-friendly recipes, cooking videos, downloadable guides and a food-related glossary.

What experts are developing the Kidney Kitchen recipes, guides, etc.?

Our recipe developers are culinary professionals and registered renal dietitians who use their creativity and expertise to create kidney-friendly recipes from cuisines all over the world for every stage of kidney disease. Our renal dietitians review all of Kidney Kitchen's nutrition education information to make sure it aligns with evidence-based dietetics practice and current nutrition guidelines. They also review the nutritional content of each recipe to make sure it is kidney-friendly.

See some of our [featured contributors](#).

Sharing Kidney Kitchen

One of the greatest challenges of kidney disease is making changes to what you eat and drink. By sharing Kidney Kitchen resources, you can help others meet their nutritional while enjoying great tasting dishes.

Sample posts

Guides and resources

Does kidney-friendly eating feel overwhelming? The American Kidney Fund's Kidney Kitchen features tools to help you learn more about key nutrients, food safety, dining out on a kidney-friendly eating plan and other practical resources. Browse available guides: <https://kitchen.kidneyfund.org/resources/guides-and-resources>

Video library

Did you know that the American Kidney Fund's Kidney Kitchen features a video library to help you take a deeper dive into what it means to eat well when living with kidney disease? Explore cooking demos from award-winning chefs, dietitians and authors, watch "quick tip" videos to learn simple ways to incorporate healthy eating into your life and more. Browse the #KidneyKitchen video library: <https://kitchen.kidneyfund.org/videos>

Meal planning

Make meal planning easy and fun! Download free tools for kidney-friendly eating from the American Kidney Fund's Kidney Kitchen like their Guide to Dining Out, Potassium Tracker, Low- vs. High- Potassium Foods List and much more: <https://kitchen.kidneyfund.org/resources/guides-and-resources>



Shareable images

The graphics below can be used along with your posts to give others a glimpse into the helpful resources offered on Kidney Kitchen.

Educational Guides & Trackers

**KidneyKitchen**
FIGHTING ON ALL FRONTS

EDUCATIONAL Guides & Trackers

Browse the American Kidney Fund's free and helpful library of downloadable guides curated by registered renal dietitians to help with your kidney-friendly meal planning, nutrient tracking and more.



Video Library


**KidneyKitchen**
FIGHTING ON ALL FRONTS

Kidney Kitchen Video Library

Use the American Kidney Fund's Kidney Kitchen video library to take a deeper dive into what it means to eat well for your kidneys.




Healthy Recipes for Every Stage



HEALTHY RECIPES

for every stage of kidney disease

**KidneyKitchen**
FIGHTING ON ALL FRONTS

Dietary restrictions

Maintaining a kidney-friendly food and fluid plan is hard if you already have dietary restrictions or preferences. Kidney Kitchen has recipes that make it easier for you to adapt to all your requirements. We've put together a handful of collections to help you find a recipe that fits your dietary and nutritional needs.

Sample posts

Vegetarian

Find new vegetarian and kidney-friendly meals and recipes from the American Kidney Fund's Kidney Kitchen. Browse over 200 breakfast, lunch, dinner and snack recipes developed by culinary professionals and registered renal dietitians: https://kitchen.kidneyfund.org/find-recipes/?_collection=lowphosphorus&dietary_requirements=vegetarian

Gluten-free

Gluten-free eating can be challenging for anyone, but it can be especially challenging for people also managing kidney disease. The American Kidney Fund has compiled 70+ gluten-free and kidney-friendly recipes that are healthy and delicious additions to anyone's weekly menu. Browse the gluten-free recipes on Kidney Kitchen: https://kitchen.kidneyfund.org/find-recipes/?_collection=lowphosphorus&_dietary_requirements=gluten-free

Heart-healthy recipes

Find heart-healthy and kidney-friendly recipes to add into your weekly menu on the American Kidney Fund's Kidney Kitchen! Discover heart-healthy recipes developed by culinary professionals and registered renal dietitians. View the collection: https://kitchen.kidneyfund.org/find-recipes/?_dietary_requirements=heart-healthy

Low-carb recipes

Eating low-carb while managing your chronic kidney disease? Find new recipes to add into your weekly menu on the American Kidney Fund's Kidney Kitchen. You'll find over 20 low-carb recipes that are healthy and fun to make: https://kitchen.kidneyfund.org/find-recipes/?_collection=low-phosphorus&_dietary_requirements=low-carb

Nutrient guides

Our guides help make cooking for a kidney-friendly diet easier. With our guides, you can learn how much potassium is in many common foods, know which foods are considered low, medium or high sources of phosphorus, find out what levels of protein intake is recommended for the different stages of kidney disease and find other helpful resources from Kidney Kitchen partner organizations.

