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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 dietician.
Introduction

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 dietician. 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          Avocado          Oranges
Orange Juice     Prunes           Prune Juice
Tomatoes         Tomato Juice     Tomato Sauce
Cantaloupe       Tomato Puree     Honeydew Melon
Nuts             Papaya           Chocolate
Red Beans        Milk             White Beans
Lima Beans        Garbanzo Beans   Black Beans
Lentils           Split peas       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

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

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

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 (Jell-O®, popsicles, and fruit ices).
### Grocery List Suggestions

#### Meat/Protein Foods
- Beef
- Chicken®
- Egg Substitute
- Egg Beaters®, Scramblers®
- Eggs
- Fish
- Lamb
- Pork (chops, roast)
- Shellfish
- Tofu
- Tuna (canned)
- Turkey
- Veal
- Wild Game

#### Fruits
*(Serving size = 1 medium-size fruit or ½ 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
- Pears (canned)
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

#### Vegetables
*(Serving size = ½ cup, no added salt)*
- Alfalfa Sprouts
- Arugula
- Asparagus
- Bean Sprouts
- Beets (canned)
- Cabbage (green, red)
- Carrots
- Cauliflower
- Celery
- Chayote
- Chile Peppers
- Chives
- Colocasia
- Corn
- Cucumber
- Eggplant
- Garlic
- Gingerroot
- Green Beans
- Hominy
- Jalapenos (fresh)
- Kale
- Leeks
- Lettuce
- Mixed Vegetables
- Mushrooms
- Onions
- Parsley
- Peas (English)
- Pimientos
- Radicchio
- Radishes
- Seaweed Kelp
- Spaghetti Squash
- Summer squash (scallop, crookneck, straightneck, zucchini)
- Sweet Peppers
- 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/Hotdog Bun
- Macaroni
- Melba Toast
- Noodles
- Oyster Crackers
- Pita Bread
- Popcorn (unsalted)
- Pretzels (unsalted)
- Rice (brown, white)
- Rice Cakes
- Spaghetti
- Tortillas

#### 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
- Mountain Dew®
- Orange Soda
- Root Beer
- Slice®
- Sprite®
- Coffee
- Fruit Punch
- Hi-C® (cherry, grape)
- Horchata
- Juices (apple, cranberry, grape)
- Kool-Aid®
- Lemonade
- Limeade
- Mineral Water
- Nectars (apricot, peach, pear, ½ cup serving)
- Nondairy Creamers (Coffee Rich, Mocha Mix®, etc.)
- Sunny Delight®
- Tea

#### Dairy/Dairy Substitutes
- Nondairy Creams
- Nondairy Frozen Dessert Topping (Cool Whip®)
- Nondairy Frozen Dessert (Mocha Mix®)
- Rice Milk (unfortified)

#### Fats
- Butter
- Cream Cheese
- Margarine
- Mayonnaise
- Miracle Whip®
- Nondairy Creamers
- Salad Dressings
- Sour Cream
- Vegetable Oils (preferably canola or olive oil)
### Grocery List Suggestions

#### Seasonings and Spices
- 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

#### Desserts/Snacks/Sweets

*(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
- Jell-O®
- Jelly Beans
- Jolly Ranchers®
- Lifesavers®
- Lollipops
- Marshmallows
- Newtons® (fig, strawberry, apple, blueberry)
- Pie (apple, berry, cherry lemon, peach)

#### Notes

- **Other**
  - Apple Butter
  - Corn Syrup
  - Honey
  - Jam
  - Jelly
  - Maple Syrup
  - Marmalade
  - Powdered Sugar
  - Sugar, brown or white
Fast Food Facts for the Renal Patient

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...

Include these items in your salad bar choices:

<table>
<thead>
<tr>
<th>Alfalfa Sprouts</th>
<th>Gelatin salads</th>
<th>Oil and vinegar dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>Green beans</td>
<td>Okra</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Green peas</td>
<td>Onions</td>
</tr>
<tr>
<td>Celery sticks</td>
<td>Green peppers</td>
<td>Parmesan cheese</td>
</tr>
<tr>
<td>Chinese Noodles</td>
<td>Italian, low calorie dressing</td>
<td>Radishes</td>
</tr>
<tr>
<td>Cole Slaw</td>
<td>Lettuce, escarole, endive</td>
<td>Tuna in spring water</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Macaroni salad</td>
<td>Vinaigrette or low fat</td>
</tr>
<tr>
<td>Eggs, chopped</td>
<td>Mushrooms</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

Limit these items in your salad bar choices:

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Nuts</th>
<th>Sunflower seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon Bits</td>
<td>Olives</td>
<td>Shredded cheddar cheese</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>Pickles</td>
<td>Thick salad dressings</td>
</tr>
<tr>
<td>Chow mein noodles</td>
<td>Potato Salad</td>
<td>Three-bean salads</td>
</tr>
<tr>
<td>Fried bread croutons</td>
<td>Raisins</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>Relishes</td>
<td></td>
</tr>
</tbody>
</table>

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...

