



Renal Diet Food List (Version 201201A)

No one diet or menu plan fits every kidney patient, so use this as a **starting point** with your health care team and a renal dietitian/nutritionist. It is recommended to select brands that do not contain artificial ingredients, preservatives, or GMOs. To control blood sugar, limit carbohydrate portions of starches, fruits, and sweets (those marked with a *). Items marked with a ^ help prevent or treat Anemia. This list is only a general starting point.

- Always read labels for added Phosphorus and Sodium – not all brands are the same.
- Studies show that eating more plant-based foods is beneficial for kidney patients.
- It is never too early to work with a Registered Dietitian as part of your treatment strategy.

Breads/Grains/Cereals*	Vegetables (½ cup, 1 cup leafy)
<i>Whole grain versions may be okay to eat. Talk to your dietitian about whether whole grains are okay for you. Look for items with less than 200mg sodium per serving.</i>	
Bagels (Plain, Blueberry, Egg)	Alfalfa or Bean Sprouts
Bread (White^, Italian, French, Rye^, Sourdough)	Arugula
Breadsticks (Plain)	Asparagus (6 spears) ^
Bulger	Bamboo Shoots
Cereals Dry (No Nuts, Dried Fruits, Bran or Granola) ^	Beets (Canned)
Cereals Hot (Grits, Oatmeal, Cream of Wheat/Rice) ^	Bell Peppers
Cornmeal ^	Broccoli (Limit)^
Couscous	Cabbage (Green and Red)
Crackers (Unsalted, Graham, Animal, Oyster)	Carrots
Croissant	Cauliflower
Crumpets	Celery
Dinner Rolls (White^, Italian, French, light Rye^, Sourdough)	Chayote
English Muffins	Chili Peppers
Grits	Coleslaw *
Hamburger Buns^	Corn (Limit)
Hotdog Buns^	Cucumber
Kaiser roll	Dandelion Greens^
Malt O Meal (Original)	Eggplant
Melba Toast®	Endive
Muffins (no nuts, no bran, no whole wheat)	Green Beans
Naan	Hominy
Pasta (Noodles, Macaroni, Spaghetti)^	Jalapenos
Pita Bread	Jicama
Popcorn (Unsalted)	Kale (Limit)^
Pretzels (Unsalted)	Leeks
Quinoa	Lettuce
Rice (White, unseasoned)^	Mushrooms (Shiitake)
Rice Cakes (low sodium – read label)	Okra
Rice Noodles	Onions
Ritz® Crackers (Low Sodium)	Pease (Green or Snow)^
Taco Shells (Corn or Flour)	Peppers (Green, Red^, Yellow)
Tortilla Chips (Unsalted)	Radishes
Tortillas (Corn or Flour)	Shallots
	Spaghetti Squash
	Summer Squash (Crookneck, Spaghetti)
	Tomatillos
	Turnips
	Water Chestnuts
	Watercress
	Wax Beans
	Zucchini



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Fruits* (1 small fruit or ½ cup)

Apples
 Applesauce
 Apricots (Canned)^
 Blackberries
 Blueberries
 Boysenberries
 Cherries (10)
 Crabapples
 Cranberries
 Fruit Cocktail
 Gooseberries
 Grapefruit (*Check for medication interaction*)
 Grapes
 Kumquat
 Lemon
 Lime
 Loganberries
 Lychees
 Mandarin Oranges
 Pears
 Peaches^
 Pineapple
 Pomegranate
 Plums
 Raspberries
 Rhubarb
 Strawberries^
 Tangerine
 Watermelon^

Meat / Protein (3oz) ^

Beef (Lean Cuts)
 Beyond Meat™ Products (watch sodium)
 Chicken
 Duck
 Egg (Whites recommended, real or substitute)
 Fish (Wild Salmon, Sea Bass)
 Goat
 Lamb
 Meat Substitutes – watch for high sodium
 Pork (Fresh, Chops or Roast)
 Shellfish
 Tofu (Soft)
 Tuna (Low Sodium)
 Turkey
 Veal
 Wild Game

Seasonings

Allspice
 Anise
 Basil
 Bay Leaves
 Black Pepper
 Caraway Seeds
 Cardamom
 Celery Seeds
 Chili Powder
 Chives
 Cilantro
 Cinnamon
 Cloves
 Coriander
 Crushed Red Pepper Flakes
 Cumin
 Curry Powder
 Dill
 Extracts (Vanilla, Almond, Peppermint)
 Fennel
 Fenugreek
 Garlic (Fresh or Powder)
 Ginger (natural diuretic)
 Honey
 Horseradish (Root or Powder)
 Lemon or Lime Juice
 Liquid Smoke®
 Mace
 Marjoram
 Mint
 Mrs. Dash®
 Mustard, Dried
 Nutmeg
 Onion (Fresh, Powder, Flakes)
 Oregano
 Paprika
 Parsley (natural diuretic)
 Pimento
 Poppy Seeds
 Poultry Seasoning
 Rosemary
 Saffron
 Sage
 Savory
 Sesame Seeds
 Tabasco®
 Tarragon
 Thyme
 Turmeric
 Vinegar (White, Red Wine, Balsamic, Apple Cider)



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Sweets* (1 Serving, 1/8 pie, 1 cup)

Apple Butter
 Cake (Sponge, Angel, Pound, Spice, White, Strawberry, Yellow, Lemon, French Vanilla, Vanilla)
 Candy Corn
 Chewing Gum
 Cinnamon Drops / Cinnamon Hearts / Cinnamon Imperials
 Cookies (Sugar, Shortbread, Gingersnap, Lemon Cream)
 Cotton Candy
 Doughnuts (Without Nuts or Chocolate)
 Fruit Ice/Frozen Fruit Bars
 Gelatin (Not Jell-O® Brand)
 Graham Crackers
 Gumdrops (5 pieces)
 Gummy Bears
 Hard Candy (5 pieces)
 Honey
 Hot Tamales®
 Jam/Jelly (Strawberry, Pomegranate, Concord Grape, Blueberry, Mixed Berry)
 Jellybeans (9 pieces)
 Jolly Rancher®
 Jujubes
 Lifesavers®
 Lollipops
 Maple Syrup
 Marmalade
 Marshmallows (5 Large)
 Mentos®
 Mini Ice Cream Sandwich (Vanilla or Neapolitan)
 Newtons (Strawberry, Apple, Blueberry)
 Non-Dairy Frozen Dessert (Vanilla, Cookies n Cream, Strawberry)
 Peppermints / Mints (not chocolate)
 Pie (Apple, Cherry, Lemon, Peach, Blueberry, Lemon Meringue, Rhubarb)
 Popsicles (Fruit-Flavored)
 Red Licorice / Twizzlers®
 Rice Krispies® Treats
 Sherbet/Sorbet/Italian Ice (Lemon, Lime, Strawberry, Raspberry, Rainbow)
 Skittles®
 Sour Patch Kids™
 Starburst®
 Strawberry Shortcake
 Strudel (Fruit-filled)
 Sweet Rolls
 Sweet Tarts®
 Taffy (not saltwater)
 Vanilla Cupcakes
 Vanilla Wafers
 Werther's® hard candy

Beverages

Water, Coffee, and Tea are best. The sodas and juices listed are not harmful, but also not beneficial to Kidney Disease patients. Always check the label for Phosphorus or other ingredients!

Apple Cider *
 Coffee (Brewed)
 Club Soda (limit)
 Fruit Punch * / Kool-Aid® / Hi-C® *
 Horchata *
 Juice (Apple, Cranberry, Grape) *
 Lemonade *
 Limeade *
 Mineral Water
 Nectars * (Apricot, Peach, Pear)
 Pineapple Juice *
 Soda (Cream, Ginger Ale, Grape, Lemon-Lime, Mountain Dew®, Orange, Root Beer) *
 Sunny Delight® Citrus Punch *
 Tea (Brewed)
 True Lime® / True Lemon®

Dairy (1/2 cup)

Cheese (Swiss^, Brie, Feta, Goat) (1 oz)
 Cottage Cheese *
 Milk (Skim, 1%, 2%, or whole) (limit) *
 Yogurt (limit) *^
 Ice Cream (3/4 cup) (limit) *

Dairy Substitutes (Max 1-2 servings per day)

Milk (Rice^, Almond^, Soy^, Unfortified) *
 Nondairy Frozen Dessert (Mocha Mix)
 Nondairy Creamer (w/o Phosphates) *
 Nondairy Dessert Topping (Cool Whip®)

Fats & Extras (Use Sparingly)

Butter or Margarine (Unsalted)
 Cream Cheese (Regular or Lite)
 Mayonnaise
 MCT Oil
 Miracle Whip®*
 Sour Cream
 Vegetable Oils (Canola, Grapeseed or Olive)

Nuts and Seeds

Chia Seeds (1 Tbsp)
 Flaxseeds (1 Tbsp)
 Macadamia nuts (8 nuts)
 Pecans (12 nuts)
 Sesame seeds (1 Tbsp)



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Salad Dressing (2 teaspoons)

Always check sodium levels for <60mg per serving and check for carbs

Unlisted Brand

- Oil & Vinegar
- Vinaigrette

3 Zeros

- Greek Dressing
- Italian Dressing
- Mango Dressing

Annie's

- Balsamic Vinaigrette
- Lite Raspberry Vinaigrette
- Lite Honey Mustard Vinaigrette (1 tbsp only)

Bolthouse Farms

- Balsamic
- Honey Mustard
- Raspberry Merlot

Bragg

- Healthy Vinaigrette
- Organic Vinaigrette
- Pomegranate Vinaigrette

Compliments ®

- Sweet Onion

Great Value

- Organic Agave Lemon Flavor Cayenne Vinaigrette and Marinade

Kuhne ®

- Yogurt and Herbs
- Yogurt and Garlic

Litehouse ®

- Red Wine and Olive Oil Vinaigrette
- Raspberry Walnut Vinaigrette

Marilyn's ®

- Blackberry Blast
- Classic Balsamic

President's Choice ® Blue Menu™

- Roasted Garlic and Balsamic Vinaigrette
- Pear and Walnut Vinaigrette

Renee's Gourmet™

- Poppy seed
- Cucumber and Dill
- Balsamic
- Ravin' Raspberry

Rising Sun Farms®

- Lemon Thyme
- Pomegranate Balsamic
- Fig Balsamic
- Raspberry

Western Family ®

- Raspberry Vinaigrette

Sauces and Condiments

Cranberry Jelly/Sauce
 Hot Sauce (Low Sodium)
 Mint Jelly/Sauce
 Pepper Jelly
 Wasabi

Condiments Higher Sodium (1 tbsp per day or less)

Barbecue Sauce (Can use more if low sodium version) *
 Ketchup *
 Mustard
 Relish
 Tartar Sauce
 Worcestershire Sauce

Sugar*

Agave Syrup
 Brown Rice Syrup
 Corn Syrup^
 Demerara Sugar
 Honey
 Icing Sugar
 Jam or Jelly
 Jet Puffed ® Marshmallow Crème
 Lemon Spread
 Maple Syrup^
 Marmalade
 Marshmallow Fluff
 Molasses^
 Sugar (Brown, Cane, White, Raw, Powdered, Coconut) *
 Syrup

Low Sodium Snack Ideas

Carrot sticks and hummus
 Celery and nut butter
 Bell pepper strips
 Cucumber slices
 Apples and nut butter
 Applesauce to-go pouches
 Berries and plant-based yogurt
 Skinny pop popcorn
 Roasted chickpea snacks (higher in protein)
 Roasted edamame (higher in protein)
 Snap pea crisps (higher in protein)
 Off the Eaten Path veggie crisps
 KIND bars
 That's It fruit bars
 Late July grain free lime and sea salt tortilla chips
 Purely Elizabeth Grain free granola
 MadeGood rice crispy squares



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Herb and Spice Guide

Use Herbs and spices to add variety and flavor to your meals.