Sample posts

Food Labels & Potassium guide

Understanding food labels is especially important if you are living with kidney disease. The American Kidney Fund's Kidney Kitchen features a downloadable Food Labels & Potassium Guide that helps you learn how to read a food label and understand how much potassium is in a certain food or drink! Download the guide on Kidney Kitchen: <https://kitchen.kidneyfund.org/guides-and-videos/food-labels-and-potassium-guide>

Phosphorus food guide

Phosphorus is important for many different functions in your body, but when you're on dialysis, you may need to limit how much phosphorus you eat. The American Kidney Fund has a great downloadable Phosphorus Food Guide that provides the phosphorus amount in a serving size of common foods. Easy to read and easy to use! Download the Phosphorus Food Guide on Kidney Kitchen: <https://kitchen.kidneyfund.org/guides-and-videos/phosphorus-food-guide>

Potassium food guide

When you were diagnosed with kidney disease, did your doctor recommend you lower how much potassium you eat? Not sure how much potassium is in your favorite foods? The American Kidney Fund's Kidney Kitchen has a downloadable Potassium Food Guide that can help, easily showing you foods in low, medium and high potassium to assist when planning your meals and snacks. Download the Potassium Food Guide on Kidney Kitchen: <https://kitchen.kidneyfund.org/guides-and-videos/potassium-food-guide>

Eating for your stage

Did you know that there are different dietary requirements for each stage of kidney disease? We have information about healthy eating for each stage of kidney disease to ease some of the burden of navigating a kidney-friendly food and fluid plan.

Sample posts

Stages 1 & 2

If you're someone in stages 1 or 2 of kidney disease, it's important to actively take steps to keep your kidney disease from getting worse. Healthy eating is one way to do that, which means you may need to make some changes to your eating patterns. Check out the American Kidney Fund's Kidney Kitchen to learn more about eating healthy when managing stages 1 or 2 of kidney disease, including helpful guides on which nutrients to look out for: <https://kitchen.kidneyfund.org/eating-healthy-with-kidney-disease/kidney-disease-stages-1-and-2>

Stage 3, 4 & 5 (not on dialysis)

Diagnosed with CKD in stages 3, 4 or 5? Following a healthy kidney-friendly food and fluid plan is important to prevent further kidney damage and slow down progression to kidney failure. The American Kidney Fund's Kidney Kitchen is a great tool vetted by culinary professionals and registered renal dietitians that will help you learn more about eating healthy while managing your CKD: <https://kitchen.kidneyfund.org/eating-healthy-with-kidney-disease/kidney-disease-stages-3-4-5-not-on-dialysis>

Kidney failure (on dialysis)

If you are receiving dialysis treatments, it is important to follow a kidney-friendly food and fluid plan to control your blood pressure and prevent fluid retention. Not sure where to start with healthy eating on dialysis? The American Kidney Fund's Kidney Kitchen provides helpful information about beneficial nutrients, guides to help with meal planning and much more. Learn more at <https://kitchen.kidneyfund.org/eating-healthy-with-kidney-disease/kidney-failure>

Kidney transplant

How does eating change post-kidney transplant? Good news: many of the food restrictions you previously had may no longer be needed and you may be able to eat most of your favorite foods again! The American Kidney Fund's Kidney Kitchen provides helpful information about post-transplant eating and the importance of food safety post-transplant, as well as kidney-friendly recipes and more! Browse Kidney Kitchen and learn more about post-transplant eating: <https://kitchen.kidneyfund.org/eating-healthy-with-kidney-disease/kidney-transplant>

International recipes

Dishes from around the world can not only bring new flavor to the table, but they can also fit your kidney-friendly eating plan. Kidney Kitchen has recipes from all over the globe, with collections of internationally inspired dishes. Share recipes from Greece, Panama, India, Tunisia and many other countries.

