

Useful Websites, Recipes, and Apps for Kidney Health

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

Kidney Health Australia



Nutrition and Kidney Disease
Resource Library

Kidney Kitchen



https://www.kidneycareuk.org/a bout-kidney-health/livingkidney-disease/kidneykitchen/recipes/

Calorie King



Food Nutrition Facts and Free
Calorie Counter |
CalorieKing (Australia)

Australian Heart Foundation



https://www.heartfoundation.or g.au/recipes

International Federation of Kidney Foundations



https://ifkf.org/world-kidneyrecipes/

OLDWAYS – Cultural Food Traditions



https://oldwayspt.org/traditional -diets

Spice It Up



https://www.myspiceitup.ca/

Foodswitch



Simply scan a barcode to get its nutrition information and healthier alternatives.

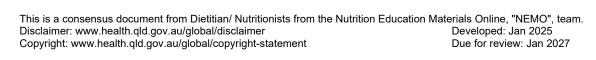
*Available via the App Store or Google Play

Easy Diet Dairy



Australian Calorie Counter

*Available via the App Store or Google Play





Living Strong Healthy No Money No Time **Baker Institute Plate Guide Lifestyle Cookbook** Living Strong Healthy Lifestyle https://nomoneynotime.com.au/ Portion plate guide fact sheet | Cookbook (kidney.org.au) **Baker Institute** *Please note contact details provided within this resource may be out of date **DaVita Kidney Care** Kidney-Friendly Recipes for Kidney Disease - DaVita **Kidney Care** *Please note this is an American website and recipes will be listed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

For further information, contact your dietitian or nutritionist _____

measurements (ounces, pound etc). These will need to be converted to metric (ml, L, kg).

