

Renal Diet – Pre-Dialysis & Dialysis:

Purpose: to provide optimal nutrition by preventing uremia, electrolyte imbalance and edema

General Guidelines:

- Low salt
- Low Potassium (limit fruits and vegetables to 5 servings per day)
- Low Phosphorous
- Moderate Protein (for pre-dialysis)
- High Protein (for dialysis)

| Item | Foods to Enjoy | Notes | Foods to Avoid |
|---|---|---|--|
| Vegetables 1 serving = ½ cup | <ul style="list-style-type: none"> • Alfalfa sprouts • Asparagus • Broccoli, cooked • Cabbage • Cauliflower • Celery • Corn • Cucumber • Green peas • Green/yellow wax beans • Iceberg/Romaine lettuce • Leeks • Mixed vegetables • Mushrooms, raw • Onion • Peppers, green and sweet red • Radishes • Raw spinach • Zucchini, raw | <ul style="list-style-type: none"> • To decrease potassium content: Cover cut-up potato/sweet potato/carrot/turnip with water and soak overnight (or at least for 4 hours). Drain water and boil in fresh water. Following this procedure allows this food to be served as per Master Menu. | <ul style="list-style-type: none"> • Asparagus, canned • Potato, baked/ fries/ scalloped • Bean sprouts • Beets/beet greens • Bok choy • Brussels sprouts • Butternut/Acorn squash • Canned vegetables • Carrot, raw • Snow peas • Cooked spinach • Mushrooms, cooked • Parsnips • Pumpkin • Rutabagas • Sauerkraut • Snap peas • Split peas • Sweet Potato • Tomato & tomato products (sauce, paste) • Turnips • Water chestnuts • Zucchini, boiled/ mashed • |
| Fruits 1 serving = 1/2 cup or as indicated | <ul style="list-style-type: none"> • Apples/Apple sauce • Blueberries • Canned fruit, drained • Cherries (10) • Cranberries (1 cup) | | <ul style="list-style-type: none"> • All Dried fruit (i.e. Prunes, raisins, figs and dates) • Apricots, fresh, frozen, dried • Avocado • Banana |

| Item | Foods to Enjoy | Notes | Foods to Avoid |
|--------------------------------|---|---|--|
| | <ul style="list-style-type: none"> • Grapes (15) • Grapefruit (1/2 small) • Lemon • Lime • Mandarin oranges • Mango (1/2) • Peaches • Pineapple, fresh • Plums, canned (or 1 medium, fresh) • Raspberries • Rhubarb • Strawberries (7) • Watermelon (1/2 cup) | | <ul style="list-style-type: none"> • Cantaloupe • Coconut • Honeydew • Kiwi • Nectarine • Orange • Pear, fresh • Pomegranate • Prunes |
| Grain Products | <ul style="list-style-type: none"> • 60% whole wheat bread • Air popped popcorn • Cornflakes • Cream of wheat/rice • Crispix® • Homemade waffles/pancakes, muffins and biscuits made with 'allowed ingredients' • Puffed Wheat/Rice • Rice cakes • Rice Krispies® /Special K® • Rye bread • Shredded Wheat® • Sourdough/ French bread • Unsalted crackers • Unsalted pretzels • White bread, buns • White English muffin • White pasta/noodles • White rice | <ul style="list-style-type: none"> • Rolled oats/oatmeal limit to 3x/week | <ul style="list-style-type: none"> • 100% whole wheat bread • All Bran Flakes/Raisin Bran® • Brown/Wild rice • Commercial muffins, biscuits, pancakes, waffles and related mixes • Cornmeal • Dark rye bread • Granola bars • Multigrain breads • Oat bran • Pumpernickel bread • Red River cereal • Wheat germ • Whole Wheat pasta/noodles |
| Milk & Alternatives | <ul style="list-style-type: none"> • Cream cheese • Non-dairy whiteners • Rice Dream Classic-Original® • Sherbet | <p>NOTE: Allowed one ½ cup serving per day of the following choices</p> <ul style="list-style-type: none"> • Milk • Yogurt | <ul style="list-style-type: none"> • Chocolate Milk • Processed cheese • Cheese Whiz • Evaporated, powdered, or condensed milk |

