



Renal Diet

If you have kidney disease you may need to control potassium, phosphorus, sodium, protein and fluid in your diet. This meal plan will help guide your food choices.

Below are foods or food groups in which these nutrients are typically high:

- Potassium - fruits, vegetables, dairy
- Phosphorus – found in processed/packaged foods, dairy, beans, whole grains
- Protein – meat, meat substitutes, dairy
- Sodium – processed/packaged foods, snack foods, sauces, condiments

Check the nutrition facts label and ingredient list on processed/packaged products.

This chart guides you to choose foods from each group in portions that are healthy for you.

Speak with your dietitian about how much you should eat each day.

FOOD GROUP	CHOOSE	AVOID
<p>Milk</p> <p><u>Servings:</u> 1 per day</p> <p><u>Serving Size:</u> ½ cup or 4 oz. milk ½ cup or 4 oz yogurt 3 tbs. cream cheese ¼ cup evaporated milk ½ cup lite cream or half and half ¼ cup cottage cheese</p>	Almond milk Buttermilk Cottage cheese Cream cheese Evaporated or condensed Ice milk or ice cream Light cream or half & half Milk Rice milk (not enriched or plain) Yogurt	*Cheese, such as hard aged cheese like cheddar and “cheese products” like American Cheese or Velveeta® Chocolate milk
<p>Fruits</p> <p><u>Servings:</u> 3 per day</p> <p><u>Serving Size:</u> ½ cup fruit or juice 1 small apple (2 ½” diameter) 15 small grapes 1 medium plum 1 cup watermelon</p>	Apple, apple juice, applesauce Pear (small) or canned Blackberries Blueberries Cherries Cranberries, cranberry juice Fruit cocktail Grapes, grape juice Lemons Nectars (peach, pear, papaya) Peach, canned Pineapple, pineapple juice Plum Strawberries Tangerine	Apricots Bananas/plantains Cantaloupe Coconut Dates/figs/dried fruits Grapefruit/grapefruit juice Guava Honeydew melon Kiwi Mango Nectarines Oranges/orange juice Papaya Pomegranate/pomegranate juice Prunes/prune juice Starfruit Tamarind

FOOD GROUP	CHOOSE	AVOID
<p>Breads/Rolls, Cereals, Grain, Pasta</p> <p><u>Serving Size:</u> 1 slice bread ½ bagel or English muffin 1 Hamburger or hot dog bun 1 small muffin 1-2, 6 inch tortilla ¾ cup cold cereal ½ cup cooked cereal, ½ cup cooked pasta ½ cup cooked rice 3 graham cracker squares 4 saltines (unsalted) 1 ½ cup popcorn (unsalted) ¾ oz. pretzels</p>	<p>Bagel or English muffin Bread (French, Italian, raisin, light rye, sourdough, white) Cold cereal (no bran or high fiber) Cooked cereal (farina, cream of rice or wheat, cornmeal, grits, oatmeal) Couscous Graham crackers Hamburger or hot dog bun Melba toast – unsalted Popcorn, plain unsalted Polenta Unsalted crackers White pasta, rice, rolls</p>	<p>Bran cereals/muffins Cereals with nuts Dark rye bread Granola cereals/bars “High fiber” crackers or breads Pancakes or waffles Nut bread Oatmeal bread Pumpernickel bread Salted crackers Whole wheat bread, cereals, crackers, pasta</p>
<p>Vegetables (fresh, frozen, salt-free)</p> <p>Servings: 3 per day</p> <p><u>Serving Size:</u> ½ cup vegetables ½ ear or ½ cup corn 1 cup of lettuce 1 small tomato ¼ cup tomato sauce</p>	<p>Bamboo shoots, canned Cucumber, peeled Cabbage (except Chinese cabbage) Cauliflower Green beans Eggplant Lettuce Onion Pepper Radish Watercress Zucchini</p> <p><i>Limit to 3 times per week or less</i></p> <p>Asparagus Beets Beans Broccoli Carrots, raw Celery Collard greens Corn Green peas Kale Mushrooms **Potato Snow peas Turnips</p> <p><i>**Soak potato in large amount of water for 8 hours, change the water and boil</i></p>	<p>Artichoke Avocado Baked potato Bamboo shoots, fresh Beet greens Bok choy Brussel sprouts Chinese cabbage Dried beans Dried peas French fries Lentils Mushrooms (cooked) Potato chips Spinach (cooked) Split peas Sweet potato Tomato Tomato or vegetable juice Tomato sauce Winter squash (pumpkin, acorn butternut) Vegetables, canned (unless salt-free) Yucca</p>

FOOD GROUP	CHOOSE	AVOID
<p><i>Meat or Meat Substitutes</i></p> <p><u>Serving Size:</u> 1 oz. beef, pork, lamb, veal, poultry (chicken or turkey) 3 ½ oz. tofu 1 egg or 2 egg whites</p>	Beef Egg or egg whites Fish (fresh or frozen “No added salt” canned fish like tuna, salmon Game Lamb Pork Poultry (chicken, turkey, duck) Tofu Veal	Bacon Deli meats (bologna, pastrami, salami, ham, corned beef) Hot dogs Nuts Sausage
<p><i>Fats and Oils</i></p> <p><u>Serving Size:</u> 1 tsp. Margarine, oil, butter 2 tsp. Salad dressing (mayonnaise type) 2 tbsp. Low-calorie salad dressing</p>	Butter Canola oil Crisco® Mayonnaise Margarine – unsalted Olive oil Salad dressing – low sodium when possible Unsalted gravy	Bacon fat Gravy – canned or made with salt Olives Salted butter Salted margarine Salty salad dressings
<p><i>Desserts</i></p> <p><u>Serving Size:</u> 1oz. Angel food cake 1 ½ oz. plain cake 4 cookies 10 vanilla wafers 1 small donut ½ small Danish 1/8 fruit pie ½ cup gelatin</p>	Cake – plain (such as angel food, pound, lemon) Cookies (sandwich, shortbread, sugar) Danish Desserts made with caramel Fruit pie (apple, cherry, berry, peach, lemon) Gelatin (count as fluid) Doughnut (no chocolate) Gum drops, jelly beans, gummy bears Vanilla wafers	Desserts made with chocolate, nuts, coconut, or other high potassium fruits, whipped dairy icing Fruit cake Pudding Sweet potato pie
<p><i>Fluids</i></p> <p><u>Serving Size:</u> 1 cup (8 fluid oz.) 1 popsicle bar</p>	Coffee, tea Cranberry juice cocktail Fruit ice Fruit flavored drink Ice cubes Ice chips Lemonade Soda Water	Canned, bottled, powdered iced teas with phosphorus additives Coconut water Cola beverages *Fruit Punch® (some varieties) Kool-Aid® See “juices” under Fruits Section

FOOD GROUP	CHOOSE	AVOID
Miscellaneous	Allspice Bay leaves Celery seed Cinnamon Dill seed Garlic/onion powder Honey Jelly/jam Mints Nutmeg Parsley Pepper Rosemary Sage Sugar Syrup Oregano Tarragon Thyme	Chocolate Ketchup Molasses Mustard Olives Pickles "Reduced Sodium" salt Salt Salt substitute Sauerkraut Seasoning mixes (containing salt) Soy & teriyaki sauce

**Contains phosphorus additives*

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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