Food Pyramid for Healthy Eating with Kidney Disease

Low Sodium • Low Potassium • Low Phosphorus

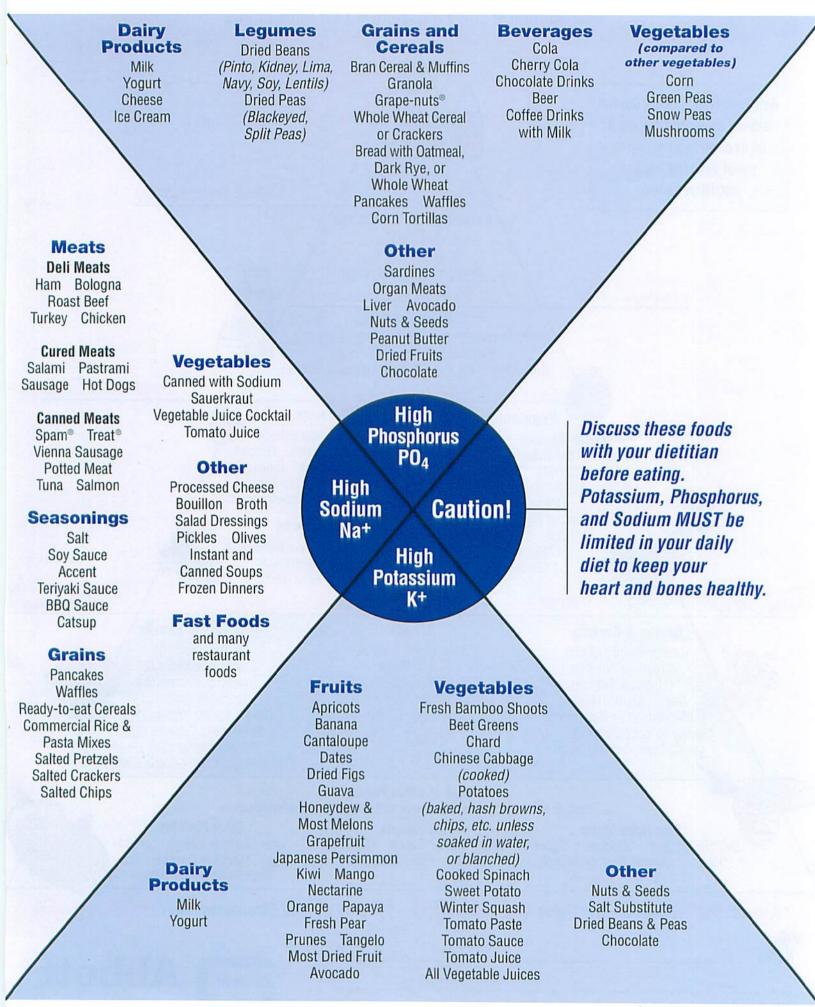
Fats Ask your Renal Dietitian for Oil advice on your daily goal Butter Margarine from each food group to Mayonnaise meet your individual *Salad Dressing nutrition needs. My goal 1 serving = 1 tsp to 1 tbsp**Nondairy Milk Substitutes** Liquid Creamer Whipped Topping Nondairy Frozen Dessert 1 serving = 1/2 cupMy goal **Dairy Products Milk or Yogurt 1/2 cup Cream Cheese 2 Tbsp Ice Cream or Sherbet 1/2 cup Sour Cream 1/4 cup Evaporated Milk 1/4 cup My goal 1 serving = 1/4 to 1/2 cupFruits Vegetables Apple Applesauce Bean Sprouts Bell Pepper Berries Cherries Grapes Tangerine Plum Pineapple Green Beans Cabbage Carrots Cucumber Peach Canned Pear Eggplant Cauliflower Fruit Cocktail Grapefruit half Onion Lettuce Summer Squash Radish Fruit Juices Corn **Green Peas Cranberry Raspberry Apple *Mushrooms Grape Lemonade **Snow Peas Pear or Peach Nectar 1 serving = 1/2 cupMy goal My goal | serving = 1/2 cup or 1 small piece **Grains & Cereals Breads** Crackers & Snacks Rice or Pasta 1/2 cup Sourdough White Melba Toast (6) Bun Bagel Graham Crackers (2) Cream of Wheat Unsalted Saltines (6) Oatmeal 1/2 cup **English Muffin** Grits Malt-o-Meal® Flour Tortilla Dinner Roll **Unsalted Pretzels** Puffed Wheat or Rice 1 cup Danish Donut Cake Vanilla Wafers (10) Ready-to-eat Cereals 3/4 cup Shortbread Cookies (2) 1 serving = 1 slice or 1 oz (avoid Bran, Granola, Nuts) Sugar Wafers (4) My goal Fruit Pie (Apple, Berry, Peach, Cherry) **High Protein Foods** Protein servings vary with your size and individual nutrition needs. Fresh Meats Other Proteins *Processed Meats Beef Pork Lamb Chicken Deli *Roast Beef *Chicken *Turkey Low Cholesterol Egg Product Turkey Fish Seafood *Canned Tuna or Salmon Egg *Cottage Cheese Tofu *Ham Vegetarian Meat Analogs 1/4 cup = 1 ounceMy goal

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

Notes _____



Limit or Avoid These Foods



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