

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/about-kidney-health/living-kidney-disease/kidney-kitchen/recipes/	Calorie King  Food Nutrition Facts and Free Calorie Counter CalorieKing (Australia)
Australian Heart Foundation  https://www.heartfoundation.org.au/recipes	International Federation of Kidney Foundations  https://ifkf.org/world-kidney-recipes/	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 Lifestyle Cookbook  Living Strong Healthy Lifestyle Cookbook (kidney.org.au) *Please note contact details provided within this resource may be out of date	No Money No Time  https://nomoneynotime.com.au/	Baker Institute Plate Guide  Portion plate guide fact sheet Baker Institute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 _____