



Created by Pam Brager  
As a project for SVC NUTR 299  
©2006

# Renal Diet

A guide for those with significant kidney dysfunction

## WHAT YOU NEED TO KNOW

The renal diet is said to be one of the most difficult to follow. By learning these basics, you can meet the challenge of making good choices.

People need to be on the renal diet if their kidneys are not working sufficiently to keep the toxins out of their blood. People in end stage renal disease need dialysis, the process of filtering blood with a machine.

Nutrients such as **potassium** and **phosphorus** can build up to toxic levels if the kidneys cannot filter properly, so it is best to avoid foods high in these nutrients.

**Fluids** need to be restricted in order to keep the blood and body in the best balance possible. Reducing **sodium** intake helps keep a person from getting thirsty and retaining excess water that throws the body out of balance.

A typical renal diet should strive for not more than:

- 1.5 liters of fluids per day
- 1500mg sodium per day
- 3000mg potassium per day
- 1000mg phosphorus per day
- 3oz meat protein per meal



Each person's medical situation is different. When serving students with special dietary needs, be sure to meet with each family to set up a menu specific to the individual's tastes and needs.

## MEAL TIPS

### BEST SALAD BAR CHOICES

Applesauce  
Beets, pickled or not  
Berries  
Broccoli  
Canned peaches  
Canned pears  
Canned mandarin oranges  
Canned pineapple  
Cauliflower  
Carrots  
Celery  
Corn  
Cranberry sauce  
Cucumber  
Fruit cocktail  
Grapes  
Green beans  
Lettuce  
Onions  
Peppers  
Radish  
Watermelon  
Coleslaw  
Macaroni salad  
Jello  
Sour cream  
Oil and vinegar dressing  
Lemon juice and pepper dressing

### Breakfast

Eggs (omelet with vegetables, scrambled, quiche)  
Hot or dry cereal

### Mexican

Without avocado, beans, tomato  
Fajitas  
Meat burritos  
Meat enchilada  
Taco with meat, lettuce and rice

### Stir Fry

No MSG  
No soy sauce  
Watch high potassium vegetables  
Watch nuts  
Use white rice

### Sandwiches

Egg salad  
Baked chicken  
Roast beef (French dip w/o juice)  
Watch deli meats for sodium  
Veggie sandwich without avocado

# BEST TO AVOID

## HI POTASSIUM VEGETABLES

Artichoke  
Avocado  
Beans, unsoaked  
Bamboo shoots  
Beet greens  
Brussels sprouts  
Edimome  
Parsnip  
Potatoes, unsoaked  
Pumpkin  
Seaweed  
Squash  
Spinach  
Split peas/Lentils  
Sweet potato/Yam  
Swiss chard  
Tomatoes  
Tomato, canned  
Tomato sauce  
Tomato paste

## HIGH POTASSIUM FRUIT

Apricots, fresh  
Avocados  
Bananas  
Cantaloupe  
Coconut  
Dried fruit  
Figs  
Honeydew  
Kiwi  
Kumquat  
Mango  
Nectarine  
Oranges  
Orange juice  
Papaya  
Pear  
Peaches, fresh  
Pears, fresh  
Pineapple juice  
Plums, red, fresh  
Prunes  
Raisins  
Rhubarb

Much of the potassium moves out of the fruit and into the juice when the fruit is canned. Therefore, do not drink juice of canned fruits.



# PAY SPECIAL ATTENTION

## Potassium

A serving size is **1/2c or 1 medium fruit or vegetable**  
Foods should be varied to avoid too much of any nutrient.  
A person should have two foods from each potassium food group each day (2 high, 2 medium, 2 low).  
Pay careful attention with high potassium foods such as potatoes, tomatoes, and beans (see suggestions on next page).  
Avoid 100% fruit juice.  
Drain liquid from canned goods.

## Phosphorus

Keep phosphorus to **two servings per day** (see suggestions on next page). All dairy products should be full fat. Avoiding the following foods will help keep the phosphorus level in the proper range:

- Ø Cola
- Ø Chocolate
- Ø Nuts and seeds
- Ø Whole grains
- Ø Dairy products

## Fluids

Remember, anything liquid at room temperature is a fluid.  
“Hidden” fluids include:

- Soup
- Jello
- Ice cream
- Popsicles

## Sodium

Avoiding these foods will help keep the student’s sodium intake in the proper range:

- Ø Salty snack foods (chips, Gardetto’s)
- Ø Pickles or olives
- Ø Imitation, processed, smoked, cured, or sandwich meats
- Ø Processed cheese (Velveeta) or cheese spreads
- Ø Dressings and condiments
- Ø Commercially prepared, packaged, or pre-seasoned convenience foods (entrees, rice or pastas, muffins, biscuits, pancakes or waffles, dips, sauces, broth)

# ❧ BEST CHOICES ❧

## Best Grain Choices:

Bagel  
Biscuits (homemade, no sodium)  
Bread:  
  French  
  Italian  
  Rye  
  Sourdough  
  White  
Corn bread  
Corn tortilla  
Crackers, unsalted  
Croissants (watch sodium)  
Dinner roll  
English muffin  
Flour tortilla, no salt  
Hotdog or hamburger bun  
Melba toast  
Pita

