

# The Renal Diet

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**A Guide to Eating Healthier  
for Hemodialysis Patients**

**VCU** Health System  
Virginia Commonwealth University

MCV Hospitals and Physicians



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**This information is a guide for you and your family. The purpose is to help you learn more about your health. Be sure to follow any instructions your healthcare provider gives you for your special needs. If you have any questions, or there is anything you do not understand, please ask your doctor or dietitian.**



# Introduction

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Eating well is an important part of your treatment and can help you feel better.

A new diet is essential part to your treatment process. Not only will it help you feel better, it can also help you avoid complications of your renal disease such as fluid overload, high blood potassium, bone disease, and weight loss.

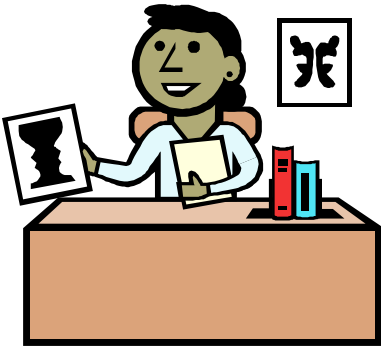
Because every individual is different and their needs unique, the following dietary advice should be given depending on a number of factors and discussion with your renal dietitian. These factors include: stage of your renal disease, type of treatment you are on, laboratory results, and presence of other medical conditions.

Kidney function is essential for removing the waste material from food that you eat. The kidneys excrete a dietary protein called urea, as well as sodium, potassium, and phosphate. These substances can build up in the body if kidney function is impaired. Following a strict diet can lessen this accumulation and its effects.

Hemodialysis Patients should monitor and limit their intake of the following:

- Potassium
- Phosphate
- Sodium
- Fluids

# Controlling Your Phosphorus



Phosphorus is a mineral that healthy kidneys get rid of in the urine. In kidneys that are failing, phosphorus builds up in the blood and may cause many problems including muscle aches and pains, brittle, easily broken bones, calcification of the heart, skin, joints, and blood vessels. To keep your phosphorus levels in check, consider the following tips:

1. Limit high phosphorus foods such as:
  - Meats, poultry, dairy and fish (you should have 1 serving of 7-8 ounces)
  - Milk and other dairy products like cheese ( you should have one 4 oz. serving)
2. Avoid high phosphorus foods such as:
  - Lima Beans, Black Beans, Red Beans, Black-eyed Peas, White Beans, and Garbanzo Beans
  - Dark, whole or unrefined grains
  - Refrigerator doughs like Pillsbury
  - Dried vegetables and fruits
  - Chocolate
  - Dark colored sodas
3. Don't forget to take your phosphate binders with meals and snacks.
  - Your doctor will prescribe a medication called a phosphate binder which will be some type of polymer gel or calcium medication. You need to take your phosphate binder as prescribed by your doctor. Often you will take a phosphate binder with every meal and snack.
4. Usually your diet is limited to 1000 mg of phosphorus per day.

# Controlling Your Potassium



Potassium is an element that is necessary for the body to keep a normal water balance between the cells and body fluids. All foods contain some potassium, but some contain larger amounts.

Normal kidney function will remove potassium through urination. Kidneys that are not functioning properly cannot remove the potassium in the urine, so it builds up in the blood. This can be *very* dangerous to your heart. High potassium can cause irregular heart beats and can even cause the heart to stop if the potassium levels get to high.

Typically, there are no symptoms for someone with a high potassium level. If you are concerned about your potassium level, check with your doctor, and follow the tips below.

- Usually a renal patient's diet should be limited to 2000 mg of potassium each day.
- The following foods are high in potassium:

Bananas  
Orange Juice  
Tomatoes  
Cantaloupe  
Nuts  
Red Beans  
Lima Beans  
Lentils

Avocado  
Prunes  
Tomato Juice  
Tomato Puree  
Papaya  
Milk  
Garbanzo Beans  
Split peas

Oranges  
Prune Juice  
Tomato Sauce  
Honeydew Melon  
Chocolate  
White Beans  
Black Beans  
Baked Beans

Specially Prepared Potatoes:

1. Peel and slice into 1/8 inch pieces.
2. Soak 1 cup potatoes in 5 cups of water for 2 hours.
3. Drain and rinse and drain.
4. Cook in a large amount of water.
5. Drain and mash, fry or serve plain.



# Controlling Your Sodium

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Sodium, or sodium chloride is an element that is used by all living creatures to regulate the water content in the body. Usually a sodium restriction comes in the form of “No Added Salt.” This is necessary because a greater intake of sodium will result in poorly controlled blood pressure and excessive thirst which can lead to difficulty adhering to the fluid restrictions in your diet.



