

# DISH UP a Dialysis-Friendly Meal

for Patients with Chronic Kidney Disease on Dialysis



## HOW TO PLAN A DIALYSIS-FRIENDLY MEAL

Fill a 9- or 10-inch plate with:

- A palm-sized serving of protein
- Fruits and vegetables
- Breads, cereals, or grains
- A serving of healthy fat

Limit your meal beverage to ½ to 1 cup (4 to 8 fluid ounces).

For more information on foods and beverages to enjoy, see the back of this sheet.

## MORE HELP FOR PEOPLE WITH KIDNEY DISEASE

If you are not on dialysis, have a kidney transplant, or have diabetes, talk to your registered dietitian nutritionist (RDN) about your nutrition needs.

### MY GOALS

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If you take phosphorus binders, take them during every meal, or as directed.

## Tips for Limiting Sodium, Potassium, and Phosphorus

### Choose:

- Foods with 200 mg (8% daily value) or less sodium per serving
- Frozen or packaged meals with 600 mg or less sodium per serving
- Foods that do not list “potassium chloride” ingredients
- Lower sodium condiments, such as horseradish and yellow mustard

### Limit:

- Any foods with added phosphorus (any words with “phos,” such as calcium phosphate, in the ingredients)
- Pickled foods, such as olives, sauerkraut, pickles, and kimchi
- Soy sauce, barbecue sauce, ketchup, teriyaki sauce, salsa, tomato sauce or paste, and other high-sodium sauces
- Salt added to food when cooking or at the table
- Canned soups or soup mixes, packaged foods, and processed foods (such as box mixes, fast food, frozen meals, gas station foods, processed meats and cheeses, vending machine foods, and other convenience foods)

### Tips

- ▶ Eat home-cooked meals made from fresh ingredients.
- ▶ Use no-added-salt stocks or broths instead of regular broths, canned soups, or bouillon.
- ▶ Ask your RDN for other tips.

## Protein Foods (Meat and Plant-Proteins)

\_\_\_\_\_ palm-sized servings per day



### Choose:

- 2 to 3 eggs or egg whites
- Lean, fresh beef, wild game, and “all natural” chicken, fish, pork, seafood, or turkey
- Beans, edamame, lentils, nut butters, or tofu when eating meatless meals
- Lower sodium canned tuna, chicken, or salmon (rinsed)

### Limit:

- Fresh or frozen protein foods that have added sodium or phosphorus (“phos”) in their ingredients
- Salty processed meats (such as bacon, bologna, and other lunch meats), brats, deli meats, ham, hot dogs, salami, sausage, breakfast sausage, and preseasoned proteins

### Tips

- ▶ Include a palm-sized protein portion with most meals. It is important to eat enough protein to stay healthy and replace what is lost during dialysis.
- ▶ Look for “all natural” fish, pork, chicken, turkey, or seafood because they do not have added sodium or phosphorus.

## Breads, Cereals, and Grains

\_\_\_\_\_ servings per day

**1 serving** = ½ English muffin, 1 slice bread, ⅓ cup cooked pasta or rice, ½ cup cooked cereal, 3 cups popcorn, or a 6-inch tortilla

**Choose:** Whole grain cereal, corn tortillas, couscous, crackers, English muffin, bread, old-fashioned or steel-cut oats, pasta, pita, popcorn, quinoa, rice, rice cakes, cream of wheat, or grits

**Limit:** Foods with added phosphorus (“phos” ingredients), such as biscuits, box mixes, pancakes, waffles, quick breads, and other convenience foods

**Tip** ▶ Look for lower sodium breads, cereals, and grains.

## Fruits

\_\_\_\_\_ servings per day

**1 serving** = ½ cup or 1 small fruit

**Lower Potassium:** Apple, applesauce, berries, clementine, fruit cup, grapes, lemon, lime, mandarin oranges, pear, pineapple, plum, tangerine, or 1 cup watermelon; Juices: apple, cranberry, grape, lemon, lime, or pineapple juice

**Higher Potassium:** Avocado, banana, cantaloupe, dried fruits, honeydew, kiwi, mango, nectarine, orange, papaya, peach, plantain, or pomegranate; Juices: pomegranate, prune, or orange juice

**Choose:** Fresh, frozen, or unsweetened canned fruit (drained)

**Tip** ▶ Ask your RDN which fruits are right for you.

## Vegetables

\_\_\_\_\_ servings per day

**1 serving** = 1 cup leafy greens or ½ cup fresh, cooked, or canned

**Lower Potassium:** Asparagus, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, lettuce, okra, onion, peas, peppers, radish, raw spinach, spaghetti squash, turnip, or yellow summer squash; Greens: collard, mustard, or turnip

**Higher Potassium:** Artichoke, Brussels sprouts, cooked chard, kohlrabi, parsnips, potatoes, pumpkin, rutabaga, most squash, sweet potatoes/yams, tomato, tomato/pasta sauce, or zucchini; Juices: carrot, tomato, or vegetable juices, including low-sodium types

**Choose:** Fresh, frozen, or no-added-salt canned vegetables that do not have sauces, seasonings or added salt

**Tip** ▶ Ask your RDN which vegetables are right for you.

## Dairy and Milk Alternatives

\_\_\_\_\_ servings per day

**1 serving** = ½ cup (4 ounces) milk, soy milk, unfortified almond or rice milk, yogurt, or 1 ounce cheese

### Choose:

- Lower phosphorus milk alternatives: unfortified almond, rice, or soy milk
- Lower phosphorus cheese: brie, goat cheese, cream cheese, mozzarella, parmesan, or ricotta cheese

### Limit:

- Processed cheeses, such as American cheese, Cheez Whiz, Velveeta, boxed macaroni and cheese, and other cheese spreads or sauces
- Milk-or cheese-based soups or sauces
- Nondairy creamers or half-and-half with “phos” ingredients

## Fats and Seasonings

### Choose :

- A small amount of healthy fats, such as olive oil, vegetable oils, or lower sodium salad dressings
- Butter, cream cheese, margarine, mayonnaise, and sour cream in moderation
- Condiments, salad dressings, and sauces with less than 200 mg sodium per serving

**Limit:** Salt and avoid salt substitutes or seasonings with potassium chloride

**Tip** ▶ Use lemon, vinegar, herbs, and spices to flavor foods instead of salt.

## Snacks and Sweets

Snacks and sweets should be eaten in moderation. Include snacks or sweets suggested by your RDN.

## Fluids

\_\_\_\_\_ servings fluid per day

**1 serving** = 4 ounces or ½ cup fluid

Fluids include coffee, juice, soda, soup, fresh-brewed tea, water, gelatin, and anything that melts, such as ice, popsicles, sherbet, or ice cream

**Choose:** Water, coffee, lemonade, Crystal Light lemonades and teas (not other flavors), and Arizona, Pure Leaf, or Snapple teas; Sodas: clear or orange sodas, root beer, Mello Yellow, or Mountain Dew

**Limit:** Milk, beer, wine, and all beverages with “phos” ingredients, such as colas, most canned or bottled teas, sports drinks, flavored waters, energy drinks, some drink mixes, and others

### Tips

- ▶ Look for drinks without “phos” ingredients.
- ▶ If you make very little or no urine, limit fluids to 4 cups (32 ounces) per day. If you have a fair amount of urine, limit fluids to 6 cups (48 ounces) per day.
- ▶ Use a small glass (4 to 8 ounces or ½ to 1 cup) with meals and snacks.

## Notes

