

Scan the QR codes or follow the links to learn more about eating well for your kidneys.

<p>Kidney Health Australia</p>  <p>Nutrition and Kidney Disease Resource Library</p>	<p>Kidney Kitchen</p>  <p>https://www.kidneycareuk.org/about-kidney-health/living-kidney-disease/kidney-kitchen/recipes/</p>	<p>Calorie King</p>  <p>Food Nutrition Facts and Free Calorie Counter CalorieKing (Australia)</p>
<p>Australian Heart Foundation</p>  <p>https://www.heartfoundation.org.au/recipes</p>	<p>International Federation of Kidney Foundations</p>  <p>https://ifkf.org/world-kidney-recipes/</p>	<p>OLDWAYS – Cultural Food Traditions</p>  <p>https://oldwayspt.org/traditional-diets</p>
<p>Spice It Up</p>  <p>https://www.myspiceitup.ca/</p>	<p>Foodswitch</p>  <p>Simply scan a barcode to get its nutrition information and healthier alternatives.</p> <p>*Available via the App Store or Google Play</p>	<p>Easy Diet Dairy</p>  <p>Australian Calorie Counter</p> <p>*Available via the App Store or Google Play</p>

Living Strong Healthy Lifestyle Cookbook



[Living Strong Healthy Lifestyle Cookbook \(kidney.org.au\)](https://www.kidney.org.au/living-strong-healthy-lifestyle-cookbook)

*Please note contact details provided within this resource may be out of date

No Money No Time



<https://nomoneynotime.com.au/>

Baker Institute Plate Guide



[Portion plate guide fact sheet | Baker Institute](#)

DaVita Kidney Care



[Kidney-Friendly Recipes for Kidney Disease - DaVita Kidney Care](#)

*Please note this is an American website and recipes will be listed in imperial measurements (ounces, pound etc). These will need to be converted to metric (ml, L, kg).

For further information, contact your dietitian or nutritionist _____