Beef	Basil, Bay Leaf, Chilis, Coriander, Garlic, Marjoram, Mustard, Oregano, Parsley, Tarragon, Thyme
Bread	Anise, Basil, Caraway, Cardamom, Cumin, Dill, Lemon Peel, Poppy Seeds, Saffron, Sesame Seeds
Cheese	Caraway, Celery Seed, Chervil, Chives, Curry, Dill, Garlic, Horseradish, Lemon Peel, Mustard, Nutmeg, Parsley, Pepper, Sage
Chicken	Allspice, Basil, Bay Leaf, Cinnamon, Curry, Dill, Garlic, Ginger, Lime, Lemon, Poultry Seasoning, Saffron, Sage, Tarragon, Thyme
Eggs	Basil, Chervil, Chives, Curry, Dill, Fennel, Ginger, Paprika, Parsley, Pepper, Sage, Tarragon
Fish	Basil, Bay Leaf, Chives, Dill, Fennel, Garlic, Ginger, Lemon, Mustard, Parsley, Tarragon
Fruit	Allspice, Anise, Cardamom, Cinnamon, Cloves, Coriander, Ginger, Mint, Nutmeg
Lamb	Basil, Bay Leaf, Cinnamon, Coriander, Cumin, Curry, Dill, Garlic, Mint, Parsley, Rosemary, Tarragon, Thyme
Salads	Basil, Chives, Dill, Garlic, Lemon, Mint, Oregano, Parsley, Tarragon
Salad Dressings	Basil, Chives, Dill, Fennel, Garlic, Horseradish, Mustard, Oregano, Paprika, Parsley, Saffron, Tarragon
Soups (Homemade)	Basil, Bay Leaf, Chervil, Chilis, Chives, Cumin, Dill, Fennel, Garlic, Parsley, Pepper, Rosemary, Sage, Savoury, Thyme
Sweets	Allspice, Anise, Cardamom, Cinnamon, Cloves, Fennel, Lemon Peel, Ginger, Mace, Nutmeg, Mint
Salt Substitutes	Allspice, Basil, Bay Leaf, Caraway, Cardamom, Curry, Dill, Ginger, Marjoram, Rosemary, Thyme, Safe, Tarragon

Common Phosphorus Additives

Read the nutritional label to see if it contains Phosphorus – look for “**PHOS**”. If any single form of Phosphorus is listed in the first half of the ingredients, avoid. If it contains 2 or more types of Phosphorus anywhere in the ingredients, avoid. Here are some of the common forms of Phosphorus additives used in foods:

<ul style="list-style-type: none"> • Aluminum phosphate • Dicalcium phosphate • Hexametaphosphate • Monocalcium phosphate • Phosphoric acid • Polyphosphate 	<ul style="list-style-type: none"> • Pyrophosphate • Sodium polyphosphate • Sodium tripolyphosphate • Tetrasodium phosphate • Tricalcium phosphate • Trisodium phosphate
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General Tips For A Balanced Diet for Kidney Health

- Work with a Dietitian – this is the single most crucial part of a healthy kidney diet. I work with Jen Hernandez (www.JenHernandezRD.com) and The Kidney RD (www.KidneyRD.com) which are both amazing.
- Ask your dietitian for your daily Caloric, Calcium, Carbs, Fiber, Iron, Sodium, Potassium, Phosphorous, Protein, and Water targets (get your minimum and maximum). Use a food tracking App to help stay on target.
- Eat a total of 4-5 portions of fruits and vegetables each day. (Example: 2 vegetables, 3 fruit).
- Limit Dairy to 2 servings a day.
- Limit sweets and other foods based on your daily caloric and carb targets.
- Ask your dietitian if intermittent fasting would be beneficial for you.
- Learn which nutrients to supplement and which to avoid. Ask if adding a renal multivitamin like ProRenal+D should be part of your diet. Learn more about ProRenal+D at www.DadviceTV.com/prorenal
- **Always follow the advice of your doctor and dietitian.** This list must be reviewed and approved by **your** health care team. This list is only a general starting point.



