



Basic Renal Diet

Client: _____
 Dietitian: _____
 Contact: _____
 Notes: _____

Guidelines

1. Talk to a dietitian about the amount of protein you should eat at each meal.
2. If you have been told to limit your fluids then 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. Use only canned vegetables that say, "No added salt." Drain and rinse canned tuna or other canned meats to remove salt. DO NOT add salt or salt substitutes to food in cooking or at the table. Read labels for salt, sodium, phosphorus or potassium (KCl) additives - AVOID THEM.

Morning	Noon	Evening	Snack
1/2 cup cranberry juice 1 cup dry cereal 1 slice toast with margarine & jelly* 1 egg 1/2 cup milk Tea or coffee with sugar*	1 cup green salad with 1 Tablespoon Dressing Sandwich - 2 slices bread 1/2 cup tuna and lettuce 1 medium apple 7-Up [®] or lemonade*	2 - 3 oz chicken breast 1 roll with margarine and jelly* 1/2 cup cooked rice 1/2 cup green beans 1/2 cup canned peaches* Tea or coffee with sugar*	Cookie or cake*

*Sugar-free or no added sugar, if you have diabetes



Choose

Milk and Milk Products *LIMIT ____ per day*

Whole, 2%, 1% fat or skim milk, ice cream*, yogurt, cheddar, mozzarella, Swiss & cottage cheese

Meat and Other Proteins ____ *Ounces Per Day*

Fresh meat (beef, pork, veal, lamb), poultry, eggs, seafood (fish, tuna, salmon, lobster and shrimp) and game

Bread, Cereal and Starches *6 - 8 Servings Per Day*

1 serving = 1 slice or 1/2 cup cooked

Regular breads, rolls, muffins, bagels, cooked cereals, dry cereals (1 cup), rice, noodles, macaroni, unsalted crackers, fruit pie*, yellow cake*, vanilla cookies, unsalted pretzels, and unsalted popcorn

Vegetables *3 - 4 Servings Per Day*

1 serving = 1 cup raw or 1/2 cup cooked

Green and wax beans, cabbage, carrots, celery, corn, cucumbers, okra, lettuce, green peas, summer squash, turnips, peppers, onions, zucchini, greens (collards, kale, mustard, turnip)

Fruits *3 Servings Per Day*

1 serving = 1/2 cup* or 1 medium piece

Apples, berries, cherries, grapes, lemons, limes, peaches, pears, plums, pineapple, strawberries, cranberry sauce, apple juice, grape juice, cranberry juice, and pineapple juice

Sweets and Desserts *Not Limited Unless Diabetic*

Sugar, honey, jams, jellies, syrups, hard candies, mints, jelly beans, gum drops, marshmallows

Beverages* ____ *Cups Per Day*

Coffee or tea, lemonade, and carbonated clear drinks

Fats

Add extra to food to increase calories and add flavor. Mayonnaise, salad dressings (1 Tbsp per day), butter, margarine, shortening and oil

Miscellaneous Seasonings and Condiments

Salt-free spice blends, herbs, sauce, flavorings, vinegar, vanilla extract, liquid smoke, Tabasco®, ketchup (2 tsp per day), mustard (1 tsp per day)

*Sugar-free or no added sugar, if you have diabetes

Do Not Choose

Milk and Milk Products

Buttermilk, chocolate milk, commercial milkshakes and instant breakfasts

Meat and Other Proteins

Canned, cured, smoked, pickled, spiced or processed meats such as ham, bacon, salmon, sausage, hot dogs, luncheon meats, pot pies, TV dinners, canned stews and chili

Bread, Cereal and Starches

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

Spinach, tomatoes, white and sweet potatoes, baked beans, pumpkins, winter squash and sauerkraut

Fruits

Bananas, oranges, prunes, figs, melons, avocados, raisins, dates, nectarines, apricots, rhubarb, orange juice, prune juice and apricot nectar

Sweets and Desserts

Brown sugar, molasses, sorghum, chocolate, coconut, nuts, cookies with chocolate or nuts, banana pudding, chocolate cake, pie or pudding

Beverages

Tomato juice, orange juice, prune juice, V-8 juice®, Gatorade® and colas

Fats

Bacon and bacon fat, salted gravies and sauces

Miscellaneous Seasonings and Condiments

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