Sample posts

Latin American-inspired

Enjoy your favorite Latin American-inspired dishes in a kidney-friendly way! The American Kidney Fund's Kidney Kitchen resource has 70+ Latin American-inspired recipes that were developed by culinary professionals and registered renal dietitians. Enjoy favorite dishes like Caribbean casserole, classic honey flan and more! Browse the Latin American-inspired Kidney Kitchen recipes: https://kitchen.kidneyfund.org/find-recipes/?_collection=latin-american-inspired

Asian American/Pacific Islander-inspired

Find 40+ kidney-friendly Asian American/Pacific Islander-inspired recipes like vegetable kare-kare, Vietnamese spring rolls and sauteed mung beans by visiting the American Kidney Fund's Kidney Kitchen! Enjoy a Asian American/Pacific Islander-inspired dish or try something entirely new to you: https://kitchen.kidneyfund.org/find-recipes/?_collection=asian-american-pacific-islander-inspired

Turkish manti recipe

Looking to switch things up in the kitchen? Try out one of American Kidney Fund's Kidney Kitchen recipes like Turkish manti! These Turkish dumplings use oatmeal in the dough to add a bit of fiber to your kidney-friendly diet. Find this recipe and browse more internationally inspired recipes from culinary professionals and registered renal dietitians: <https://kitchen.kidneyfund.org/recipe/turkish-manti-or-dumplings>

Seasonal recipes and food holidays

Seasonal recipes allow you to get into a festive mood while taking advantage of in-season fruits and vegetables. From a light watermelon feta salad to cool down in the summer to a hearty chicken gumbo to defrost during fall, Kidney Kitchen has hundreds of seasonal dishes for you to incorporate into your kidney-friendly eating plan.

Spring

March: National Noodle Month

March is **#NationalNoodleMonth!** Find kidney-friendly versions of delicious noodle-based dishes like sauerkraut and egg noodles, rainbow rice noodle salad, instant pot or slow cooker sauerbraten noodle casserole and more on AKF's Kidney Kitchen: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=noodle

April: National Soft Pretzel Month

Did you know April is **#NationalSoftPretzelMonth?** Whip up some kidney-friendly soft pretzels using AKF's Kidney Kitchen! ✓ Low-phosphorus ✓ Low-potassium ✓ Low-sodium View the full recipe on Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/soft-pretzels>

May: National Barbecue Month

Cookout season is upon us, and it just so happens that May is **#NationalBarbecueMonth!** Gather your family and friends and enjoy this recipe for barbeque brisket found on AKF's Kidney Kitchen. ✓ High-protein ✓ Low-potassium ✓ Low-sodium View the full recipe on Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/barbecued-brisket>

May: National Salad Month

Salad is a healthy and refreshing snack or meal any time of the year, and what better time to enjoy one than **#NationalSaladMonth!** Browse over 90 kidney-friendly salad recipes on AKF's Kidney Kitchen to find delicious salads to add into your meals: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=salad

Summer

Summer favorites

Find fresh and healthy kidney-friendly summer recipes that will be perfect for your backyard barbeque or to add to your weekly menu on the American Kidney Fund's Kidney Kitchen! Browse the summer recipe collection: https://kitchen.kidneyfund.org/find-recipes/?_collection=summer-recipes

June: National Iced Tea Month

Ahh... what could be better than a refreshing glass of iced tea on a summer day? Enjoy a kidney-friendly version of iced tea with orange and mint — find the recipe on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/iced-tea-with-orange-and-mint>

July: National Grilling Month

Sizzle up summer favorites during **#NationalGrillingMonth** with kidney-friendly recipes found on AKF's Kidney Kitchen! Browse our summer favorites collection for recipes like grilled vegetable kabobs, grilled steak with cucumber-cilantro salsa and more: https://kitchen.kidneyfund.org/find-recipes/?_collection=summer-recipes

August: National Sandwich Month

Lettuce celebrate **#NationalSandwichMonth**! Pack a picnic and head to the park with the perfect summer sandwich. Find the recipe on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/light-summer-sandwich>

August 4: National Chocolate Chip Cookie Day

Craving a sweet treat on **#NationalChocolateChipCookieDay**? Check out a simple, kidney-friendly recipe for this classic cookie on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/no-sugar-added-chocolate-chip-cookies>