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3-Day Emergency Diet Food List

This shopping list is for six days of foods and water, allowing you to repeat the 3-Day Emergency Diet a second time, if needed. It is recommended to keep this food on hand and rotate it as required to prevent spoilage. Customize the list for you using foods listed in the first section of this document.

What to buy	How much to buy per person
Distilled or bottled water	3 gallons
Dry milk OR evaporated milk	3 packages of dry milk OR 4 cans of evaporated milk (8 ounces each)
Juice (Apple, Cranberry, Grape) *	6 cans or boxes (4 ounces each)
Cereal. No bran, granola, or cereal with dried fruit or nuts.	6 single-serving boxes (or 1 box)
Fruit, or “fruit cups,” with pears, peaches, mandarin oranges, mixed fruit, applesauce, or pineapple packed in water or juice. No heavy syrup, raisins, or dried fruit.	12 cans (4 ounces each)
Low sodium asparagus, carrots, green beans, peas, corn, yellow squash or wax beans.	6 cans (8 ounces each)
Low sodium or No-salt added Tuna, Crab, Chicken, Salmon, or Turkey	6 cans (3 ounces or 4 ounces each)
Unsalted peanut butter or almond butter	1 jar
Mayonnaise	3 small jars (or 8 to 12 single-serve foil wrapped packs)
Jelly (Sugar-free if diabetic)	1 small jar
Vanilla wafers, Graham crackers, or Plain unsalted crackers	1 box
Candy, like hard candy, jellybeans, or mints (Sugar-free if diabetic)	1 package
White Bread	1 loaf
Honey *	1 small jar
White sugar *	1 Small box (or box of sugar packets)
Marshmallows *	1 bag

Example Emergency Diet for 1 Day

Breakfast: Cereal and fruit

Morning Snack: 1 Serving Vanilla wafers or graham crackers

Lunch: Peanut/Almond butter and jelly sandwich, fruit, juice

Afternoon Snack: 1 Serving Applesauce

Dinner: Tuna or Chicken sandwich, ½ cup vegetables, marshmallows

Stay hydrated and make certain to take all prescription medications as prescribed.



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Nutritional Therapy Worksheet

The key to a good diet is not just what you eat and drink, but also the **quantity and portion sizes** you consume. With each new set of labs, sit down with your dietitian and update your nutritional targets. While most people focus on not exceeding the maximum for their nutritional targets, it is just as important to know the minimums. Having too little of a nutrient can be just as dangerous for your health as having too much.

	Daily Minimum		Daily Maximum
Calories	_____		_____
Calcium	_____	mg	_____
Carbohydrates	_____	grams	_____
Fiber	_____	grams	_____
Iron	_____	mg	_____
Protein	_____	grams	_____
Phosphorus	_____	mg	_____
Potassium	_____	mg	_____
Sodium	_____	mg	_____
Water	_____	ounces	_____
Avoid:	_____		
Limit:	_____		

	Example Daily Minimum		Example Daily Maximum
Calories	1400		2000
Calcium	1000	mg	1200
Carbohydrates	130	grams	225
Fiber	25	grams	38
Iron	19.3	mg	20.5
Protein	40	grams	65
Phosphorus	800	mg	1200
Potassium	1500	mg	2700
Sodium	1200	mg	2300
Water	72	ounces	90
Avoid:	Eating after 6pm		
Limit:	Processed foods and animal protein		