

Renal-Friendly Foods To Fight Malnutrition

Studies show that low intake of key nutrients may be linked to malnutrition and inflammation.

Iron, Vitamin C, and Vitamin B6: Prevents feelings of weakness, fatigue and anemia.

Zinc and Folic Acid: Zinc and folic acid can help improve anorexia and appetite.

Vitamin A: Helps reduce inflammation, which can be high if you're malnourished.

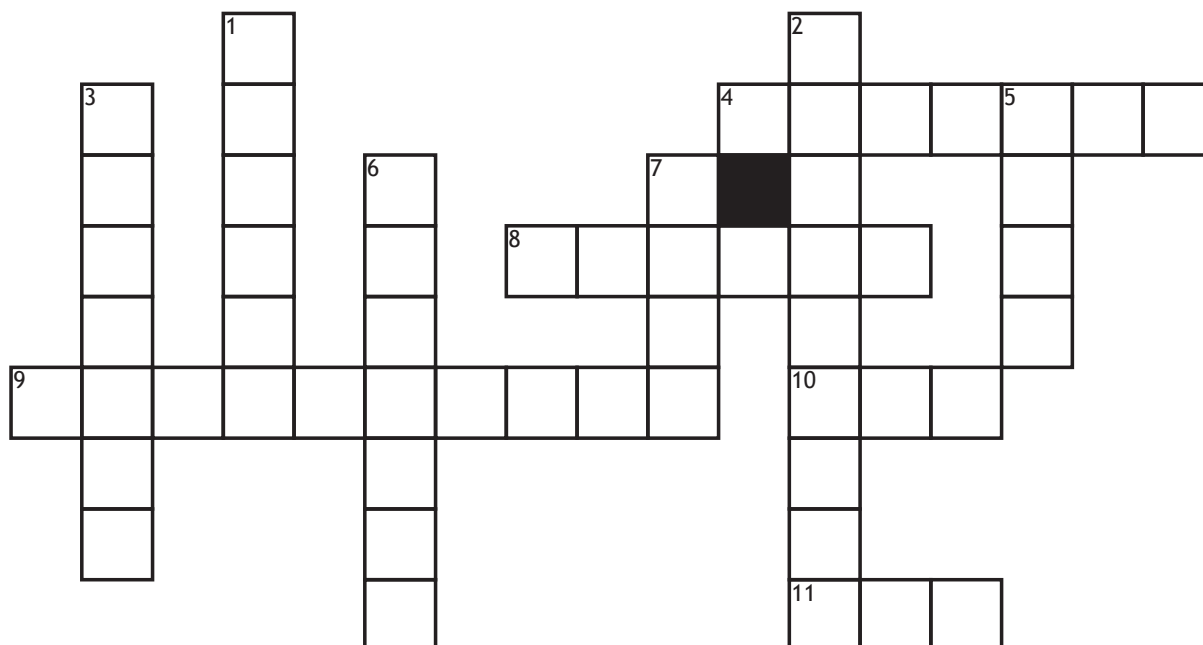
Food Item	Nutrients							
	Protein	Carb	Iron	Zinc	Folate (Folic Acid)	Vitamin B6	Vitamin C	Vitamin A
Tofu	✓	✓	✓	✓	✓	✓		✓
Legumes (lentils, edamame, beans, peas)	✓	✓	✓	✓	✓	✓	✓	✓
Nuts & Seeds	✓	✓	✓	✓	✓	✓	✓	✓
Lean Cuts of Red Meats	✓		✓	✓		✓		
Poultry	✓		✓	✓		✓		
Seafood	✓		✓	✓	✓	✓		✓
Eggs	✓			✓	✓	✓		✓
Leafy Green Vegetables		✓	✓		✓		✓	✓
Berries		✓	✓		✓		✓	✓
Watermelon		✓	✓			✓	✓	✓
Peach		✓	✓	✓	✓		✓	✓
Pears		✓	✓	✓	✓		✓	✓
Pineapple		✓	✓		✓	✓	✓	
Pasta, bread, cereal	✓	✓	✓		✓			
Cheeses Ricotta, brie, cream cheese	✓	✓			✓	✓		✓
Soy milk	✓	✓	✓		✓			✓

✓ = Contains specific nutrient

✓ = Contains higher amount of specific nutrient

Always check with your dietitian for healthy ways to add these foods into your diet.

Nutrients vs Malnutrition Crossword



Across

4. A cheese traditionally used in lasagna that has folate, vitamin B6, and vitamin A
8. This type of zinc rich poultry is a favorite at Thanksgiving
9. A pink and green summer treat rich in vitamin C
10. ____ in a pod, rich in zinc and plant-based protein
11. Crack this for breakfast and get plenty of protein and folate

Down

1. Another name for folic acid, a nutrient that helps support your appetite
2. Tropical fruit high in vitamin B6
3. An iron-rich green leafy vegetable that gave strength to a famous cartoon character
5. Meat-free high protein food that's high in vitamin A
6. A healthy swap for dairy milk that is rich in folate and vitamin A
7. This nutrient is high in meat, poultry, and legumes and helps prevent anemia

TOFU
PINEAPPLE

EGG
SPINACH

PEA
SOY MILK

FOLATE
TURKEY
WATERMELON

RICOTTA
IRON