

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____



Chronic Kidney Disease Stage 5: Nutrition Guidelines

- When your kidneys are not working well, it is time to change what you eat and drink so that your body will work well and you will feel better.
- This meal plan will help control the levels of sodium, potassium, and phosphorus in your body; it will prevent bone loss; and it will preserve good nutrition status for you.
 - Too much sodium (salt) in your diet may make it harder to control blood pressure, increase your thirst, and make your body retain too much fluid.
 - High blood levels of phosphorus may be an early sign that your kidney failure is affecting your bones.
 - If blood levels of potassium become too high, you will need to eat fewer high potassium fruits and vegetables. This helps to protect your heart.
- Extra fluid is normally removed by the kidneys. Because your kidneys are not working, you must limit how much you drink. If your body retains fluids, your ankles and feet may swell. Fluid may also build up in your lungs, and cause shortness of breath and other more serious problems.

Recommended Foods

Adapted from National Renal Diet (Harvey KS. *A Healthy Food Guide for People on Dialysis*. Chicago, IL: American Dietetic Association Renal Practice Group; 2002.)

Protein Choices

Animal Protein Foods

You may have _____ servings each day of these foods. One serving is:

Beef (1 ounce)
Egg replacements (1/4 cup)
Eggs (1 large)
Fish (1 ounce)
Lamb (1 ounce)
Pork (1 ounce)
Poultry (1 ounce)
Shellfish (1 ounce)
Veal (1 ounce)
Wild game (1 ounce)

Fruit and Vegetable Choices

The following three charts list fruits and vegetables that have low, medium, and high potassium content. Balance the foods you eat from all three lists so you don't get too much potassium.

Note: Unless otherwise stated, all servings are ½ cup.

Low-Potassium (less than 150 milligrams) Fruit, Fruit Juices, and Vegetables

You may have _____ servings each day.

Fruits	Vegetables
Apples (1)	Alfalfa sprouts
Apple juice	Bamboo shoots (canned)
Applesauce	Bean sprouts
Apricot nectar	Beets (canned)
Blackberries	Cabbage
Blueberries	Carrots
Cranberries	Cauliflower
Cranberry juice and cranberry juice cocktails	Corn
Fruit cocktail	Cucumber
Gooseberries	Endive
Grape juice	Eggplant
Grapes	Green beans
Lemons	Lettuce (all types, 1 cup)
Lemon juice	Mushrooms
Limes	Onions
Lime juice	Radishes
Papaya nectar	Water chestnuts (canned)
Peaches (canned) and peach nectar	Watercress
Pears (canned) and pear nectar	
Pineapples	
Plums (1)	
Raspberries	
Strawberries	
Tangerines (1)	
Watermelon	

Medium-Potassium (150-250 milligrams) Fruit, Fruit Juices, and Vegetables

You may have _____ servings each day.

Fruits	Vegetables
Cantaloupe	Asparagus
Cherries	Broccoli
Figs (2 whole)	Celery
Grapefruit	Kale
Grapefruit juice	Mixed vegetables
Mango and mango nectar	Peas
Papayas	Peppers
Peaches (fresh)	Summer squash
Pears (fresh)	Turnips
Rhubarb	Zucchini

High-Potassium (more than 250 milligrams) Fruits, Fruit Juices, and Vegetables

You may have _____ servings each day.

Fruits	Vegetables
Apricots (3)	Artichokes
Bananas (1 small)	Avocado
Dates (¼ cup)	Bamboo shoots (fresh, raw)
Honeydew melon	Beets (fresh)
Kiwifruit	Brussels sprouts
Nectarine	Chard
Orange (1)	Greens (such as beet, collard, and mustard)
Orange juice	Kohlrabi
Prune juice	Okra
Prunes (5)	Parsnips
Raisins	Potatoes
	Pumpkins
	Rutabagas
	Spinach
	Sweet potatoes
	Tomatoes
	Tomato sauce or puree
	Tomato juice or V-8 juice, low sodium
	Wax beans
	Winter squashes
	Yams

Dairy and Other High-Phosphorus Choices

Limit your food choices from the list below of high-phosphorus foods.


You may have _____ high-phosphorus food choices each day.

Biscuits, muffins (1 small)	Nuts (¼ cup)
Cake (1 slice, 2 × 2-inch piece)	Organ meats (1 ounce)
Cheese (1 ounce)	Pancakes, waffles (1; 4-inch diameter)
Condensed and evaporated milk (¼ cup)	Pudding, custard (½ cup)
Cooked, dried beans and peas (½ cup)	Sardines (1 ounce)
Cottage cheese (¼ cup)	Soy milk (1 cup)
Granola, oatmeal (½ cup)	Tofu (¼ cup)
Ice milk or ice cream (½ cup)	Tortillas, corn (2 6-inch diameter)
Light cream or half-and-half (½ cup)	Vegetarian meat replacements (such as Garden burgers and Boca burgers) (2 ounces)
Milk, all kinds (½ cup)	Whole wheat cereal, bran cereals (½ cup)
Milkshake (½ cup)	Yogurt, plain or fruit-flavored (½ cup)
Non-dairy “milk” replacements (1 cup)	
Nut butters (2 tablespoons)	

Bread, Cereal and Grain Choices

You may have _____ choices each day.

