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.

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 boxed 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)

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 other pre-seasoned 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

Choose:
- 1 serving = ½ English muffin, 1 slice bread, ½ cup cooked pasta or rice, ½ cup cooked cereal, 3 cups popcorn, or 1-6 muffins tortilla
- 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

Tips
- Look for lower sodium breads, cereals, and grains.

Fruits

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

Tips
- Ask your RDN which fruits are right for you.

Vegetables

Choose:
- Higher Potassium: Old-fashioned or steel-cut oats, pasta, pita, couscous, radish, raw spinach, spaghetti squash, turnip, or yellow summer squash; Greens: collard, mustard, or turnip
- Lower Potassium: Fresh, frozen, or canned broccoli, brussels sprouts, cauliflower, corn, cucumber, eggs, green beans, kale, lettuce, okra, onion, peas, peppers, radish, raw squash, spaghetti squash, sweet potatoes, turnip, or yellow summer squash; Greens: collard, mustard, or turnip

Dairy and Milk Alternatives

Choose:
- Lower phosphorus milk alternatives: unfortified almond or rice milk, yogurt, or 1 ounce cheese

Tips
- Ask your RDN which vegetables are suggested by your RDN.

Fluids

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

Tips
- Eat foods rich in potassium, such as citrus fruits, bananas, and tomatoes.
- Use lemon, vinegar, herbs, and spices to flavor foods instead of salt.

Diet and Recipes

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

Tips
- Ask your RDN which vegetables are suggested by your RDN.

Sweets

Choose:
- 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

Tips
- Make sure to include snacks or sweets in moderation. Include snacks or sweets suggested by your RDN.