

Your Renal Diet

(Non-dialysis)



Allina Health

Renal Diet

Healthy kidneys remove waste products and extra fluid from your blood.

When your kidneys are not able to remove all of the waste products and fluid, the levels of these rise in your bloodstream. This can be harmful and make you feel ill. Some symptoms you may have are weakness, fatigue, upset stomach (nausea) or throwing up (vomiting).

Your Diet is Important

Diet is important to help regulate electrolytes (sodium, potassium and phosphorus) and limit protein. The parts of your diet that will help keep electrolytes under control and, it is hoped, delay dialysis are:

- **protein.** It is important to eat the right amount and the right kinds of protein. Protein is found in most foods, but the best source of protein is found in animal products. When your kidneys are not working well, extra protein in your diet raises blood urea nitrogen. This causes you to get sick.
- **phosphorus.** When your kidneys are not working well, phosphorus levels can build up in your blood. High levels can pull calcium from your bones, causing them to become weak and break. High phosphorus levels may also cause itching and bone pain.
- **sodium.** When kidneys fail, extra sodium can cause fluid to build up. This makes you feel short of breath and increases blood pressure.
- **potassium.** When kidneys fail, potassium can build up. Extra potassium can cause muscle weakness, changes in your heart rhythm, and it can cause the heart to stop beating.

Your diet will include the following number of choices from each food group:

Food group	Servings	Grams per serving	Grams of protein
Meat/meat substitutes	_____	x 7	_____
Milk/milk products	_____	x 4	_____
Starch group	_____	x 2	_____
Fruit group	_____	x 0.5	_____
Vegetable group	_____	x 1	_____
Fats/high calorie foods	_____	x 0	_____
Total grams of protein _____			
Total grams of <i>sodium</i> allowed in your diet plan: _____			

Meat and Meat Substitutes

One ounce contains 7 grams of protein.

Choose _____ ounces of meat or eggs each day.

Examples of **1 ounce** of protein:

- egg
- chicken wing
- ¼ cup of cottage cheese or a slice of cheese (limit to one serving of natural cheese or cottage cheese each day).

Examples of **2 ounces** of protein:

- chicken leg or thigh
- ½ cup of meat, fish or poultry
- thin pork chop.

Examples of **3 ounces** of protein:

- medium hamburger
- thick pork chop
- medium fish fillet.

Avoid these foods that are high in phosphorus:

- anchovies
- liver (beef or pork)
- pheasant, wild duck
- cheese spreads
- nuts
- dried peas and beans
- Beef Jerky®
- peanut butter.

Milk and Milk Products

These foods are high in phosphorus and will be limited.
Each serving contains 4 grams of protein.

Choose _____ servings each day.

- ½ cup cream, half-and-half
- ½ cup milk
- ½ cup ice cream
- ½ cup pudding
- 1 ½ cup sherbet
- ½ cup yogurt.

Starch Group

Each serving contains about 2 grams of protein.

Choose _____ servings each day.

- 1 slice bread
- ½ bagel
- 1 medium dinner roll
- ½ average sweet roll
- ½ cup rice
- one 6-inch flour tortilla
- 2 tablespoon flour
- ½ cup pasta
- ½ cup potato
- 10 french fries
- 20 potato chips
- ½ cup hashbrowns

- ½ English muffin
- 3 oblong graham cracker
- 8 squares unsalted saltines
- ⅔ cup cooked cereal
- 1 cup dry cereal flakes
- 2 cups puffed rice.

Avoid these foods because they are high in phosphorus:

- corn bread
- whole wheat
- oatmeal
- pumpernickel
- bran
- waffles
- granola
- corn tortilla
- Grape Nuts.®

Fruit Group

Each serving contains about 0.5 gram of protein.

Choose _____ servings each day.

- ½ cup canned fruit
- ½ cup or 1 medium fresh fruit
- ½ cup fruit juice
- 2 tablespoons dried fruit.

Limit these fruits to one serving each day (because they are high in potassium):

- orange
- cantaloupe
- prune juice
- banana
- pumpkin
- nectarine
- avocado
- raisins
- tomatoes.

Vegetable Group

Each serving contains about 1 gram of protein.

Choose _____ servings each day.

- ½ cup cooked vegetables
- 1 cup raw vegetables

Limit these vegetables to one serving each day (because they are high in potassium):

- Brussels sprouts
- asparagus
- cooked spinach
- potatoes
- yam, sweet potato
- winter squash.

High-sodium Foods

Sodium is found naturally in many foods, but in processed foods the amount of sodium increases greatly. Avoid these foods because they are high in sodium:

- soup (canned, bouillon cubes)
- salty snack foods such as potato chips, salted nuts and dried meat
- meat tenderizer
- hot dogs and cold cuts
- ketchup and mustard
- seasoned salt
- pickles and olives
- soy sauce
- monosodium glutamate.

These condiments are high in sodium. Please limit these:

- ¼ cup barbecue sauce
- ¼ teaspoon salt
- 1 tablespoon teriyaki sauce
- 3 tablespoons ketchup
- 1 ½ tablespoon soy sauce
- 2 tablespoons mustard
- 2 tablespoons Worcestershire sauce.

Look at food labels for the sodium content per serving. Food does not have to taste salty in order for it to be high in sodium. Salt is 40 percent sodium and 60 percent chloride. Salt substitutes may be high in potassium so check with your health care provider before using them. Talk with a dietitian for more information about sodium.

Tips for Adding Calories

Without enough calories, your body uses protein from muscles for energy. If eating enough calories is difficult, try to:

- Eat smaller meals more often.
- Add high-calorie foods to your meals. (See the next list.)
- Use nutrition drinks with your meals or snacks. Ask your dietitian for suggestions.

Fats contain a large number of calories in a small serving which can be helpful for maintaining your weight. Examples of fats that contain about 50 calories each are:

- 1 teaspoon margarine
- 1 teaspoon butter
- 1 teaspoon vegetable oil
- 1 tablespoon salad dressing
- 2 tablespoons mayonnaise
- ¼ cup whipped topping (non-dairy).

These high calorie foods contain no significant amount of protein, phosphorus or sodium. Each is about 100 calories.

- 8 ounces Kool-Aid®, lemonade
- 8 ounces non-cola pop
- 8 ounces apple cider
- 2 tablespoons jam or jelly
- ½ slice low-protein bread
- ⅓ cup low-protein pasta
- 20 jellybeans
- 1 pouch chewy fruit snacks

- 1 bar Dole Fruit & Juice Bars®
- 2 tablespoons honey or syrup
- 2 low protein cookies.

High phosphorus foods to **avoid** are:

- pancakes and waffles
- corn tortilla
- breads: cornbread, dark rye, whole wheat
- popcorn
- cornmeal, cornflour
- granola, oatmeal and bran
- chocolate
- candy with nuts or peanuts
- peanut butter
- dried beans and peas
- cola (including Dr. Pepper® and Mr. Pibb®)
- beer
- salmon
- liver and beef
- cheese spreads.

These foods contain no significant amount of phosphorus or sodium. You may use these as desired:

- coffee
- lemon or lime juice
- Tabasco® sauce
- tea
- herbs and spices
- vinegar.



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