

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nephrotic Syndrome Nutrition Therapy



- You will need to follow a special meal plan for kidney disease.
- The meal plan is designed to control your intake of protein, sodium, fluid, and fat.
- This meal plan may help limit the complications associated with your condition, such as low blood levels of protein, extra fluid in the body, and high cholesterol and tryglycerides.

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

High-Protein Foods

Limit high-protein foods to _____ servings per day. To limit fat, choose poultry and fish more often than red meats. Lean cuts of red meat are from the hind part of the animal or the loin and tenderloin. One serving of protein is:

- Beef (1 oz)
- Egg substitutes (¼ cup)
- Eggs (1 large); limit to 3 yolks per week
- Fish (1 oz)
- Lamb (1 oz)
- Pork (1 oz)
- Poultry (1 oz)
- Shellfish (1 oz)
- Veal (1 oz)
- Wild game (1 oz)

High-Protein Foods with Phosphorus

Limit high-phosphorus, high-protein choices to _____ per day. Choose low-fat varieties of cheese and milk products.

- Cheese, low-fat (1 oz)
- Cooked, dried beans and peas (½ cup)
- Milk, low-fat (1 cup)
- Nut butters, low-fat (2 Tbsp)
- Soy milk, low-fat (1 cup)
- Tofu (¼ cup)
- Yogurt, low-fat (1 cup)

High Protein-Foods with Sodium

Limit high-sodium, high-protein choices to _____ per day.

- Canned tuna, salmon (1 oz or ¼ cup)
- Cottage cheese, low fat (¼ cup)
- Deli-style roast beef or turkey
- Vegetarian meat substitutes (garden burgers or soy burgers) (2 oz)
- Hot dogs, low-fat (2 oz)

Lower-Protein Foods

Vegetables

You may have _____ servings of vegetables per day. Fresh or frozen vegetables have less salt than canned. Unless otherwise indicated, serving sizes are ½ cup.

The chart groups vegetables by potassium content. Your doctor and dietitian will let you know if you need to avoid vegetables that are high in potassium.

Low-Potassium Vegetables	Medium-Potassium Vegetables	High-Potassium Vegetables
Alfalfa sprouts	Asparagus	Artichokes
Bamboo shoots (canned)	Broccoli	Avocado
Cabbage	Celery	Bamboo shoots (fresh)
Carrots	Kale	Beets (fresh)
Cauliflower	Mixed vegetables	Brussels sprouts
Corn	Peas	Chard
Cucumber	Peppers	Greens (beet, collard, etc)
Eggplant	Summer squash	Kohlrabi
Eggplant	Turnips	Okra
Green beans	Zucchini	Parsnips
Lettuce (1 cup)		Potatoes
Mushrooms		Pumpkin
Onions		Rutabagas
Radishes		Spinach
Water chestnuts (canned)		Sweet potatoes
Watercress		Tomatoes, tomato sauce
		Wax beans
		Winter squash
		Yams

Breads, Cereals and Grains

You may have _____ servings per day of breads, cereals, and grain.

Breads and Rolls:

- Bagel (½ small)
- Bread, all kinds (1 slice or 1 oz)
- Bun, hamburger or hot dog type (½)
- Cornbread, homemade (1 piece or 2 oz)
- Dinner roll or hard roll (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 (Corn Pops, Cocoa Puffs, Sugar Smacks, Fruity Pebbles, puffed wheat, puffed rice, etc.) (1 cup or 1 oz)
- Cereal, cooked (cream of rice, cream of wheat, farina, Malt-o-Meal) (½ cup)
- Grits, cooked (½ cup)
- Pasta, cooked (noodles, macaroni, spaghetti, etc.) (½ cup)
- Rice cooked (½ cup)

Crackers and Snacks, Low-Fat:

- Crackers, unsalted (four 2-inch crackers)
- Graham crackers (3 squares)
- Melba toast (3 oblong pieces)
- Popcorn, unsalted (1½ cups popped)
- Pretzels, unsalted sticks or rings (¾ oz or 10 sticks)
- Tortilla chips, unsalted (¾ oz or 9 chips)

Desserts, Low-Fat:

- Sugar cookies (4)
- Shortbread cookies (4)
- Sugar wafers (4)
- Vanilla wafers (10)

Grain Foods with Added Sodium and Phosphorus:

Limit your intake of the following grain foods to _____ servings per _____.

