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 ⅓ to ½ 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
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### Tips for Limiting Sodium, Potassium, and Phosphorus

#### Protein Foods (Meat and Plant-Proteins)

| Choose: | Foods with 200 mg (8% daily value) or less sodium per serving  
| Frozen or packaged foods 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. |

#### Fruits

| Servings per day | 1 serving = ½ cup (4 ounces) milk, soy milk, unfortified almond or rice milk, yogurt, or 1 ounce cheese  
| Limit: | Lower phosphorus cheese: brie, goat cheese, cream cheese, mozzarella, parmesan, or ricotta cheese  
| Choose: | Lower phosphorus milk alternatives: unfortified almond, rice, or soy milk  
| Tip ▶ | Ask your RDN which fruits are right for you. |

#### Vegetables

| Servings per day | 1 serving = 1 cup leafy greens or ½ cup fresh, frozen, or canned fruit or 100% juice  
| Limit: | Fluids and soups include coffee, tea, soda, soups, 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  
| Tip ▶ | Use lemon, vinegar, herbs, and spices to flavor foods instead of salt. |

#### Fluids

| Servings per day | 1 serving = 1 cup leafy greens or ½ cup fresh, frozen, or canned fruit or 100% juice  
| Limit: |限: Salt and avoid salt substitutes or seasonings with potassium chloride  
| Tip ▶ | Use lemon, vinegar, herbs, and spices to flavor foods instead of salt. |

#### Dairy and Milk Alternatives

| Servings per day | 1 serving = 1 cup leafy greens or ½ cup fresh, frozen, or canned fruit or 100% juice  
| Limit: | Lower phosphorus cheese: brie, goat cheese, cream cheese, mozzarella, parmesan, or ricotta cheese  
| Choose: | Lower phosphorus milk alternatives: unfortified almond, rice, or soy milk  
| Tip ▶ | Ask your RDN which fruits are right for you. |

#### Snacks and Sweets

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

### Notes

- 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

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