

# Diet for Kidney Disease



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

When you have kidney disease, you may need to follow a diet low in sodium, potassium, and phosphorus, sometimes called a **renal diet or dialysis diet**. Talk to your doctor or dietitian about how many servings from each of the food groups you should eat each day and how to keep your favorite foods in your diet.



## Milk Group

1 serving = ½ cup, 4 grams protein, 200 milligrams (mg) potassium

- Milk: whole, 2%, 1%, fat-free (skim), buttermilk, chocolate flavored, soy milk
- Plain yogurt (count the fruit if flavored)
- Pudding and custard
- Cream soups
- Ice cream
- Cream (coffee cream, Half & Half)

Aim for fat free or reduced fat options when able.

## Protein Group

1 serving = 1 ounce (oz) or ¼ cup, 7 grams protein, 120 mg potassium

### Meats (beef, pork, veal, lamb, chicken, turkey, duck, goose, and organ meats)

- Fish, 1 oz
- Tuna or salmon, 1/8 cup or 1 oz
- Shrimp or scallops, 4 medium
- Oysters, 4 medium
- Clams, 5 small or 2 large
- Eggs or egg substitute, 1 medium or ¼ cup
- Peanut butter or other nut butters, 2 tablespoons
- Cottage cheese, ¼ cup
- Cheese, 1 oz (only on days of no milk use)
- Beans or peas, ½ cup
- Tofu, ¼ cup

### Avoid these high salt and processed meats and cheeses:

- Meat or poultry “enhanced” with chicken broth
- Bacon strips, 3 strips = 439 mg of sodium
- Sausage, 2 small links = 250 mg of sodium
- Ham, 3 oz = 1,023 mg of sodium
- Frankfurter / hotdog, 1 = 500 mg of sodium
- Luncheon meat, 1 oz = 370 mg of sodium
- Processed cheese such as Velveeta, 1 oz = 420 mg of sodium
- Canned meats, 1 oz = 250 mg of sodium
- Turkey ham, 1 oz = 316 mg of sodium

### Vegetable Group (Low Potassium)

1 serving= ½ cooked or raw vegetables, 1 cup raw leafy vegetables, 2 grams protein, 200 milligrams or less potassium

- Beans, green or wax
- Beets, canned
- Cabbage, green or red
- Carrots
- Cauliflower
- Celery
- Coleslaw
- Cucumber
- Eggplant
- Escarole
- Greens, mustard, or turnip
- Hominy
- Lettuce, iceberg, escarole
- Onion
- Peas, green
- Rhubarb
- Radishes
- Summer squash, yellow, or zucchini
- Turnips



### Vegetable Group (High Potassium)

1 serving = ½ cooked or raw vegetables, 1 cup raw leafy vegetables, 2 grams protein, 200 milligrams or more potassium

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beets, fresh or greens
- Broccoli
- Brussel sprouts
- Corn
- Dried beans and peas
- Mixed vegetables
- Greens, beet, chard, collard, kale, or turnip
- Mushrooms
- Okra
- Parsnips
- Potato, sweet or white (\*unless leached)
- Rutabagas
- Soybeans/edamame
- Spinach
- Tomatoes, fresh, sauce, paste or puree
- Tomato juice or vegetable juice
- Winter squash, acorn, butternut or pumpkin
- Yams

**To leach potatoes:** Peel potato and cut into small pieces. Cover completely with water and soak in the refrigerator for at least 4 hours or overnight. Drain and rinse well. Cook in fresh water.

## Fruit Group (Low Potassium)

1 serving = 1/2 cup, 0.5 gram protein, 200 milligrams or less potassium

- Apple, fresh or apple juice
- Applesauce
- Blueberries, blackberries, raspberries, strawberries
- Cherries
- Cranberries or cranberry juice
- Fruit cocktail
- Grapes or grape juice
- Lemon or lime
- Peaches, canned or nectar
- Pears, canned or nectar
- Pineapple, fresh, canned or juice
- Tangerine
- Watermelon



## Fruit Group (High Potassium)

1 serving = 1/2 cup, unless otherwise noted, 0.5 gram protein, 200 milligrams or more potassium

- Apricot, fresh or dried
- Banana
- Dried fruits, 1/4 cup, apricot, dates, figs, prunes, or raisins
- Grapefruit or grapefruit juice
- Kiwifruit
- Mango
- Melon, cantaloupe or honeydew
- Orange or orange juice
- Papaya
- Peach or nectarine, fresh
- Pear, fresh
- Pomegranate or pomegranate juice
- Prunes or prune juice

## Fat Group

1 serving = varies by food, see below

- Butter or margarine, 1 teaspoon
- Salad dressing, 1 tablespoon
- Gravy, 2 tablespoons
- Cream cheese, 1 tablespoon
- Vegetable oil or shortening, 1 tablespoon
- Sour cream, 2 tablespoons
- Whipped topping, 3 tablespoons
- Low calorie margarine, 1 tablespoon

## Bread, Cereal and Grain Group

1 serving = varies by food, see below, 3 grams of protein, 50 milligrams potassium

- Bread, 1 slice
- Pita bread pocket, ½
- Bagel, ½
- Biscuit or roll, 1
- Muffin, homemade, 1
- Bun (hamburger or hotdog), ½
- Cereals, cold (such as Cheerios, corn flakes or puffed rice), 1 cup
- Cereals, hot (such as oatmeal, grits, farina, cream of wheat/rice), ½ cup
- Cake (angel food, white, yellow, pound), 3-inch cube, 1
- Corn bread, homemade, one 2-inch cube
- Cookies (butter, shortbread, sugar wafers), 4
- Cookies (vanilla wafers or animal crackers), 10
- Crackers (unsalted or graham), 4
- Doughnut, 1 small
- Pancakes or waffles, homemade, 4-inch diameter, 1
- Pasta or rice, cooked, ½ cup
- Popcorn (unsalted), 3 cups
- Tortilla, 1



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## Limit or Avoid these Foods

(may be high in sodium, potassium and/or phosphorus)

- Beer
- Bran
- Canned vegetables, unless “No Salt Added”
- Condiments, BBQ sauce, catsup, Chili sauce, soy sauce, steak sauce, Worcestershire sauce
- Chocolate candy, caramels, cocoa
- Coconut, coconut milk, coconut water
- Colas
- Crackers and snacks, unless unsalted
- Licorice, “real” black
- Molasses, blackstrap
- Nuts, seeds
- Pickled foods, olives, pickles, sauerkraut, lunch meats
- Processed and packaged foods, frozen dinners, or fast foods
- Salt, lite salt, salt substitutes, garlic or onion salt, lemon pepper, or poultry seasoning
- Soups, canned or dry
- Star fruit

**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.