Breads and Rolls	Bagel (½ small) Bread, all kinds (1 slice or 1 ounce) Bun, hamburger or hot dog type (½) Cornbread, homemade (1 piece or 2 ounces) Danish pastry or sweet roll (½ small) Dinner roll or hard roll (1 small) Doughnut (1 small) English muffin (½) Pita or pocket bread (½; 6-inch diameter) Tortilla, flour (1; 6-inch diameter)
Cereals and Grains	Low-sodium dry cereals (such as Corn Pops, Sugar Smacks, puffed wheat, or puffed rice) (1 cup or 1 ounce) Cooked cereals (such as cream of rice, cream of wheat, farina, Malt-o-Meal) (½ cup) Grits, cooked (½ cup) Pasta, cooked (such as noodles, macaroni, spaghetti) (½ cup) Rice, cooked (½ cup)
Crackers and Snacks	Crackers, unsalted (4; 2-inch crackers) Graham crackers (3 squares) Melba toast (3 oblong pieces)

	Popcorn, unsalted (1½ cups popped) Pretzels, unsalted sticks or rings (¾ ounce or 10 sticks) Tortilla chips, unsalted (¾ ounce or 9 chips)
Desserts	Sugar cookies (4) Shortbread cookies (4) Sugar wafers (4) Vanilla wafers (10)
 Grain Foods with Added Sodium and Phosphorus	Limit your eating of the following grain foods to _____ servings each _____. Biscuits, muffins (1 small) Cake (1/20 round cake, or 2 x 2 inch square) Cornbread from mix (1 piece or 2 ounces) Fruit pie (⅛ pie) Oatmeal (½ cup) Pancakes, waffles (1, 4-inch diameter) Pretzels, salted sticks or rings (¾ounce or 10 sticks) Dry cereals, most brands (¾cup) RyKrisp (3 crackers) Sandwich cookie (4) Whole-wheat cereals, bran cereals (½ cup)

Fluid Choices

Note: Fluids are any drink or food that is liquid at room temperature.

You may have _____ cups of fluid each day.

Clear or fruit-flavored drinks that have bubbles Coffee Fruit drinks Fruit or vegetable juice Ice cream, frozen yogurt, sherbet Milk, non-dairy creamers	Popsicles, juice bars Soda pop Soup Tea Water Jell-O
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Notes:

Foods Not Recommended

Adapted from National Renal Diet (Harvey KS. *A Healthy Food Guide for People on Dialysis*. Chicago, IL: American Dietetic Association Renal Practice Group; 2002.)

Avoid eating too much of these foods:

- Foods that are high in sodium (salt), potassium, and/or phosphorus
- High-potassium fruits and vegetables. Note: If your blood potassium level is high, it will be especially important to limit these foods.
- High-phosphorus foods
- Whole wheat products –check with your dietitian before eating these, especially if your blood phosphorus is high.

Sodium (Salt)

- Don't add salt to your food in cooking or at the table.
- Read labels and choose foods with 300 milligrams (mg) of sodium per serving or less.
- Don't eat the following foods:



- Table salt and salt blends
- Soy sauce, other Asian sauces
- Convenience foods (such as frozen dinners, canned or dried soups, stews, casseroles, and deli meals)
- Fast foods (commercial hamburgers, pizzas, and tacos)
- Cured or processed meats and cheeses
- Salted snack foods
- Vegetables that are canned or processed with salt

Notes:

Sample 1-Day Menu

Meal	Menu
Breakfast	½ cup cranberry juice 1 egg 2 slices toast with 2 teaspoons jelly 1 cup coffee
Lunch	Turkey sandwich: 2 slices bread, 3 ounces sliced turkey, 1 lettuce leaf, 2 teaspoons mayonnaise ½ cup cucumber salad with 1 tablespoon oil and vinegar dressing 1 medium apple 1 cup lemonade
Evening Meal	3 ounces broiled fish ½ cup rice ½ cup green beans 1 cup lettuce salad with 1 tablespoon oil and vinegar dressing 1 dinner roll with 2 teaspoons margarine ½ cup canned peaches 1 cup iced tea
Snack	1 slice pound cake ½ cup orange Jell-O

Meal Planning Tips

- Stick to the foods and portions shown on your meal plan.
- Plan menus based on what you usually eat. Add snacks as desired.
- Take your phosphorus binder as directed, usually with every meal and snack.
- Carefully plan the fluids that you eat and drink to avoid having too much. When measuring fluids, include all liquids (water and anything that melts into a liquid at room temperature).
- Plan ahead for special occasion meals and for when you eat at restaurants so you can choose the foods that are best for you.
- Develop simple, quick menus for days that you can't cook.

Notes:

Sample Meal Plan

Use this form to develop an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: