



DaVita Blogs

KIDNEY DIET TIPS



Recipes, tips and news for those on a kidney diet

December 2, 2010

KidneyDiet App: a new tool to help kidney patients decide what to eat

By DaVita Dietitian Sara posted in [Food Facts](#), [Kidney Diet](#)

Have you ever wished you could instantly peak at the nutrient content of a food while making weekly menus, grocery shopping or eating out on a kidney diet? The latest tool for people with [chronic kidney disease](#) or on [dialysis](#) gives you the ability to do just that. [KidneyDiet](#) is an iPhone app that allows a quick, easy way to view thousands of foods from the USDA food database, including some of the major restaurant chains. The featured nutrients are focused on those most important in a kidney diet: [protein](#), [potassium](#), [phosphorus](#) and [sodium](#). In addition to providing nutrient data, the KidneyDiet app highlights in red values that may require caution for a kidney diet.

While this app is not a replacement for advice from your doctor or dietitian, it is a welcome new tool to help make the challenge of following a [kidney diet](#) easier. Future versions will include expanded nutrients and features to help track and analyze daily intake.

KidneyDiet was created by Pain Free Living, Inc. They provide health-related applications for [mobile devices](#). Visit their website at www.KidneyDiet.com for more information.