- Muffins, low fat (1 small)
- Plain cake (1/20 round cake, or 2 × 2-inch square)
- Oatmeal (½ cup)
- Pancake or waffle (1; 4-inch)
- Pretzels, salted sticks, or rings (¾ oz or 10 sticks)
- Dry cereals, most brands (¾ cup)
- RyKrisp (3 crackers)
- Sandwich cookie (4 cookies)
- Whole wheat cereals, bran cereals (½ cup)

Fruit Choices

You may have _____ servings of fruit per day. Unless otherwise stated, serving sizes are ½ cup.

The following chart groups fruits by potassium content. Your doctor and dietitian will let you know if you need to avoid fruits that are high in potassium.

Low-Potassium Fruits	Medium-Potassium Fruits	High-Potassium Fruits
Apple (1) Apple juice Applesauce Apricot nectar Blackberries Blueberries Cranberries Cranberry juice cocktail Fruit cocktail Gooseberries Grapes Grape juice Lemon or lime (1) Papaya nectar Peach (canned) Peach nectar Pear (canned) Pear nectar Pineapple Plums Raspberries Strawberries Tangerine Watermelon	Cherries Cantaloupe Figs (2 whole) Grapefruit Grapefruit juice Mango nectar Papaya Peach (fresh) Pear (fresh) Rhubarb Prunes (5) Raisins	Apricots Banana (1 small) Dates (1/4 cup) Honeydew melon Nectarine Orange (1) Orange juice Prune juice

Fluid

To control your fluid intake, have _____ ounces per day. Fluids include all foods that are liquid at room temperature. The following foods count as fluid:

- Beverages
- Soup
- Gelatin desserts
- Frozen desserts
- Ice

High-Calorie Choices

You may have _____ servings per day from this list of high-calorie foods.

Chewy fruit snacks and candies (1 oz) Cranberry sauce or relish (¼ cup) Cream cheese, low-fat (1 Tbsp) Fruit chews (4 or 1 oz) Fruit drinks (1 cup) Fruit roll ups (2) Gumdrops (8) Hard candy (4 pieces) Honey (2 Tbsp) Jam or jelly (2 Tbsp) Jelly beans (15) Lifesavers (13) Margarine (1 tsp) Marmalade (2 Tbsp) Marshmallows (5 large)	Mayonnaise (1 Tbsp) Mints (13) Non-dairy creamer, low fat (¼ cup) Non-dairy topping, low fat (¼ cup) Popsicles, juice bars (1 bar) Salad dressing, low fat (1½ Tbsp) Soda pop (1 cup) Sorbet (½ cup) Sour cream, low fat(1 Tbsp) Sugar, brown or white (2 Tbsp) Sugar, powdered (3 Tbsp) Syrup (2 Tbsp) Tartar sauce (2 tsp) Vegetable oil (1 tsp)
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Flavorings with Added Sodium

You may have _____ servings per day from the following list of flavorings that contain sodium.

Accent (¼ tsp) Barbecue sauce (2 Tbsp) Bouillon or broth (⅓ cup) Catsup (2 Tbsp) Chili sauce (1½ Tbsp) Dill pickle (⅛ large or ½ oz) Light soy sauce (1 tsp) Mustard (4 tsp) Olives (3 medium)	Salt (⅛ tsp) Seasoning salts (⅛ tsp) Soy sauce (¾ tsp) Steak sauce (1½ Tbsp) Sweet pickle relish (2½ Tbsp) Taco sauce (3 Tbsp) Tamari sauce (¾Tbsp) Teriyaki sauce (1¼ tsp) Worcestershire sauce (1 Tbsp)
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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.)

Protein

Large amounts of high-protein foods should be avoided. Limit high protein foods to _____ servings per day. See Recommended Foods list for serving sizes.

