

BASIC RENAL DIET

GENERAL RULES

This diet is designed to limit the build up of harmful substances in your blood in between dialysis treatments. It limits the following:

Sodium: A high intake of sodium (salt) can make you retain too much fluid. The more salt you consume, the more fluid you will retain. Your doctor may also put you on a fluid restriction to help with this.

Potassium: In between dialysis treatments your potassium can reach dangerously high levels. It is important, therefore, to limit your intake of high potassium foods.

Phosphorus: Patients on dialysis usually have high levels of phosphorus in their blood. This can eventually lead to weakened bones. It is important to limit your intake of high phosphorus foods and to also take your phosphorus-binding medications.

Fluid: If your doctor has not prescribed a specific fluid restriction, limit your fluids to 1000 cc + your urine output/day. If you are not producing urine, limit to 1000 cc day.

The following pages will review common foods in your diet and which ones to limit.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk and Milk Products Limit <u>1/2 cup</u> per day	Whole or skim milk, ice cream, yogurt.	Buttermilk, chocolate milk and commercial milkshakes
Meat and other Proteins 6-8 ounces per day	Fresh meat (beef, pork, veal, lamb), poultry, eggs, seafood (fish, tuna, salmon, lobster, shrimp) and game. Cheddar, mozzarella, Swiss and cottage cheese in small quantities.	Canned, cured, smoked, pickled, spiced or processed meats such as ham, bacon, sausage, hotdogs, luncheon meats. Pot pies, TV dinners, canned stews and chili
Bread, Cereal and Starches 6-8 servings per day 1 serving = 1 slice or 1/2 cup cooked	Regular breads, rolls, cornbread, biscuits, waffles, muffins, bagels, plain doughnuts, cooked and dry cereals, rice, noodles, macaroni, unsalted crackers, unsalted pretzels & popcorn.	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 1/2 cup cooked	Asparagus, green and wax beans, beets, cabbage, carrots, celery, corn, cucumbers, okra, lettuce, leached mashed potatoes, green peas, rutabagas, summer squash, turnips, peppers, onions, zucchini, leached greens (spinach, turnip, mustard, kale), broccoli and cauliflower	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 = 1/2 cup or 1 medium	Apples, berries, cherries, grapes, lemons, limes, peaches, pears, plums, pineapple, cranberry sauce, 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 <u>STAR FRUIT</u> (toxic to renal dialysis patients)
Sweets and Desserts Not limited unless diabetic	Sugar, honey, jams, jellies, syrups, hard candies, mints, jelly beans, gum drops, marshmallows, fruit pies, cake (not chocolate) plain cookies	Brown sugar, molasses, sorghum, chocolate, coconut, nuts, cookies with fruit or nuts, banana pudding, chocolate cake, pie or pudding
Beverages	Coffee or tea, lemonade, Kool-Aid, and clear carbonated drinks, orange drinks, grape sodas.	Tomato juice, orange juice, prune juice, V8 juice, Gatorade and dark colas
Fats Not limited	Mayonnaise, low sodium salad dressings, butter, margarine, shortening and oil	Bacon and bacon fat, salted gravies and sauces, olives, cheese sauces and high salt salad dressings.
Miscellaneous Seasonings and Condiments	Salt-free spice blends, herbs, flavorings, vinegar, vanilla extract, Liquid Smoke, Tabasco, ketchup, mustard, and non-dairy creamer and whips	Salt, <u>salt substitutes</u> , soy sauce, seasoning mixes with salt, Accent, meat extracts, gravy bases, bouillon, olives, pickles, cocktail sauces, salt pork, canned soups,

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
		Worcestershire and hot sauces

SAMPLE MENU

Breakfast

1/2 cup cranberry juice
 1 cup dry cereal
 1 slice toast with
 margarine and jelly
 1 egg
 1/2 cup milk
 Tea or coffee with
 sugar

Lunch

1 cup salad – with light dressing
 Sandwich - 2 slices bread,
 1/2 cup tuna and lettuce
 Carrot sticks
 1 medium apple
 7-Up or lemonade
 Tea or coffee

Supper

2-3 oz chicken breast
 1/2 cup green beans
 1/2 cup cooked rice
 1/2 cup canned peaches
 1 slice bread or 1 roll with
 margarine and jelly
 Tea or coffee with sugar

Snack

Cookie or cake
 1/2 cup cranberry juice

HINTS

Margarine, butter or oil should be added to vegetables, meats, cooked starches, cereals and bread for extra calories and flavoring, unless your physician has told you to restrict fats. Try frying different foods in allowed fats for extra calories.

NUTRITIONAL VALUES

This sample menu contains approximately 60-80 grams of protein, 2000 mg sodium, 60 mEq potassium and 1000 cc's fluid. Calories should be adequate with the use of allowed foods, additional fats and sugars.

IF ON A FLUID RESTRICTION

If you are thirsty, try sucking on ice chips or hard candy, chewing gum, or rinsing your mouth. **REMEMBER**, anything liquid at room temperature is fluid. This includes ice, Jell-O, popsicles and soups. Canned fruits and vegetables can contain a lot of fluid; serve drained.

Contact a Registered Dietitian regarding questions about these
 guidelines or specific foods at:

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