To limit your sodium, you should:

- Avoid table salt and any seasonings that end with the word “salt”
- Avoid salt substitutes (they contain potassium)
- Avoid salty meats such as bacon, ham, sausage, hot dogs, lunch meats, canned meats, or bologna
- Avoid salty snacks such as cheese curls, salted crackers, nuts, and chips
- Avoid canned soups, frozen dinners, and instant noodles
- Avoid bottled sauces, pickles, olives, and MSG



# Controlling Your Protein

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Protein is important to aid in growth and maintenance of body tissue. Protein also plays a role in fighting infection, healing of wounds, and provides a source of energy to the body.



- You should make sure to eat 7-8 ounces of protein every day. Foods that are high in protein include beef, pork, veal, chicken, turkey, fish, seafood, and eggs.
- 1 egg is equal to 1 ounce of protein, and three ounces of protein is comparable to the size of a deck of cards.

# Controlling Your Fluid Intake

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People on dialysis often have decreased urine output, so increased fluid in the body can put unnecessary pressure on the person's heart and lungs.



- A fluid allowance for individual patients is calculated on the basis of 'urine plus 500ml.' The 500 ml covers the loss of fluids through the skin and lungs.
- Most patients will not urinate as much once they begin Hemodialysis. Those who produce a lot of urine may be able to drink more than those who do not produce urine.
- Between each dialysis treatment, patients are expected to gain a little weight due to the water content in foods (fruits and vegetables).
- The amount of fluid in a typical day's meal (excluding fluids such as water, tea, etc.) is at least 500 ml and therefore expected daily weight gain is between 0.4 – 0.5kg.
- To control fluid intake, patients should:
  - Not drink more than what your doctor orders (usually 4 cups of fluid each day)
  - Count all foods that will melt at room temperature as fluids (Jell-O® , popsicles, and fruit ices).



# Grocery List Suggestions

## Meat/Protein Foods

- ☐ Beef
- ☐ Chicken
- ☐ Egg Substitute (Egg Beaters®, Scramblers®)
- ☐ Eggs
- ☐ Fish
- ☐ Lamb
- ☐ Pork (fresh) (pork chops, roast)
- ☐ Shellfish
- ☐ Tofu (soft)
- ☐ Tuna (canned in water)
- ☐ Turkey
- ☐ Veal
- ☐ Wild Game



## Fruits

(Serving size= 1 medium-size fruit or 1/2 cup canned, no added sugar)

- ☐ Apple Juice
- ☐ Apples
- ☐ Applesauce
- ☐ Apricot Nectar
- ☐ Apricots (canned)
- ☐ Blackberries
- ☐ Cherries
- ☐ Cranberries
- ☐ Cranberry Juice
- ☐ Cranberry Sauce
- ☐ Figs (fresh)
- ☐ Fruit Cocktail
- ☐ Grapefruit
- ☐ Grape Juice
- ☐ Grapes
- ☐ Lemon
- ☐ Lemon Juice
- ☐ Lime
- ☐ Lime Juice
- ☐ Loganberries
- ☐ Lychees
- ☐ Peach (canned)
- ☐ Peach nectar
- ☐ Pear nectar
- ☐ Pears (canned)
- ☐ Pineapple
- ☐ Plums
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines



## Vegetables

(Serving size= 1/2 cup, no added salt)

- ☐ Alfalfa Sprouts
- ☐ Arugula
- ☐ Asparagus
- ☐ Bean sprouts
- ☐ Beets (canned)
- ☐ Cabbage (green, red)
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chayote
- ☐ Chili peppers
- ☐ Chives
- ☐ Coleslaw
- ☐ Corn
- ☐ Cucumber
- ☐ Eggplant
- ☐ Endive
- ☐ Garlic
- ☐ Gingerroot
- ☐ Green beans
- ☐ Hominy
- ☐ Jalapeños (fresh)
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Mixed Vegetables
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsley
- ☐ Peas (English)
- ☐ Pimentos
- ☐ Radicchio
- ☐ Radishes
- ☐ Seaweed kelp
- ☐ Spaghetti Squash
- ☐ Summer squash ( scallop, crookneck, straightneck, zucchini)
- ☐ Sweet Peppers (green, red, yellow)
- ☐ Tomatillos
- ☐ Turnips
- ☐ Turnip Greens
- ☐ Water Chestnuts
- ☐ Watercress
- ☐ Yambean (jicama), cooked



