



Dietary Guide for Patients with Chronic Kidney Disease

Phosphorus Foods to Limit

Dark colas (Pepsi, Coke or root beer)
Oatmeal
Processed meats
Liver
Sardines

Better Phosphorus Food Choices

Clear colored sodas (Ginger Ale, Sprite, etc)
Cream of Wheat, grits
Fresh chicken
Fish
Shrimp

Potassium Foods to Limit

Fruits: Bananas, cantaloupe and honeydew melon, grapefruits and grapefruit juice, kiwi, mango, oranges and orange juice, canned or frozen peaches, fresh pears, raisins

Greens: beet, collards, dandelion, mustard, swiss chard

Potatoes: white and sweet

Vegetables: Artichoke, acorn squash, avocado, butternut squash, brussel sprouts, okra, tomatoes, tomato sauce and juice, zucchini

Salt substitutes

Better Potassium Food Choices

Serving size = 1/2 cup cooked, 1 cup raw or 1 medium sized piece

Apples, applesauce, apple juice, blackberries, blueberries, fruit cocktail, grape juice, mandarin oranges, fresh peaches, canned pears, pineapple, raspberries, tangerines

Cooked cabbage, turnip greens, kale

Corn

Asparagus, boiled cauliflower, celery, cucumbers, lettuce, onions

Herbs, onions, garlic



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Foods High in Phosphorus and Potassium

Hard cheese (1 oz)

Chocolate desserts, pudding

Cream soups

Peanut butter

Milk

Dried beans and peas

Ice cream

Nuts and seeds

Whole grains: such as wheat bread, bran cereal, pasta, wild or brown rice

Dried fruits

Better Phosphorus and Potassium Food Choices

Low-fat cream cheese (1 oz)

White cakes (angel food), Desserts made with lemon or apple, Rice Krispy treats
(diabetics: consult with physician)

Broth-based soups (low sodium)

Low-fat cream cheese, jam or fruit spread

Coffeemate (1/2 cup), Rich's Coffee Rich (1/2 cup)

Green beans (fresh or frozen), wax beans, string beans

Sherbet, popsicles, sorbet

Unsalted popcorn, salt-free pretzels, rice cakes

White bread, rice cereal, corn flakes, white pasta, white rice, couscous, graham crackers, melba, salt-free saltines

Grapes (20), low potassium fresh fruits



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Sodium Foods to Limit

Better Sodium Food Choices

Do not use salt for cooking or add to food at the table! Read labels for sodium content. Limit sodium to 2000mg per day. Remember: ONE teaspoon of salt has 2300mg of sodium

Salt: this includes sea salt, kosher salt or any “light” salt

Herbs (garlic, rosemary, pepper, thyme)

Sauces, condiments, marinades

Onions, syrup (pancake or waffle), caramel

Processed or canned foods, frozen dinners, fast food

Prepare own food, cook and freeze leftovers. If canned foods must be used, rinse well and then prepare with fresh water

Cured or salted meats (bacon, ham, hot dogs, lunch meat, sausage)

Fresh chicken, fish, shrimp

Products containing: sodium bicarbonate, baking powder, sodium caseinate, sodium propionate, monosodium glutamate, brine, sodium benzoate or sodium nitrate.

Vinegar, lemon or lime juice

If three or more of these items are listed as ingredients, the product will be high in sodium.



The Renal Diet – Phosphorus

The kidneys help regulate calcium and phosphorus balance in the body. Both elements are needed to keep the bones healthy and strong. When kidney function is reduced, phosphorus levels can get too high. The body then cannot take in enough calcium, causing the body to “steal” calcium from the bones. Stealing calcium from the bones can lead to weak and brittle bones. Other problems associated with high phosphorus levels include itchy skin and bone and joint pain.

Patients with Chronic Kidney Disease should avoid eating a diet rich in phosphorus. If the phosphorus level remains high despite a low phosphorus diet, a special medication may be prescribed to help eliminate the phosphorus. This medication is called a phosphate binder, designed to bind with the phosphorus in the foods eaten and then eliminated in the stool. Your doctor will tell you if it is necessary to take a phosphate binder.

Foods **high** in phosphorus to avoid or limit include:

Dairy	Fruits/Vegetables	Other Foods
Cheese	Beans (except green)	Biscuit
Ice cream (sherbet is ok)	Broccoli	Bran and Bran products
Milk	Mushrooms	Cheerios
Pudding	Raisins	Chocolate
Yogurt		Clams
		Colas, dark in color
		Cornbread
		Liver, chicken or beef
		Lentils
		Nuts
		Oatmeal
		Peanut butter
		Rice, brown or wild
		Sardines



The Renal Diet – Potassium

The kidneys are responsible for getting rid of extra potassium in the blood. When kidney function is reduced, potassium levels can get too high. This can be very dangerous. High potassium can cause your heart to beat irregularly or even stop without warning! Patients with Chronic Kidney Disease can prevent this from happening by eliminating potassium rich foods from their diet.

Foods high in potassium include:

Fruits	Vegetables	Other Foods
Apricots	Asparagus	Bran and Bran products
Bananas	Avocado	Clams
Cantaloupe & Honeydew	Beans (except green)	Chocolate
Grape juice (grapes are ok)	Broccoli	Coffee (limit to 2 cups/day)
Mango	Brussels sprouts	Lentils
Oranges and other citrus fruits (and juice)	Greens (collards, swiss chard, mustard, dandelion and beet)	Milk
Papaya	Mushrooms	Salt Substitute
Prunes (and juice)	Potatoes (including sweet)	Yogurt
Raisins	Spinach	
	Squash	
	Tomatoes (and sauces)	
	Zucchini	