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

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

<table>
<thead>
<tr>
<th>Menu Item/Serving Size</th>
<th>Calories</th>
<th>Potassium (mg)</th>
<th>Phosphorus (mg)</th>
<th>Sodium (mg)</th>
<th>Protein (grams)</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s Chef Salad, no dressing, 1 salad</td>
<td>210</td>
<td>610</td>
<td>334</td>
<td>730</td>
<td>19</td>
<td>11</td>
</tr>
<tr>
<td>McDonald’s low fat shake, 1 chocolate shake</td>
<td>320</td>
<td>420</td>
<td>526</td>
<td>240</td>
<td>11.6</td>
<td>1.7</td>
</tr>
<tr>
<td>Taco Bell, light taco, 1 taco</td>
<td>140</td>
<td>NA</td>
<td>NA</td>
<td>280</td>
<td>11</td>
<td>5</td>
</tr>
<tr>
<td>Taco Bell, light soft taco, 1 taco</td>
<td>180</td>
<td>NA</td>
<td>NA</td>
<td>550</td>
<td>13</td>
<td>5</td>
</tr>
<tr>
<td>Wendy’s hamburger, plain, 1 hamburger</td>
<td>340</td>
<td>275</td>
<td>NA</td>
<td>475</td>
<td>24</td>
<td>15</td>
</tr>
<tr>
<td>Wendy’s Grilled Chicken sandwich, 1 sandwich</td>
<td>290</td>
<td>NA</td>
<td>NA</td>
<td>720</td>
<td>24</td>
<td>7</td>
</tr>
<tr>
<td>Wendy’s Deluxe Garden Salad, no dressing, 1 salad</td>
<td>110</td>
<td>NA</td>
<td>NA</td>
<td>320</td>
<td>7</td>
<td>6</td>
</tr>
</tbody>
</table>
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, hoisin, 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 Asian 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 your server to find out if they will prepare your food without adding salt. Always remember that you are the customer and enjoy!
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.

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

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

Vegetables
Green/String Beans
Corn
Carrots
Mixed Vegetables
Eggplant
Cabbage
Sweet Peas
Cauliflower
Broccoli
Okra
Kohlrabi
Zucchini
Spaghetti Squash
Turnip Bottoms
Mustard, Collard, Kale Greens
Tossed Salad
Potatoes, soaked
**Renal Friendly Holiday Food List cont.**

### Breads
- Corn Bread: Stuffing/Dressing
- Dinner Rolls: Tortillas
- Pasta: Wheat Bread
- Rice: White Bread
- Rye Bread

### Accompaniments
- Apple Salad: Fruit Cocktail
- Apple Sauce: Fruit Salad
- Coleslaw: Gravy, Homemade
- Cranberry Sauce: Hawaiian Salad
- Cranberry Salad: Whipped Topping

### Desserts
- 7-Up® Cake: Lemon Pie
- Apple Pie: Peach Pie
- Applesauce Spice Cake: Pound Cake
- Cheesecake: Sherbet
- Cheery Pie: 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
- Baked Beans
- Beet Greens
- Canned Gravy
- Chocolate
- Camotes
- Dried Fruit
- Eggnog
- Fruit Cake
- Gingerbread
- Macaroni and cheese

- Nuts
- Packaged Gravy Mixes
- Pecan Pie
- Pumpkin or pumpkin pie
- Raisins
- Self-basting Turkey
- Smoked or Cured ham/sausage/fish
- Spinach
- Stuffing, commercially prepared
- Sweet potatoes (unless dialyzed)
- Yams
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

