

Food Pyramid for Healthy Eating with Kidney Disease

Low Sodium • Low Potassium • Low Phosphorus

Ask your Renal Dietitian for advice on your daily goal from each food group to meet your individual nutrition needs.



* Symbol identifies High Sodium Foods-limit daily servings ** Identifies High Phosphorus Foods-limit daily servings

Notes _____



Limit or Avoid These Foods

Dairy Products

Milk
Yogurt
Cheese
Ice Cream

Legumes

Dried Beans
(Pinto, Kidney, Lima,
Navy, Soy, Lentils)
Dried Peas
(Blackeyed,
Split Peas)

Grains and Cereals

Bran Cereal & Muffins
Granola
Grape-nuts®
Whole Wheat Cereal
or Crackers
Bread with Oatmeal,
Dark Rye, or
Whole Wheat
Pancakes Waffles
Corn Tortillas

Beverages

Cola
Cherry Cola
Chocolate Drinks
Beer
Coffee Drinks
with Milk

Vegetables (compared to other vegetables)

Corn
Green Peas
Snow Peas
Mushrooms

Meats

Deli Meats

Ham Bologna
Roast Beef
Turkey Chicken

Cured Meats

Salami Pastrami
Sausage Hot Dogs

Canned Meats

Spam® Treat®
Vienna Sausage
Potted Meat
Tuna Salmon

Seasonings

Salt
Soy Sauce
Accent
Teriyaki Sauce
BBQ Sauce
Catsup

Grains

Pancakes
Waffles
Ready-to-eat Cereals
Commercial Rice &
Pasta Mixes
Salted Pretzels
Salted Crackers
Salted Chips

Other

Sardines
Organ Meats
Liver Avocado
Nuts & Seeds
Peanut Butter
Dried Fruits
Chocolate

Vegetables

Canned with Sodium
Sauerkraut
Vegetable Juice Cocktail
Tomato Juice

Other

Processed Cheese
Bouillon Broth
Salad Dressings
Pickles Olives
Instant and
Canned Soups
Frozen Dinners

Fast Foods

and many
restaurant
foods

High
Sodium
Na⁺

High
Phosphorus
PO₄

Caution!

High
Potassium
K⁺

Fruits

Apricots
Banana
Cantaloupe
Dates
Dried Figs
Guava
Honeydew &
Most Melons
Grapefruit
Japanese Persimmon
Kiwi Mango
Nectarine
Orange Papaya
Fresh Pear
Prunes Tangelo
Most Dried Fruit
Avocado

Vegetables

Fresh Bamboo Shoots
Beet Greens
Chard
Chinese Cabbage
(cooked)
Potatoes
(baked, hash browns,
chips, etc. unless
soaked in water,
or blanched)
Cooked Spinach
Sweet Potato
Winter Squash
Tomato Paste
Tomato Sauce
Tomato Juice
All Vegetable Juices

Dairy Products

Milk
Yogurt

Other

Nuts & Seeds
Salt Substitute
Dried Beans & Peas
Chocolate

*Discuss these foods
with your dietitian
before eating.
Potassium, Phosphorus,
and Sodium MUST be
limited in your daily
diet to keep your
heart and bones healthy.*

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