Fall

Fall favorites

Browse the American Kidney Fund's Kidney Kitchen to find festive and kidney-friendly recipes that are perfect for fall - like pumpkin crepes or fall cabbage salad! Browse the fall recipe collection: https://kitchen.kidneyfund.org/find-recipes/?_collection=fall-favorites

September: National Potato Month

Looking to spice things up in the kitchen? Try this flavorful yet simple potato and cauliflower curry during **#NationalPotatoMonth**! Find the recipe on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/cauliflower-and-potato-curry>

October: National Apple Month

Fall is here, which means it's apple season! For **#NationalAppleMonth**, try out our festive pumpkin apple cakes. ✓ Low-phosphorus ✓ Low-potassium ✓ Low-sodium Find the recipe on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/pumpkin-apple-cakes>

October: National Pizza Month

Pizza night is a great way to bring together family and friends for some fun! Browse AKF's Kidney Kitchen to find kidney-friendly pizza recipes the whole group will love: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=pizza

Thanksgiving

Thanksgiving is right around the corner! Keep up your kidney-friendly eating habits over the holidays by incorporating AKF's Kidney Kitchen recipes into your feast. Browse our holiday collection: https://kitchen.kidneyfund.org/find-recipes/?_collection=holiday

Winter

Holiday Favorites

The holiday season is nearing and if you're looking for new kidney-friendly dishes to add to your menu for a cozy night in, look no further than the American Kidney Fund's Kidney Kitchen. Browse the holiday favorites recipe collection to view our delicious and festive dishes for the winter season: https://kitchen.kidneyfund.org/find-recipes/?_collection=holiday

December 1: National Pie Day

Happy **#NationalPieDay**! Try out a seasonally tart treat to get your kidney-friendly fix. Find the full recipe on AKF's Kidney Kitchen: <https://kitchen.kidneyfund.org/recipe/festive-cranberry-chess-pie>

December 4: National Cookie Day

Looking for the perfect cookie to make on **#NationalCookieDay**? With AKF's Kidney Kitchen, you can find kidney-friendly recipes for your favorite classics, like oatmeal raisin, chocolate chip and more! Browse the recipes: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=cookies

January: National Soup Month

Did you know that January is **#NationalSoupMonth**? AKF's Kidney Kitchen features over 40 kidney-friendly soup recipes you can add into your meal planning like hearty beef soup, minestrone soup and more. Browse all the soup recipes available on Kidney Kitchen: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=soup

January 14-20: National Pizza Week

#NationalPizzaWeek is here! Celebrate with kidney-friendly versions of this fan-favorite you can find on AKF's Kidney Kitchen. Learn how to make pesto pita pizza, portobello pizza, no-salt-added pizza and more! Browse all the pizza recipes available on Kidney Kitchen: https://kitchen.kidneyfund.org/find-recipes/?_search_recipes=pizza



Additional sample posts

Low- vs. high-potassium food guide

If you're managing your CKD, you may learn you have high potassium (hyperkalemia), and your doctor or dietitian might suggest modifying your eating to take in less potassium. But...which foods are low-potassium, and which are high? The American Kidney Fund's Kidney Kitchen resource features a Low vs. High-Potassium Food downloadable that easily shows common foods that are low and high in potassium, helping you make healthier eating choices. Check out the download on Kidney Kitchen: <https://kitchen.kidneyfund.org/guides-and-videos/low-vs-high-potassium-foods>

"Double Whammy" food high in phosphorus and potassium guide

Did you know? Some foods are considered high in phosphorus AND potassium, making them extra tricky for people with kidney disease trying to limit these nutrients. The American Kidney Fund's Kidney Kitchen features a downloadable that lists foods high in phosphorus and potassium to help you make healthier choices. Check out the downloadable on Kidney Kitchen: <https://kitchen.kidneyfund.org/resources/guides-and-resources/double-whammy-food-high-in-phosphorus-and-potassium>

Potassium tracker downloadable

Need to manage your potassium intake with your CKD? The American Kidney Fund's Kidney Kitchen has a downloadable Potassium Tracker to help you keep track of your potassium intake each day, and helps you set goals for the new week ahead! Take a look at the downloadable on Kidney Kitchen: <https://kitchen.kidneyfund.org/guides-and-videos/potassium-tracker>