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| | | <ul style="list-style-type: none"> • Cream soup • Soy milk • Ice cream • Pudding • Cottage Cheese • Block Cheese (no more than 3 servings per week) | |
| <p>Meat & Alternatives</p> <p>Aim for high amounts of protein for those on dialysis.</p> | <ul style="list-style-type: none"> • Eggs • Fish (rinsed, canned tuna and salmon or No Salt Added) • Fresh beef • Fresh chicken • Fresh pork • Fresh turkey • Tofu • Wild meat | <ul style="list-style-type: none"> • Peanut butter – limit to 2 tbsp / day • Flaxseed – limit to 1 Tbsp/day | <ul style="list-style-type: none"> • Bacon • Battered fish • Canned meats • Chicken fingers/nuggets • Chickpeas/Split Peas • Deli meats • Ham • Kidney/Navy/Black/White beans • Lima beans/lentils • Black eyed peas • Nuts and seeds • Organ meats • Pork and beans • Sardines • Sausages • Smoked/pickled meats • Wieners/Smokies/HotDogs |
| <p>Soups</p> | <ul style="list-style-type: none"> • Low-sodium broth based soups | <ul style="list-style-type: none"> • Cream soups made with 1% or skim milk – when allowed as the ½ milk product serving per day | <ul style="list-style-type: none"> • Regular cream soup • Regular soups • Tomato-based soups • Canned soups • Regular bouillon • Consommé • Dry soup mixes |
| <p>Oils & Fats</p> | <ul style="list-style-type: none"> • Low-sodium gravies • Home made gravies • Home made sauces • Canola oil • Margarine • Butter | | <ul style="list-style-type: none"> • Canned gravies • Canned sauces |
| <p>Desserts & Sweets</p> | <ul style="list-style-type: none"> • Sugar substitutes • Popsicle • Jell-O® • Sherbet • Angel food cake | | <ul style="list-style-type: none"> • Caramel • Chocolate • Molasses • Commercial baked goods (cookies, pies, muffins) |

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|----------------------|--|-------|--|
| | <ul style="list-style-type: none"> • Homemade cookies/cakes made with allowed ingredients | | |
| Fluids | <ul style="list-style-type: none"> • Coffee • 7 up® • Apple juice • Cranberry cocktail • Drink crystals • Ginger ale® • Grape juice • Grapefruit juice • Lemon/lime juice • Lemonade/ Limeade • Nondairy whiteners • Peach juice • Pineapple juice • Rice Dream Classic – Original • Sprite® • Tea | | <ul style="list-style-type: none"> • Orange juice • Carrot juice • Chocolate Milk • Clamato Juice® • Cola drinks: Coke/Pepsi/Dr. Pepper® • Eggnog • Five alive • Grapefruit juice • Passion fruit • Prune juice • Rice Dream - Enriched • Tomato/V8® |
| Miscellaneous | <ul style="list-style-type: none"> • Mrs. Dash • Black pepper • Herbs/Spices • Vinegar • Vanilla extract | | <ul style="list-style-type: none"> • Pizza • Lasagna • Potato chips • Pickles • Ketchup/mustard/relish • Soy sauce • BBQ sauce • Worcestershire sauce • Salt (garlic, seasoning, celery, table, sea) • Salt substitutes • Lemon Pepper seasoning |

References:

1. General Nutrition Guidelines for Hemodialysis – Manitoba Renal Program 2011
2. Potassium List- Extended – Manitoba Renal Program 2012
3. Phosphorus Exchange List – Patient Handout – Manitoba Renal Program 2011