## Breads/Cereals/Grains

- ☐ Bagels (plain, blueberry, egg, raisin)
- ☐ Bread (white, French, Italian, rye, soft wheat)
- ☐ Bread sticks (plain)
- ☐ Cereals, dry, low salt (Corn Pops®, Cocoa Puffs®, Sugar Smacks®, Fruity Pebbles®, Puffed Wheat®, Puffed Rice®)
- ☐ Cereals cooked (Cream of Rice®, or Wheat, Farina®, Malt-o-meal®)
- ☐ Couscous
- ☐ Crackers (unsalted)
- ☐ Dinner rolls or hard rolls
- ☐ English muffins
- ☐ Grits
- ☐ Hamburger/hot dog buns
- ☐ Macaroni
- ☐ Melba toast
- ☐ Noodles
- ☐ Oyster crackers
- ☐ Pita bread
- ☐ Popcorn (unsalted)
- ☐ Pretzels (unsalted)
- ☐ Rice (brown, white)
- ☐ Rice cakes (apple-cinnamon, etc)
- ☐ Spaghetti
- ☐ Tortillas (flour)

## Dairy/Dairy Substitutes

- ☐ Nondairy creamers
- ☐ Nondairy frozen dessert topping (Cool Whip®)
- ☐ Nondairy frozen desserts (Mocha Mix®)
- ☐ Rice milk, unfortified



## Beverages

(Keep in mind your fluid restriction) (Diabetics– use caution for sugar intake) (Regular or diet)

- ☐ 7-Up
- ☐ Cherry 7-Up®
- ☐ Cream Soda
- ☐ Ginger ale
- ☐ Grape soda
- ☐ Lemon-lime soda
- ☐ Mellow Yellow®
- ☐ Mountain Dew®
- ☐ Orange soda
- ☐ Root Beer
- ☐ Slice®
- ☐ Sprite®
- ☐ Coffee
- ☐ Fruit Punch
- ☐ Hi-C® (Cherry, grape)
- ☐ Horchata®
- ☐ Juices (apple, cranberry, grape)
- ☐ Kool-Aid®
- ☐ Lemonade or Limeade
- ☐ Mineral Water
- ☐ Nectars (apricot, peach, pear, 1/2 cup serving)
- ☐ Nondairy creamers (Coffee Rich®, Mocha Mix®, etc.)
- ☐ Sunny Delight® (citrus flavor)
- ☐ Tea

## Fats

- ☐ Butter
- ☐ Cream Cheese
- ☐ Margarine
- ☐ Mayonnaise
- ☐ Miracle Whip®
- ☐ Nondairy creamers
- ☐ Salad Dressings
- ☐ Sour Cream
- ☐ Vegetable oils (preferably canola or olive oil)


- ☐ Allspice
- ☐ Basil
- ☐ Bay leaf
- ☐ Caraway seed
- ☐ Chives
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cumin
- ☐ Curry
- ☐ Dill
- ☐ Extracts (almond, lemon, lime, maple, orange, peppermint, vanilla, walnut)
- ☐ Fennel
- ☐ Garlic powder
- ☐ Ginger
- ☐ Horseradish (root)
- ☐ Lemon Juice
- ☐ Mrs. Dash®
- ☐ Nutmeg
- ☐ Onion powder or flakes
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley or parsley flakes
- ☐ Pepper (ground)
- ☐ Pimentos
- ☐ Poppy seed
- ☐ Rosemary
- ☐ Saccharin
- ☐ Saffron
- ☐ Sage
- ☐ Savory
- ☐ Sesame seeds
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Vinegar



*(Diabetics— use caution)*


- ☐ Animal Crackers
- ☐ Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)
- ☐ Candy corn
- ☐ Chewing gum
- ☐ Cinnamon drops
- ☐ Cookies (ginger snaps, shortbread, sugar, vanilla wafers)
- ☐ Corn cakes
- ☐ Cotton Candy
- ☐ Doughnuts
- ☐ Fruit ice
- ☐ Graham crackers
- ☐ Gumdrops
- ☐ Gummy Bears®
- ☐ Hard candy
- ☐ Hot Tamale® candy
- ☐ Jelly-O®
- ☐ Jelly beans
- ☐ Jolly Ranchers®
- ☐ LifeSavers®
- ☐ Lollipops
- ☐ Marshmallows
- ☐ Newtons® (fig, strawberry, apple, blueberry)
- ☐ Pie (apple, berry, cherry, lemon, peach)

(Diabetics—use with caution)

- ☐ Apple Butter
  - ☐ Corn syrup
  - ☐ Honey
  - ☐ Jam
  - ☐ Jelly
  - ☐ Maple Syrup
  - ☐ Marmalade
  - ☐ Powdered sugar
  - ☐ Sugar, brown or white
- 



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# Fast Food Facts for the Renal Patient

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By Maria Karalis, MBA, RD, LD

Quick-service restaurants provide us with a quick, easy, inexpensive bite when we're pressed for time. Americans love fast food and there are so many items to choose from! A lot of chains are now offering lower-fat options and if chosen wisely, fast foods can be healthy AND fit into your renal diet.

If you are a regular through the drive-up window or frequently dine in at fast food restaurants, keep these tips in mind.

## **Some Ordering Tips:**

- Burgers and sandwiches are high in sodium because they are pre-salted. This may be difficult for the quick-service restaurant to omit the salt. Be sure to ask before you order.
- Remember that fries and baked potatoes are rich in potassium. But if you can't imagine a burger without the fries, order a small serving and ask for unsalted, if possible.
- Keep in mind that catsup, mustard, and pickles are all high in sodium. Keep condiments, special sauces and dressings to a minimum. Request that these toppings be served "on the side" so you can control the amount.
- Beverage sizes typically are large or "super-size" and can contribute to fluid overload if the entire beverage is consumed. Order a small beverage and be sure to count it as part of your fluid allowance.
- Balance fast food items with other food choices. As you order, consider the other foods you have eaten or will eat during the day.
- Choose broiled, steamed or grilled items over deep fat fried foods. To trim the fat from fried items, order the regular variety instead of the extra crispy and remove the skin before eating. Removing the skin also lowers the sodium content since most batters and coatings usually include seasonings rich in sodium.

The huge variety of vegetables and fruits can provide you with vitamins A and C, folic acid and fiber. Be careful though, a trip to the salad bar can provide you with more fat and calories than a burger and fries! There are many salad bar items that can easily fit into your renal diet. Below is a list of items to assist you in choosing sensibly from any salad bar.





# Fast Food Facts continued...

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## Include these items in your salad bar choices:

Alfalfa Sprouts Beets Cauliflower Celery sticks Chinese Noodles Cole Slaw Cucumbers Eggs, chopped	Gelatin salads Green beans Green peas Green peppers Italian, low calorie dressing Lettuce, escarole, endive Macaroni salad Mushrooms	Oil and vinegar dressing Okra Onions Parmesan cheese Radishes Tuna in spring water Vinaigrette or low fat Zucchini
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## Limit these items in your salad bar choices:

Avocado Bacon Bits Chickpeas Chow mein noodles Fried bread croutons Kidney Beans	Nuts Olives Pickles Potato Salad Raisins Relishes	Sunflower seeds Shredded cheddar cheese Thick salad dressings Three-bean salads Tomatoes
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## Do you know what you are eating?

Get a breakdown of fat, calories and other nutrition information (potassium, phosphorus or sodium) from the store manager. You can also check out the restaurant's website for a complete nutritional analysis of all their menu items. Please note that obtaining information on potassium and phosphorus can be difficult, since these values are not required by the US Department of Agriculture on food labels. The following table provides you with the nutritional analysis of some fast food menu items to help you make educated choices.

**Note the serving size and work with your renal dietitian to safely add these menu items into your eating plan.**

**Many Items are loaded with sodium so limit your sodium intake for the rest of the day. Watch your fluid intake because these foods will make you more thirsty than usual. Some items may require that you increase your dose of phosphate binders.**

## My Recommendations:

- **McDonalds®: plain hamburger on a bun**
- **Burger King®: plain hamburger on a bun or BK Broiler, plain**
- **Taco Bell®: taco, limit the tomatoes**
- **Wendy's®: single hamburger or grilled chicken sandwich, plain**



# Fast Food Facts continued...

<b>Menu Item/Serving Size</b>	<b>Calories</b>	<b>Potassium (mg)</b>	<b>Phospho- rus (mg)</b>	<b>Sodium (mg)</b>	<b>Protein (grams)</b>	<b>Fat (grams)</b>
Arby's Roast Beef deluxe light, 1 sandwich	296	NA	NA	826	18	10
Roast Chicken salad, 1 salad	149	NA	NA	418	20	2
Boston Market Chicken Rotisserie, white meat, no skin, no wing, 1/4 chicken	160	270	240	350	31	4
Boston Market, Turkey Sandwich, no sauce, no cheese, 1 sandwich	400	520	300	1070	32	3.5
Boston Market, old fashioned chicken soup, 3/4 cup	80	370	55	470	9	3
Boston Market, Cinnamon apples, 3/4 cup	250	150	15	45	0	5
Boston Market coleslaw, 3/4 cup	280	330	40	520	2	16
Boston market double fudge brownies, 1 brownie	450	170	125	190	6	27



