

RENAL (KIDNEY DIET)

Your kidneys do several important jobs such as removing extra water and wastes from your blood. Therefore, it is very important if you have kidney disease to change your diet to limit waste products and water in your body.

AVOIDING SALT

1. Avoid table salt, garlic salt, onion salt and bouillon cubes.
2. Do not use salt substitutes that contain potassium.
3. Avoid convenience foods such as canned soups, TV dinners, cold cuts and Sausage, bacon, ham, hot dogs, pickles and fast foods. (Choose Low Sodium)
4. Avoid “salty” snacks such as potato chips, corn chips, nuts and popcorn.
5. Use Mrs. Dash, “Lawry’s herb seasonings or onions, garlic, lemon or vinegar. You can also use onion or garlic powder and other spices without sodium.

CONTROLLING POTASSIUM IN YOUR DIET

Avoid these High Potassium Rich Foods:

<u>Drinks:</u>	Orange Juice, Prune Juice, Tomato Juice, V-8 Juice
<u>Fruits:</u>	Apricots, Banana, Blackberries, Cantaloupe, Guava, Honeydew, Kiwi, Nectarine, Orange, Papaya, Passion Fruit, Pomegranates, Prunes, Raisins/Dried Fruit, Strawberries, Tangerines, Watermelon
<u>Vegetables:</u>	Avocado, Artichokes, Cabbage, Cucumber, <u>Raw</u> Carrots, Celery, and Potatoes (Unless leached), Beans, Lentils, Pumpkin, Sweet Potato, Tomato, Tomato Sauce and Tomato Paste, Broccoli, Brussels sprouts, Greens (Kale, Collards, Spinach, Turnip Greens), Mushrooms, Parsley.
<u>Other Foods:</u>	Bran Cereals, Sunflower Seeds, Molasses, Bitter Chocolate. Peanut Butter

What You Can Have: Low and Moderate Potassium Rich Foods:

<u>Drinks:</u>	<u>Low:</u> Cranberry Juice, Apple Juice, <u>Moderate:</u> Pineapple Juice, Grape Juice, Grapefruit Juice, Pear Nectar, Peach Nectar, Tea, Coffee, Kool-Aid
<u>Fruits:</u>	<u>Low:</u> Apples, Applesauce, Cranberries and Blueberries. <u>Moderate:</u> Cherries, Grapes, Grapefruit, Fresh or Canned Peaches, Fresh or Canned Pineapple, Plums, Fresh or Canned Pears, Canned Mandarin Oranges, Fruit Cocktail, Mangos, Raspberries.
<u>Vegetables:</u>	<u>Low:</u> Green Beans

Moderate: Alfalfa Sprouts, Asparagus, Beets, Cooked Carrots
Eggplant, Peas, Bell Pepper, Cauliflower, Cole Slaw, Corn,
Lettuce, Okra, Onion, Radishes, Rutabaga, Summer Squash,
Zucchini.

Other Foods: Candy (without nuts, chocolate, raisins), Marshmallows, Sugar,
Honey, Jams, Marmalades, Syrup, Cool Whip, Coffee Creamers.

Potatoes (How to decrease amount of Potassium)

White, Sweet Potatoes and Malanga:

- Peel and cut into cubes
- Soak overnight and change water in bowl (2 or 3 times)
- Boil until done
- If desired, freezes small portions for later use.
- Eat only small portions (for example 1 cup) no more than 2 times/week

Phosphorus:

Limit Dairy products to only 1/2 cup per day. May use Milk Substitutes like
Non-Dairy Creamers, Almond or Rice Milk

Protein:

Keep Meat portions to 2 – 3 ounces at a meal,
(No bigger than a deck of cards).

Fluids:

It is important to keep track of how much fluid you drink if it is restricted by your
physician.

Helpful Hint: Use a small pitcher (capacity 4 – 6 cups) and fill it up with water. Take
fluids for meal times and for medication from that pitcher only, if you have soup,
make a guess how much liquid was in the soup and pour that amount of the pitcher.
When the pitcher is empty, your fluid allowance for the day is used up.

120 cc = 4 ounces = 1/2 cup

240 cc = 8 ounces = 1 cup

360 cc = 12 ounces = 1 1/2 cups

Note: Any food that melts at room temperature are counted as fluid
(Examples: Ice Cream, Pudding, Gelatin, and Popsicles)