



ESRD Dietitian Corner

Need more inspiration? Look at a kidney friendly food list to find healthy choices you enjoy. National Kidney Foundation has a nice list to get you started: www.kidney.org/kidney-topics/superfoods.



Antipasto Platter



“I’m an Italian American and a former dialysis patient who has received a kidney transplant. Both of my parents were Italian and served traditional Italian foods. They were both from New York City growing up with Italian delis and bakeries everywhere. When we would meet up with family members for an occasion, there would always be an antipasto platter. Presently, we call them charcuterie boards probably because the components vary. You can make a breakfast charcuterie board now, which wouldn’t fall into the traditional Italian antipasto category. As a child, I loved pepperoni, olives, cheese, dried apricots and prosciutto. Other items I grew to love were marinated artichoke hearts, pickles, dates, pretzels, hummus, chocolate-covered nuts. Speaking as a dialysis patient, all of these foods contain phosphorus, potassium, and sodium, which should be limited or completely avoided.” —Kim, Transplant Patient

Ingredients



Prep: 25 minutes



Cook: 0 minutes



Servings: 8–10

- Plain mini naans
- Breadsticks or toasted Italian bread slices
- Herbed cream cheese or tzatziki
- Grilled eggplants
- Stuffed mushrooms
- Deviled eggs
- Red bell peppers
- Grapes
- Strawberries
- Pineapples
- Cucumbers
- Celery
- Jam/Jelly
- Sugar-free candies
- Macadamia nuts

Directions

1. Depending on what you use, you will need 2–3 servings of each item.
2. Bring out everything you wish to use.
3. On a large platter, start laying out your items in small handfuls.

Tips for Success

Creating an antipasto platter is easy! Choose kidney-friendly foods you love from each of these categories: fruits, vegetables, protein, dips, bread or crackers, and desserts to make a yummy platter. Make the presentation fun by positioning the foods in interesting ways, using toothpicks to make snacking easier without touching the food, or adding fresh garnish. Using small bowls can also add visual depth!



This recipe was made by patients for patients in the kidney community. Before you make any recipe, please check with your kidney care team and other providers. They can talk to you about your specific nutrient needs.