## Hot cereal:

Cream of Wheat or Rice  
Grits  
Malt-o-Meal  
Oatmeal

## Cold cereal:

Apple Jacks  
Corn & Rice Chex  
Corn Flakes  
Corn Pops  
Frosted Mini Wheat  
Frosted Shredded Wheat  
Fruit Loops  
Grapenut Flakes  
Honeycomb  
NutriGrain Corn & Wheat  
Puffed Rice or Wheat  
Rice Krispies  
Special K  
Sugar Smacks

## Other:

Beans 1/2c (soaked overnight)  
Pasta (boiled w/o salt)  
Potatoes (soaked overnight)  
White rice

## Best Snacks:

Baked potato chips  
Bread dipped in olive oil & herbs  
Chex mix, low sodium  
Croutons (homemade)  
Popcorn, unsalted (w/oil and garlic powder or sugar & cinnamon)  
Pretzels, unsalted  
Rice cakes, not multi grain  
Tortilla chips, unsalted  
Turkey or tofu jerky (homemade)

## Best Fruit Choices:

Apple  
Applesauce 1c  
Apricot, canned 3 halves  
Blackberries, fresh, canned, frozen  
Blueberries, fresh, canned, frozen, 1c  
Boysenberries, fresh, canned, frozen 3/4c  
Cherries, fresh, canned, frozen, 10  
Cranberries, fresh  
Cranberry sauce  
Cranberry, Cranapple, Crangrape juice 1/2c  
Fruit Cocktail  
Grapefruit  
Grapes, fresh, 15  
Mandarin oranges, canned  
Lemon  
Lime  
Peach, canned, 2 halves  
Pears, canned, 2 halves  
Pineapple, fresh, canned  
Plums, Italian, fresh 3  
Raspberries, fresh canned, frozen 3/4c  
Strawberries, fresh  
Tangerine, fresh  
Watermelon, fresh

## Best Vegetables Choices:

Alfalfa sprouts  
Arugula  
Asparagus, 4 spears  
Beans, green or yellow  
Beans, soaked  
Bean sprouts  
Bamboo sprouts, canned, 1c  
Beets, canned or pickled  
Broccoli, cooked  
Brussels sprouts, 4  
Cabbage  
Carrots, cooked, raw  
Cauliflower  
Celery, 1 stalk  
Corn, 1 small ear, canned or frozen  
Cucumber, 1c  
Eggplant, 1c  
Fennel bulb  
Green beans, canned  
Ginger, 1/4c  
Jicama  
Kale  
Leeks  
Lettuce, 1c  
Mixed vegetables  
Mushrooms, raw  
Okra, 1/3c  
Onion  
Parsley  
Peas  
Peppers, red, orange, green  
Potatoes, peeled and soaked  
Radish, 10  
Rhubarb  
Rutabaga  
Tomatoes, canned, no salt added  
Turnips  
Water chestnuts, canned  
Zucchini (summer squash)

# ❧ BEST CHOICES ❧

## Best Choices Fluids:

*(Ice, ice cream and Jello are fluids)*  
Cranberry juice  
Fruit punch  
Snapple  
Soda: Fruit flavor, Gingerale,  
  Root beer, 7-UP  
Popsicle  
Lemonade and Limeade  
Mineral water  
Rice dream, nonfortified  
Tropicana twister:  
  Orange passion fruit  
  Orange/straw/banana  
Tea, regular or flavored

## Limit to 2 per day:

Coffee  
Crystal light  
Dole frozen dessert  
  raspberry or cherry  
Postum  
Tang  
Mocha Mix  
Soy milk

## Phosphorus Servings:

Cottage cheese 3/4c  
Cheese 1.5oz  
  (Cheddar, Jack, Swiss, Mozzarella)  
Ice cream 1 1/2c  
Chocolate things  
Dried milk  
Evaporated milk  
Mac and cheese, 3/4c  
Milk, 1c  
Milk based soup, 1 1/2c  
Milk shake  
Peanut butter 2T (med)  
Peanuts, 1oz (med)  
Pudding/custard, 1/2c (med)  
Raisins, 2T (high)  
Yogurt, 1c (high)

## Best Choices Sweets:

Angel food cake  
Pound cake  
Cake (homemade, no chocolate)  
Coffee cake (no nuts)

## Cookies:

Animal cookies  
Butter cookies  
Lemon Cremes  
Rice Crispy cookies  
Sandwich Creams  
Shortbread  
Sugar cookies  
Sugar wafers  
Vanilla wafers  
Vanilla Cremes

## Other:

Danish or sweet roll  
Raised yeast doughnut  
Granola Bar, Quaker chewy  
Graham crackers  
Jello (fluid)  
Sherbet (fluid)

## Pie:

Apple  
Berry  
Cherry  
Pineapple  
Peach  
Lemon  
Cheesecake (full fat)

## Gum:

Honey  
Sugar, white or powdered  
Jam / jelly  
Maple syrup other syrups  
Marshmallows

## Candy:

Buttermints  
Candy Corn  
Cotton Candy  
Gummi candies  
Hot tamales  
Jelly beans  
Jolly ranchers  
Lemon drops  
Lifesavers  
Mentos  
Peppermints  
Red licorice  
Red Hots  
Skittles  
Sour balls  
Suckers  
Sweet Tarts  
Taffy  
Twizzlers