# Fast Food Facts continued...

<b>Menu Item/Serving Size</b>	<b>Calories</b>	<b>Potassium (mg)</b>	<b>Phospho- rus (mg)</b>	<b>Sodium (mg)</b>	<b>Protein (grams)</b>	<b>Fat (grams)</b>
Burger King, 1 hamburger, 1 sandwich	272	235	124	505	15	11
Burger King, 1 Whopper sandwich	614	547	237	865	27	11
Burger King Broiler Chicken sandwich, 1 sandwich	540	NA	NA	480	30	29
Kentucky Fried Chicken, Rotisserie Gold Chicken breast, no skin, no wing, 1 quarter	199	NA	NA	667	37	6
Long John Silver's flavor baked fish, 1 piece, 3.1 ounces	120	NA	NA	430	20	3.5
McDonald's French Fries, 1 small order	220	470	88	110	3	12
McDonald's hamburger, plain, 1 hamburger	260	147	106	500	12	9.5
McDonald's McGrilled Sand- wich, 1 sandwich	260	440	333	500	24	4

# Fast Food Facts continued...

Menu Item/Serving Size	Calories	Potassium (mg)	Phosphorus (mg)	Sodium (mg)	Protein (grams)	Fat (grams)
McDonald's Chef Salad, no dressing, 1 salad	210	610	334	730	19	11
McDonald's low fat shake, 1 chocolate shake	320	420	526	240	11.6	1.7
Taco Bell, light taco, 1 taco	140	NA	NA	280	11	5
Taco Bell, light soft taco, 1 taco	180	NA	NA	550	13	5
Wendy's hamburger, plain, 1 hamburger	340	275	NA	475	24	15
Wendy's Grilled Chicken sandwich, 1 sandwich	290	NA	NA	720	24	7
Wendy's Deluxe Garden Salad, no dressing, 1 salad	110	NA	NA	320	7	6



# Dining Out for the Dialysis Patient

By Sandra Loskill



Eating out in restaurants can be difficult when you are on dialysis. Some excellent resources are found in the NFK Publication “Dining Out with Confidence.” If you have a favorite restaurant, ask the manager for a copy of the menu to take to your unit dietitian and they can help you make good choices.

## Italian Food

Italian restaurants offer a lot of items suitable for the renal diet. The trick here is to ask for the sauce on the side. The red based sauces have potassium and the white sauces are high in phosphorus. You can vary the sauces and the types of pasta to make interesting meals. Pesto sauce is garlic, basil and oil and is a good alternative. Some clam and mussel sauces are not tomato or cream-based and are good choices for seafood lovers.

Salads and breads are great choices here, just ask for no olives and cheese. Remember to ask for the dressing on the side.

It is better to avoid the dishes like lasagna, cannelloni, ravioli and similar items as they contain high sodium, high potassium, and high phosphorus ingredients. Most Italian restaurants also offer some type of grilled chicken as an addition to their pasta dish. Have the chicken, salad and bread for your meal and take the pasta home and have with your own bread and salad for lunch the next day.

## Asian Restaurants

These are difficult places to dine because of the high sodium contents. Chinese restaurants are the most difficult because of the large number of mixed dishes with soy, hoisan, and sweet and sour sauces. They all contain salt and/or MSG. Thai foods generally have more spices and less sodium, frequently you can ask for sauces on the side. Japanese restaurants will also serve more spiced foods and cook less with sodium. Try these selections:



# Dining Out for the Dialysis Patient cont...

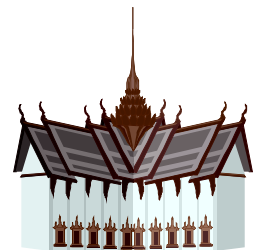
## Chinese

Egg Rolls  
Dim Sum  
Potstickers  
Steamed Rice  
Stir-fry Vegetable Dishes- without sauces



## Thai

Beef, chicken or shrimp in kabob-type dishes- ask for sauce on the side  
Spring Rolls  
Steamed Rice  
Pad Thai Noodles- no nuts  
Grilled fish and chicken dishes- again ask for sauces on the side



## Japanese

Sashimi and sushi- no California rolls with avocado  
Tempura- pass on the dipping sauce, and skip the sweet potato  
Grilled fish or chicken- ask for sauce on the side



*Note: In all the oriental restaurants, and in most restaurants avoid the soups. They are all made from canned or dried stock and have very high sodium content and add extra fluid to your daily allowance. Also, avoid the noodles or dishes cooked in broth- they will be quite salty.*

## CONCLUSION

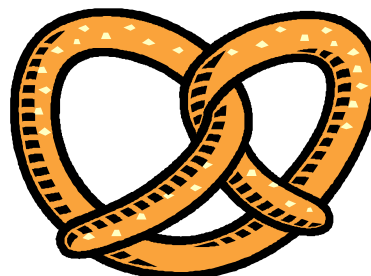
When you eat out the sodium content will be higher than if you were eating at home. Remember to stay within your nutritional and fluid requirements. Try chewing gum, hard candy, breath sprays, etc to help control the thirst so that you keep your weight gain to less than 5 percent of your dry weight. Be especially careful of potassium overload if you choose high potassium food. Just have one serving, and only a small portion. A very high potassium meal can lead to potassium overload that can affect your heartbeat. So don't eat tomato sauce, avocado, potato and banana cream pie in the same meal, your heart can't take this much potassium.

