

DISH UP a Kidney-Friendly Meal

for Patients with Chronic Kidney Disease (Not on Dialysis)



HOW TO PLAN A KIDNEY-FRIENDLY MEAL

Fill a 9- or 10-inch plate with:

- A 1/3 to 1/2 palm-sized serving of protein
- Fruits and vegetables
- Breads, cereals, or grains
- Healthy fats

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 on dialysis, have a kidney transplant, or have diabetes, talk to your registered dietitian nutritionist (RDN) about your nutrition needs.

If you have not yet seen a RDN and would like to know about other foods you can eat, ask your doctor for a referral for medical nutrition therapy.

MY GOALS

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.



Renal Dietitians
a dietetic practice group of the
Academy of Nutrition
and Dietetics

National Kidney Foundation
Council on
Renal Nutrition



Protein Foods (Meat and Plant-Proteins)

_____ serving(s) per day

1 serving = 1 to 2 ounces, 1 to 2 eggs, or 1/3 to 1/2 palm-size

Choose:

- Beans (such as black, kidney, or white beans), edamame, lentils, nuts, nut butters, split peas, or tofu
- Eggs, egg whites, lean beef, wild game, and “all natural” chicken, fish, pork, seafood, or turkey

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

Tip ▶ 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 = 1/2 English muffin, 1 slice bread, 1/3 cup cooked pasta or rice, 1/2 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 = 1/2 cup or 1 small fruit, or 1/2 cup fresh, frozen, or canned fruit or 100% juice

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

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

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



Vegetables

_____ servings per day

1 serving = 1 cup leafy greens or 1/2 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-salt-added canned vegetables that do not have added sauces or seasonings

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



Dairy and Milk Alternatives

_____ servings per day

1 serving = 1/2 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-based or cheese-based soups or sauces
- Nondairy creamers or half-and-half with “phos” ingredients



Fluids

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 most colas, canned or bottled teas, sports drinks, flavored waters, energy drinks, drink mixes, and others

Tip ▶ If you need to limit fluid intake, use an 8 ounce glass for beverages with meals and snacks.



Fats and Seasonings

Choose:

- 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.

Notes