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.
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Target Group</th>
<th>Cost</th>
<th>Available From</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Cooking for Renal Diets</td>
<td>Cleveland Clinic Foundation</td>
<td>Renal Patients</td>
<td>$19.95 + $7.95 Shipping</td>
<td>BookMasters 30 Amberwood Parkway Ashland, OH 44805 (800) 247-6553</td>
<td>Hundreds of renal recipes, modified for sodium, protein, potassium and fluid</td>
</tr>
<tr>
<td>Everyday Eating Cookbook</td>
<td>CRN of Illinois</td>
<td>Renal Patients</td>
<td>$10.00 includes shipping and handling</td>
<td>NKF of Illinois 215 W. Illinois St. Suite 1-C Chicago, IL 60610 (312) 321–1500</td>
<td><a href="http://www.nkfi.org">www.nkfi.org</a> E-mail: <a href="mailto:kidney@nkfi.org">kidney@nkfi.org</a></td>
</tr>
<tr>
<td>Food Power–A Nutrition Book for Kids with Kidney Disease</td>
<td>Charlotte Stall, MA, RD</td>
<td>Pediatric Kidney patients and families</td>
<td>$22.50</td>
<td>The Renal Dietitian The Children’s Hospital Box B328 1056 E. 19th Ave. Denver, CO 80218 (303) 861-6263</td>
<td>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.</td>
</tr>
<tr>
<td>Magic Menus – Menu Style Cookbook for Renal Patients</td>
<td>CRN of Dallas/Fort Worth</td>
<td>Renal Patients</td>
<td>$15.50, plus shipping and handling</td>
<td>NKF Serving Texas 5429 Lyndon B. Johnson Freeway Suite 250 Dallas, TX 75240 (877) 543-6397</td>
<td>Recipe analysis and 3 weeks of sample menus.</td>
</tr>
<tr>
<td>Now You’re Cooking: A Resource for People with Kidney Disease</td>
<td>CRN of New England</td>
<td>Renal Patients</td>
<td>$18 plus $2 per item shipping plus $2 per item handling</td>
<td>NKF Serving New England 85 Astor Ave. Norwood, MA 02062 (800) 542-4001</td>
<td>Make Checks payable to CRNNE Note on check, “For cookbook”</td>
</tr>
<tr>
<td>The Renal Gourmet</td>
<td>Mardy Peters, kidney patient</td>
<td>Renal Patients</td>
<td>$21.00 includes shipping with a credit card Add $10.00 out of USA</td>
<td>Emenar Inc. 13N625 Coombs Rd. Elgin, IL 60123</td>
<td>200 delicious recipes incorporating herbs, spices and vinegars, without using salt. Nutrient analysis.</td>
</tr>
</tbody>
</table>
## Cookbooks For the Kidney Patient

Suggested by the National Kidney Foundation Coalition for Renal Nutrition

<table>
<thead>
<tr>
<th>Title</th>
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<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Renal Family Cookbook</td>
<td>Renal Family Inc. 1983</td>
<td>Adult Hemodialysis Patients</td>
<td>$15.00 includes shipping, make check payable to “Multimed, Inc.”</td>
<td>Multimed Publications 66 Martin St. Milton, Ontario L9T 2R2 CANADA</td>
<td>Individualized for special needs, nutrient analysis.</td>
</tr>
<tr>
<td>Southern Comforts of Mississippi</td>
<td>NKF of Mississippi</td>
<td>Renal Patients</td>
<td>$10.00 includes shipping</td>
<td>NKF of Mississippi PO Box 55802 Jackson, MS 39296-5802 (601) 981-3611</td>
<td>Recipes feature game, southern specialties and soul food. <a href="http://www.kidneysms.org">www.kidneysms.org</a></td>
</tr>
<tr>
<td>Taking the First Bite</td>
<td>Council on Renal Nutrition – NKF of North Texas</td>
<td>Renal patients, helpful for new dialysis patients</td>
<td>$15.00 (member) $25.00 (non-member)</td>
<td>NKF Serving Texas 5429 Lyndon B. Johnson Freeway Suite 250 Dallas, TX 75240 (877) 543-6397</td>
<td>Nutrition basics to be used with the guidance of a renal dietician</td>
</tr>
<tr>
<td>A Taste of Asia</td>
<td>Elizabeth Gubish, patient</td>
<td>Renal patients</td>
<td>$10.00 includes shipping</td>
<td>NKF Serving Northern California 131 Steuart Street Ste 425 San Francisco, CA 94105 (415) 543-3303</td>
<td>70 Asian-style recipes, nutrient analysis, glossary of ingredients</td>
</tr>
</tbody>
</table>

For free, personalized nutrition information and recipes, visit the National Kidney Foundation’s My Food Coach at http://myfoodcoach.kidney.org.
Renal References

American Association of Kidney Patients
   www.aakp.org

“Eat Right to Feel Right on Hemodialysis” – National Kidney and Urological Diseases Information Clearinghouse

Renal Support Network:
   www.rsnhope.org/health-library

“Keys to Success”: A Self Help Guide to Live Well on Dialysis
   www.dialysissuccess.com/keys.html

Renal Info
   http://www.renalinfo.com/us/

Kidney School
   http://kidneyschool.org/mods/

Medicare
   www.medicare.gov/Dialysis/Home.asp

Mid-Atlantic Renal Coalition
   www.esrdnet5.org

National Kidney Foundation
   www.kidney.org

RenalWeb Vortex Website of the Dialysis World
   www.renalweb.com
Sources Referenced