Sodium

It is important to stay within the sodium (salt) limits of your meal plan. Avoiding the salt shaker is a good place to start. In addition, you should omit the following foods:

- Table salt, sea salt, seasoned salt, garlic salt, Lawry's Seasoning, Nature's salt, soy sauce
- Convenience foods (such as TV dinners, canned or dried soups, stews, casseroles, and deli foods)
- Fast foods (such as commercial hamburgers, pizzas, fried chicken, and tacos)
- Cured or processed meats and cheeses (such as ham, bologna, American cheese)
- Salted snack foods (such as salted potato chips, pretzels, and popcorn)

Fat and Cholesterol

Avoid saturated fats (solid at room temperature). Use unsaturated fats in moderation. Limit foods that are high in cholesterol. You should omit the following foods:

- Bacon, breakfast sausage
- Hot dogs, bratwurst, Polish sausage
- Luncheon meats, bologna, liverwurst, salami, etc.
- Margarine with hydrogenated vegetable oil listed as the first ingredient
- Butter, shortening, lard
- Whole milk and whole milk products
- Poultry skin, visible fat on meat
- Fried foods
- Egg yolks (limit to 3 per week)
- Danish pastry, sweet rolls, or donuts
- Biscuits, muffins
- Cake with frosting, pie
- Granola cereal

Fluid

Limit your consumption of fluids to _____ ounces per day. Fluids include all foods that are liquid at room temperature, including beverages, soup, gelatin desserts, frozen desserts, and ice.

Exchange Meal Pattern (if applicable)

Plan your menu to have:

_____ servings of meats and other high-protein foods

_____ servings of vegetables

_____ servings of breads, cereals, and grains

_____ servings of fruits

_____ servings of high-calorie foods

_____ servings of flavor

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Food List	Protein, g/Serving	Calories/Serving	Sodium, mg/Serving	Fat, g/Serving	Phosphorus, mg/Serving
High-protein, low-fat	6-8	50-100	20-150	3-5	50-100
High-phosphorus protein, low-fat	6-8	50-100	20-150	3-5	100-300
Higher-sodium protein, low-fat	6-8	50-100	200-450	3-5	50-100
Vegetables	2-3	10-100	0-50	0	10-70
Breads, rolls, cereals, grains, crackers, snacks, desserts, low-fat	2-3	50-200	0-150	0-3	10-70
Higher-sodium and/or higher-phosphorus grain foods, low-fat	2-3	50-200	150-400	0-3	100-200
Fruits	0-1	20-100	0-10	0	1-20
Calorie choices, low-fat	0-1	100-150	0-100	3-5	0-100
Flavor choices, low-fat	0	0-20	250-300	0-5	0-20

Meal Planning Tips

- Choose foods as directed in your meal plan.
- Plan menus based on your current food habits. Snacks may be added as desired.
- Do not focus on protein as the main part of the meal. Think of meat and other types of animal protein as a side dish.
- Plan meals ahead for special occasions and dining out.
- Develop emergency menus for days you are unable to cook.

Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> ½ cup orange juice 1 cup puffed wheat cereal ¼ cup egg substitute 1 slice toast 1 tsp margarine 1 tsp jelly 1 tsp sugar ½ cup low-fat milk 1 cup coffee
Lunch	<ul style="list-style-type: none"> Turkey sandwich: 2 slices whole wheat bread, 2 oz sliced turkey, lettuce and tomato, and 2 tsp reduced fat mayonnaise ½ cup cucumber salad with 1 Tbsp oil and vinegar dressing 1 medium apple 1 cup lemonade
Evening Meal	<ul style="list-style-type: none"> ½ cup pineapple juice 2 oz broiled fish ½ cup rice ½ cup green beans 1 cup tossed lettuce salad 1 Tbsp oil and vinegar 1 dinner roll 2 tsp margarine ½ cup canned peaches 1 cup iced tea
Snack	<ul style="list-style-type: none"> 1 piece angel food cake ½ cup sliced strawberries

Approximate Nutrition Analysis:

Calories: 1,530; Protein: 58g (15% of calories); Carbohydrate: 249g (64% of calories); Fat: 37g (21% of calories); Cholesterol: 67mg; Sodium: 1,594mg; Potassium: 2,314mg; Phosphorus: 721mg; Calcium: 458mg; Fiber: 16g