Don't hesitate to ask about the ingredients if the dish is unfamiliar to you. Ask the server to find out if they will prepare your food without adding salt. Always remember that you are the customer and Enjoy!

# Smart Snacking Choices for the Dialysis Patient

By Maria Karalis, MBA, RD, LD

Hungry? Not sure what to eat when you get the munchies? The following are some ideas on what to eat in between meals to help you maintain your nutritional well being without all that extra potassium and phosphorus. Each “smart snack” contains less than 130 mg of potassium and less than 80 mg of phosphorus. Check with your renal dietitian on the number of servings that are appropriate for you.



Smart Snack	Serving Size
Pretzels, unsalted	1 cup
Popcorn, plain or caramel	1- ½ cups
Bread Sticks	2 each
English muffin	½ muffin
Plain bagel with 1 tbsp. Cream cheese	½ bagel
Graham Crackers	4 squares
Rice or Corn Chex cereal	1 cup
Fruit Cocktail, canned	½ cup
Apple, fresh	1 small
Blueberries, fresh	1 cup
Oatmeal or cream of wheat	½ cup
Nilla® Vanilla Wafers	10
Shortbread cookies or sandwich cookies	4
Grapes	15 small
Fruit Pie	1/8 pie
Doughnut, plain without nuts or chocolate	1 doughnut
Dry cereal, ready to eat	1 ounce
Fig Newtons®	2 cookies
Angel food cake	1 med slice
Pound cake, unfrosted	1 med slice
Popsicle	1 bar
Fruit Juice bar	1 bar
Sorbet	½ cup



# Renal Friendly Holiday Food List

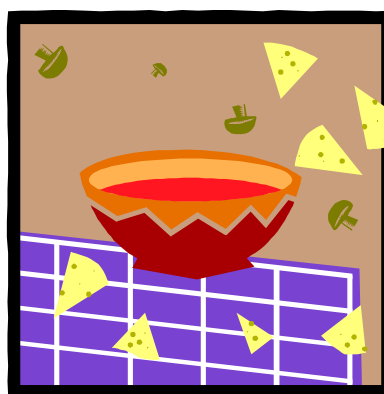
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By Maria Karalis, MBA, RD, LD

You can have an enjoyable holiday season this year if you make the right choices. Many traditional favorites contain too much potassium for renal patients. This article will show you how to enjoy the holidays without feeling badly or overdoing it. Choose from the Holiday Food list below.

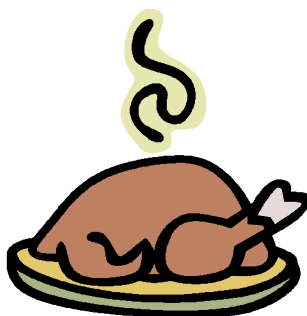
## **Appetizers**

Celery & Carrot Sticks with cream cheese  
Bagel Chips- Unsalted  
Bread Sticks  
Cream Cheese or Sour Cream & Dill Dip  
Chicken Wings (No Salt Added)  
Cocktail Meatballs (No Salt Added)  
Crackers- Unsalted  
Deviled Eggs  
Natural Tortilla Chips- Unsalted  
Popcorn  
Pretzels- Unsalted  
Shrimp



## **Meats**

Calamari	Lamb
Capons	Squid
Chitterlings	Beef or Pork
Veal	Goat
Clam	Turkey
Chicken	Fish



## **Vegetables**

Green/String Beans	Sweet Peas	Spaghetti Squash
Corn	Cauliflower	Turnip Bottoms
Carrots	Broccoli	Mustard, Collard, Kale Greens
Mixed Vegetables	Okra	Tossed Salad
Eggplant	Kohlrabi	Potatoes, soaked
Cabbage	Zucchini	

# Renal Friendly Holiday Food List cont.

## Breads

Corn Bread  
Dinner Rolls  
Pasta  
Rice  
Rye Bread

Stuffing/Dressing  
Tortillas  
Wheat Bread  
White Bread



## Accompaniments

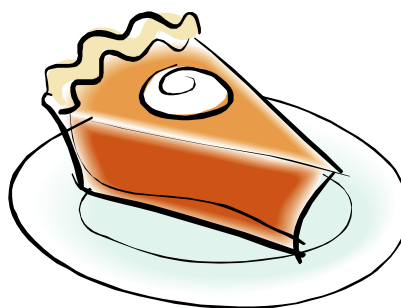
Apple Salad  
Apple Sauce  
Coleslaw  
Cranberry Sauce  
Cranberry Salad

Fruit Cocktail  
Fruit Salad  
Gravy, Homemade  
Hawaiian Salad  
Whipped Topping

## Desserts

7-Up® Cake  
Apple Pie  
Applesauce Spice Cake  
Cheesecake  
Cheery Pie

Lemon Pie  
Peach Pie  
Pound Cake  
Sherbet  
Sour Cream Cake



## Beverages

Fruit Punch  
Hot Apple Cider  
Sparkling Grape Juice

## \*\*Caution List

(Limit the following):

Due to high potassium, phosphorus, or sodium, you should limit the following items. Balance its higher potassium content with a lower one. For example, have wax beans or zucchini with sweet potatoes.

Avocado	Nuts
Baked Beans	Packaged Gravy Mixes
Beet Greens	Pecan Pie
Canned Gravy	Pumpkin or pumpkin pie
Chocolate	Raisins
Camotes	Self-basting Turkey
Dried Fruit	Smoked or Cured ham/sausage/fish
Eggnog	Spinach
Fruit Cake	Stuffing, commercially prepared
Gingerbread	Sweet potatoes (unless dialyzed)
Macaroni and cheese	Yams



# Renal Friendly Holiday Food List cont.

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## **Other General Holiday Eating Tips**

- ✦ If your doctor has approved alcohol, avoid high potassium drinks such as bloody mary's, screw drivers and pina coladas.
- ✦ Go easy on salty foods. It will help you from getting thirsty too often.
- ✦ For the main course, choose fresh, unprocessed meats like capon, beef or pork. Avoid ham and self-basting turkeys because of the excessive sodium.
- ✦ Substitute rice or an extra helping of stuffing for potatoes to reduce the potassium in your meal.
- ✦ Remember to count Jell-O® or Jell-O® salads as part of your desserts.
- ✦ Use whipped cream instead of ice cream on desserts.
- ✦ If you have a large meal, go easy on what you eat the next day.  
Take your phosphate binders with or immediately after the meal.



# How to be Successful on the Renal Diet

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## **Moderation**

The Dietary Guidelines for Americans emphasizes the importance of eating a variety of foods. This applies to dialysis patients, too. You can enjoy all foods in moderation while following a renal diet. One of the guidelines states: “Be sensible: Enjoy all foods, just don’t overdo it.”

### **We Encourage You To:**

- Slow down while eating. It takes 20 minutes to send the signal that you’ve had enough to eat.
- Stop eating when full. Patients should walk away from the table feeling that they can eat a little more.
- Have one small helping of that chocolate cake and enjoy every bite.
- Enjoy that piece of lasagna twice as much. Eat half in the restaurant and take the rest home to enjoy the next day.

## **The Goal**

The goal for our patients should be a healthy lifestyle that can be maintained rather than a short-term diet that will most likely be abandoned and produce psychological discomfort.



# Cookbooks For the Kidney Patient

Suggested by the National Kidney Foundation Coalition for Renal Nutrition

Title	Author	Target Group	Cost	Available From	Comments
Eclectic Gourmet	CRN of New England	Dialysis Patients	\$11.00+ \$3.00 Shipping Checks to CRNNE	Andrea Sivitski Patient Services NKF of MA, RI, NH, and VT 11 Vanderbilt Ave. Suite 105 Norwood, MA 02062 (781) 278-0222	
Everyday Eating Cooking	CRN of Illinois	Renal Patients	\$7.50	NKF of Illinois 215 W. Illinois St. Suite 1-C Chicago, IL 60610 (312) 321- 1500	www.nkfi.org  E-mail: kidney@nkfi.org
Food Power— A Nutrition Book for Kids with Kidney Disease	Charlotte Stall, MA, RD	Pediatric Kidney patients and families	\$22.50	The Renal Dietitian The Children's Hospital Box B328 1056 E. 19th Ave. Denver, CO 80218 (303) 861-6263	Comprehensive information for feeding the picky eater, the overweight child, and those on modified diets. Dining out tips, fast food analysis, and 29 recipes for kids. Includes nutrient analysis.
Kidney Cooking	NFK of Georgia	Renal Patients	\$15.00	NFK of Georgia Tracy, patient services 1655 Tully Circle, Suite 111 Atlanta, GA 30329 (770) 452-1539	Tempting recipes, includes menus and grocery shopping lists. "One Mother's Story," spiral bound, provides encouragement to families.
Magic Menu— Menu Style Cookbook for Renal Patients Taking the First Bite	CRN of Dallas/Fort Worth	Renal Patients	\$15.00 for Magic Menu \$5.00 for First Bite	CRN-NKF Texas 5429 LBJ Freeway Suite 630 Dallas, TX 75240	Recipe analysis and 3 weeks of sample menus.
Now You're Cooking: A Resource for People with Kidney Disease	CRNNE	Renal Patients	\$18 plus \$2 per item shipping plus \$2 per item handling	The NFK of MA/RI/ NH/VT 11 Vanderbilt Ave. Suite 105 Norwood, MA 02062	Make Checks payable to CRNNE Ask about our brochures, available at no cost.
The Renal Gourmet	Mardy Peters, kidney patient	Kidney Patients	\$21.00 includes shipping with a credit card Add \$10.00 out of USA	Emenar Inc. 13N625 Coombs Rd. Elgin, IL 60123	200 delicious recipes incorporating herbs, spices and vinegars, without using salt. Nutrient analysis.



# Cookbooks For the Kidney Patient

Suggested by the National Kidney Foundation Coalition for Renal Nutrition

Title	Author	Target Group	Cost	Available From	Comments
The Renal Family Cookbook	Renal Family Inc. 1983	Adult Hemodialysis Patients	\$15.00 includes shipping, Discounts for quantity	Multimed Publications 66 Martin St. Milton, Ontario L9T 2R2 CANADA	Individualized for special needs, nutrient analysis.
The Renal Patient's Guide to Good Eating	Judith Curtis dialysis patient	Dialysis Patients	\$36.95 + \$6.95 Shipping and handling	Charles C. Thomas 1-800-258-8980 ISBN 0398073886 2nd edition Paperback only	214 pages of delicious recipes written by a kidney patient who is an avid cook. Endorsed by a renal dietitian. Family meals, dining out and practical ideas included.
Sodium Controlled Recipes	CRN N. California/ N. Nevada	Patients needing low sodium diet	\$10.45 includes shipping	Helen Christensen 1542 Queenstown Ct. Sunnyvale, CA 94087	Large print, 40 pages recipe analysis.
Southern Comforts of Mississippi	NKF of Mississippi	Kidney Patients	\$10.00 includes shipping	NKF of Mississippi PO Box 55802 Jackson, MS 39296-5802 (601) 981-3611	Replaces Kind Cooking for Kidneys. Recipes feature game, southern specialties and soul food. <a href="http://www.kidneysms.org">www.kidneysms.org</a>
What Can I Eat? Que Puede Comer?	Cynthia DeMotte, MPH, RD 1992	Kidney patients	\$6.90 + tax and shipping \$3.00 for Spanish	Jacqui Sarcino, RD 2617 Gemstone Ave. Palmdale CA 93551 (661) 355-0853	Comprehensive guide to renal diets. Information on convenience foods, label reading and dining out. Foods divided into lists: avoid, limit, enjoy.





# Renal References

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## **American Association of Kidney Patients**

[www.aakp.org](http://www.aakp.org)

## **DIALYSIS**

[www.egroups.com/grou/dialysis\\_support](http://www.egroups.com/grou/dialysis_support)

## **Dialysis4Fun4life**

[www.egroups.com/group/dialysis4fun4life](http://www.egroups.com/group/dialysis4fun4life)

## **“Eat Right to Feel Right on Hemodialysis”**

## **National Kidney and Urological Diseases Information Clearinghouse**

<http://kidney.niddk.nih.gov/kudiseases/pubs/eatright/index.htm>

## **iKidney**

[www.ikidney.com](http://www.ikidney.com)

## **“Keys to Success” : A Self Help Guide to Live Well on Dialysis**

[www.dialysissuccess.com/keys.html](http://www.dialysissuccess.com/keys.html)

## **Kidney Directions**

[www.kidneydirections.com](http://www.kidneydirections.com)

## **Kidney School**

[Www.kidneyschool.org](http://Www.kidneyschool.org)

## **Medicare**

[www.medicare.gov/Dialysis/Home.asp](http://www.medicare.gov/Dialysis/Home.asp)

## **Mid-Atlantic Renal Coalition**

[www.esrdnet5.org](http://www.esrdnet5.org)

## **National Kidney Foundation**

[www.kidney.org](http://www.kidney.org)

## **Nephroworld**

[Www.nephroworld.com](http://Www.nephroworld.com)

## **Patient & Family Council**

[www.aakp.org](http://www.aakp.org)

## **RenalWeb Vortex Website of the Dialysis World**

[www.renalweb.com](http://www.renalweb.com)



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