



Diet Help until you see your Renal Dietitian

The kidneys help remove excess wastes and fluids from your body. If the kidneys aren't working, these substances - phosphorus, potassium, sodium, protein and fluids - can build up in your blood, which can be dangerous. You can help prevent the build up of such substances by controlling what you eat and drink.

	Limit or Avoid ☹	OK to Choose Daily ☺
<p>Protein Eating adequate protein helps with immune system, energy, wound healing & tissue repair Normal Albumin: 4.0 or greater</p>	<p>Processed meats: hot dogs, sausage, ham, bacon, organ meats (liver, tripe), deli meats, beans (kidney, pinto, navy, lima, lentils, soy, garbanzo), milk, cheese, yogurt</p>	<p>Chicken, beef, turkey, fish, shellfish, pork, egg whites Servings per day: 6-8 ounces (3 oz of meat, fish or poultry = size of a deck of cards; 1 egg = 1 ounce protein)</p>
<p>Sodium Using too much salt can cause high blood pressure, fluid retention and may cause difficulty breathing.</p>	<p>Salt & salt seasonings, salt substitutes, nuts, processed meats (ham, bacon, sausage, hot dogs), soy sauce, canned vegetables & soups, olives, pickles, frozen T.V. dinners</p>	<p>Fresh herbs and spices, Mrs. Dash, pepper, lemon/lime, vinegar, hot chili pepper (green & red) raw</p>
<p>Potassium Too much or too little potassium in your blood can cause heart problems. Normal range: 3.5 –5.5</p>	<p>Avocado, tomatoes, tomato juice, tomato sauce, potatoes/ sweet potatoes, banana, orange, orange juice, beans (kidney, pinto, navy, lima, lentils, soy, garbanzo), cactus, dried fruits, melon, mango, papaya, persimmons, pomegranate, spinach, artichoke, bamboo shoots, carrot juice, winter squash, bok choy, chard, milk, soymilk, yogurt, nuts Allow <u>no more than</u> ½ cup serving 3 times per week if potassium level is normal.</p>	<p>Fruits: Apple, strawberries, blueberries, blackberries, raspberries, boysenberries, cherries, plums, grapes, canned fruit, pineapple, watermelon, rhubarb Vegetables: broccoli (from frozen cuts) cauliflower, cucumber, green beans, bell pepper (red & green), lettuce, onion, cabbage, celery, eggplant, beets, turnips, turnip greens, radishes, alfalfa sprouts, Brussels sprouts, summer squash, asparagus, okra, zucchini, endive, leeks, water chestnuts 5 servings (1/2 cup) fruits and vegetables a day.</p>
<p>Phosphorus Too much phosphorus in your blood can cause weak bones, itching and calcium deposits in blood vessels. Your doctor will likely give a medication to lower phosphorus in the blood. Normal range: 3.5 – 5.5</p>	<p>Milk, cheese, yogurt, ice cream, cream soups (clam chowder, cream of mushroom), beans (kidney, pinto, navy, lentils, lima, soy, garbanzo), nuts, peanut butter, corn, peas, bran cereal & bran bread, chocolate, colas, beer, biscuit, oatmeal Allow 1½ cup a day of milk or milk products if phosphorus level is normal. Limit corn tortillas to 3 per day.</p>	<p>Mocha Mix, Coffee Mate, sherbet/sorbet, gelatin, popcorn, unsalted pretzels/crackers, white breads – French, Italian, sourdough, plain bagel, white rice, pasta, flour tortillas, English muffin, corn and rice cereal, cream of wheat, cream of rice, grits, farina, couscous 6 servings a day</p>
<p>Fluids Daily fluid allowance is 1 liter = 32 ounces Normal fluid weight gain is no more than 3-5% of dry weight.</p>	<p>Colas – Pepsi/Coke (regular & diet), Hawaiian Punch, Gatorade, PowerAde, bottled iced tea, hot chocolate, prune juice, beer</p>	<p>Herbal teas, coffee, Sprite, 7-up, Ginger ale, root beer, club soda, Crystal Light, lemonade, Kool-Aid, Hi-C, cranberry, apple, grape, and pineapple juice, gelatin Note: soups, Jell-O & ice count as fluid. A cup of ice is equivalent to ½ cup of water</p>