



BASIC RENAL DIET

Guidelines

1. Eat meat or protein food for your noon and evening meals. For example, ONE piece of chicken or turkey or ONE pork chop.
2. Drink liquids with meals ONLY. If you get thirsty between meals, suck on ice chips or hard candy or chew gum. You may rinse your mouth, but do not swallow. REMEMBER, anything liquid at room temperature is fluid. This includes ice, Jell-O, popsicles and soups. Fruits and vegetables contain a lot of fluid; serve drained.
3. Rinse all canned vegetables and canned meat to remove salt. DO NOT add salt or salt substitutes to food in cooking or at the table. Read labels for salt, sodium or potassium additives - AVOID THEM.

FOOD GROUP	CHOOSE	DO NOT CHOOSE
Milk & Milk Products LIMIT _____ per day	Whole, 2%, 1% fat or skim milk, ice cream, yogurt, cheddar, mozzarella, Swiss & cottage cheese	Buttermilk, chocolate milk, commercial milk-shakes and instant breakfasts
Meat & Other Proteins 6 – 8 ounces per day	Fresh meat (beef, pork, veal, lamb), poultry, eggs, seafood (fish, tuna, salmon, lobster and shrimp) and game	Canned, cured, smoked, pickled, spiced or processed meats such as ham, bacon, sausage, hot dogs, luncheon meats, pot pies, TV dinners, canned stews and chili
Bread, Cereal & Starches 6 – 8 servings per day 1 serving = 1 slice or $\frac{1}{2}$ cup cooked	Regular breads, rolls, cornbread, biscuits, waffles, muffins, bagels, doughnuts, cooked cereals, dry cereals (1 cup), rice, noodles, macaroni, unsalted crackers, pie, cake, vanilla cake and cookies	Breads or crackers with salt on them, pretzels, salted potato chips, instant cereals with salt, raisin bran, granolas, biscuit mix, self-rising flour and cornmeal
Vegetables 3 – 4 servings per day 1 serving = 1 cup raw or $\frac{1}{2}$ cup cooked	Asparagus, green and wax beans, beets, cabbage, carrots, celery, corn, cucumbers, okra, lettuce, green peas, rutabagas, summer squash, turnips, peppers, onions and zucchini	Greens (mustard, collard, turnip), spinach, tomatoes, white and sweet potatoes, dried beans (white, pinto, red, lima), baked beans, black eyed peas, pumpkins, winter squash and sauerkraut
Fruits 3 servings per day 1 serving = $\frac{1}{2}$ cup or 1 medium piece	Apples, berries, cherries, grapes, lemons, limes, peaches, pears, plums, pineapple, cranberry sauce, $\frac{1}{2}$ grapefruit, apple juice, grape juice, cranberry juice, pineapple juice and grapefruit juice	Bananas, oranges, prunes, figs, melons, avocados, raisins, dates, nectarines, apricots, rhubarb, orange juice, prune juice and apricot juice
Sweets & Desserts Not limited unless diabetic	Sugar, honey, jams, jellies, syrups, hard candies, mints, jelly beans, gum drops, marshmallows	Brown sugar, molasses, sorghum, chocolate, coconut, nuts, cookies with fruit or nuts, banana pudding, chocolate cake, pie or pudding
Beverages _____ cups per day	Weak coffee or tea, lemonade, Kool-Aid and carbonated drinks other than colas	Tomato juice, orange juice, prune juice, V-8 juice, Gatorade and colas
Fats (Not limited) Add extra to food to increase calories and add flavor	Mayonnaise, regular salad dressings (1 Tbsp per day), butter, margarine, shortening and oil	Bacon and bacon fat, salted gravies and sauces
Miscellaneous Seasonings & Condiments	Salt-free spice blends, herbs, flavorings, vinegar, vanilla extract, liquid smoke, Tabasco, ketchup (2 tsp per day), mustard (1 tsp per day), and non-dairy creamer and whips	Salt, salt substitutes, soy sauce, seasoning mixes with salt, Accent®, meat extracts, gravy bases, bouillon, olives, pickles, cocktail sauces, salt pork, canned soups, Worcestershire and hot sauces

SAMPLE MENU

MORNING
 $\frac{1}{2}$ cup cranberry juice
 1 cup dry cereal
 1 slice toast with margarine & jelly
 1 egg
 $\frac{1}{2}$ cup milk
 Weak tea or coffee with sugar

NOON
 1 cup salad – lettuce & mayonnaise
 Sandwich – 2 slices bread
 $\frac{1}{2}$ cup tuna & lettuce
 1 medium apple
 7-Up or lemonade

EVENING
 2 – 3 oz chicken breast
 1 roll with margarine & jelly
 $\frac{1}{2}$ cup green beans
 $\frac{1}{2}$ cup cooked rice
 $\frac{1}{2}$ cup canned peaches
 Weak tea or coffee with sugar

SNACK
 Cookie or cake
 $\frac{1}{2}$ cup Kool-Aid