

## Healthy Eating Helpful Links & Resources

There are many considerations for patients with Nephrotic Syndrome when it comes to diet. Figuring out what approach to follow can often be very confusing and challenging. While we don't endorse any of these resources in particular, we offer the following resources for you to consider in your journey.

### Low Sodium Cooking

[www.sodiumgirl.com](http://www.sodiumgirl.com)

[@sodiumgirl on Instagram](#)

[@ditchthesalt on Facebook](#)

### Managing Potassium

[www.kidney.org/atoz/content/potassium](http://www.kidney.org/atoz/content/potassium)

### Managing Phosphorus

[www.kidney.org/atoz/content/phosphorus](http://www.kidney.org/atoz/content/phosphorus)

### Finding Health Series Session 2 - Healthy Eating

[www.nephroticsyndrome.foundation.org/finding-health-series](http://www.nephroticsyndrome.foundation.org/finding-health-series)

*A selection of favorite recipes from NS families presented at NSF's Finding Health Series on Healthy Eating: including salt optional dressing, anti-inflammatory smoothie, 3 ingredient crepe and more.*

### Whole30 Recipes

[@whole30 on Instagram](#)

*In general, diets focused on fresh food are healthy for all individuals. While we don't endorse this diet specifically, we have found it to be a good source of recipes and ideas for healthy eating in general.*

**Note:** The Nephrotic Syndrome Foundation does not endorse any particular recipe, diet or nutritional regimen. Please use judgement in selecting recipes that apply for your family and consult your doctor or healthcare provider to determine what is right for you / your child.