

# Renal

# Diet 101

✓ **Grocery list**

✓ **Food swaps**

✓ **Recipes**

✓ **Food tracker journal**

We are

# RenalTracker

We're here to help you delay dialysis.

Worsening kidneys are scary. But the good news is that when changes are made early, CKD progression can be slowed and even halted.

It's all about changing your diet.



This program won the **2019 KidneyX Redesign Dialysis Prize**, sponsored by the U.S. Department of Health and Human Services Office of the Chief Technology Officer and the American Society of Nephrology.

KidneyX awards innovative medical breakthroughs that improve patients' quality of life, reduce disease and treatment complications, and minimize burden on the family and care partner(s).

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A better overall health can be achieved by reducing your kidney's workload through good nutrition. This includes eating an appropriate amount of protein, limiting salt (sodium), potassium and phosphorus, limiting total fat (especially from animal sources), and maintaining a healthy weight. Limiting your fluids is needed if your urine output is small and you are swelling (edema).

If you are diabetic, it is important that you follow the meal plan outlined by your diabetes educator.

Diet plays a very important role in the treatment of kidney disease. The kidney does the following for your body:

- Removes the waste products that are made when protein is broken down in the body. This includes urea and creatinine.
- Regulates the amount of sodium and other minerals.
- Maintains the proper balance of fluid.

If you have chronic kidney disease, your kidney may have problems doing these functions. By watching your diet, you can help reduce the strain on the kidney.

## **Disclaimer:**

The food list shown is non-comprehensive. There may be food items that are not included on this list. Please consult with a renal dietitian before making any changes to your diet.

The authors of this eBook do not take ownership of the recipes included in these pages. These are mainly to help supplement the kidney diet specified herein.



# Kidney-safe grocery list

A lot of you have been asking, “What are the foods I should eat?” Whether you are a CKD patient or living someone with CKD, here’s a good foods list for the kidneys.

## Vegetable Proteins

*Serving size = should be as per direction of your doctor/or dietitian.*

- Tofu
- Whole grains
- Wheat protein
- Unsalted nuts
- Salt-free canned/cooked peas and dried beans
- Legumes

## Animal Proteins

*Serving size = should be as per direction of your doctor/or dietitian.*

- Beef (fresh, lean cuts)
- Chicken
- Egg substitute
- Eggs
- Fish
- Lamb
- Pork (fresh, lean, tenderloin, chops, roast)
- Shellfish (clams, lobster, crabs and shrimp)
- Tuna (canned in water)
- Turkey
- Veal

## Fruits

*Serving size = medium-size fruit or 1/2 cup cut-up,  
fresh OR canned, with no added sugar*

- |                          |                   |                          |                |
|--------------------------|-------------------|--------------------------|----------------|
| <input type="checkbox"/> | Apples            | <input type="checkbox"/> | Limes          |
| <input type="checkbox"/> | Apple Sauce       | <input type="checkbox"/> | Lime juice     |
| <input type="checkbox"/> | Apricots (canned) | <input type="checkbox"/> | Lychees        |
| <input type="checkbox"/> | Blackberries      | <input type="checkbox"/> | Peaches        |
| <input type="checkbox"/> | Blueberries       | <input type="checkbox"/> | Pears (canned) |
| <input type="checkbox"/> | Cherries          | <input type="checkbox"/> | Pineapples     |
| <input type="checkbox"/> | Cranberries       | <input type="checkbox"/> | Plums          |
| <input type="checkbox"/> | Figs (fresh)      | <input type="checkbox"/> | Raspberries    |
| <input type="checkbox"/> | Fruit cocktail    | <input type="checkbox"/> | Strawberries   |
| <input type="checkbox"/> | Grapefruit (1/2)  | <input type="checkbox"/> | Tangerines     |
| <input type="checkbox"/> | Grapes            | <input type="checkbox"/> | Watermelon     |
| <input type="checkbox"/> | Lemons            |                          |                |

## Vegetables

Serving size = 1 cup raw, 1/2 cup cooked or canned,  
no added salt

- |                          |                |                          |                   |
|--------------------------|----------------|--------------------------|-------------------|
| <input type="checkbox"/> | Alfafa sprouts | <input type="checkbox"/> | Coleslaw          |
| <input type="checkbox"/> | Arugula        | <input type="checkbox"/> | Corn              |
| <input type="checkbox"/> | Asparagus      | <input type="checkbox"/> | Eggplants         |
| <input type="checkbox"/> | Bean sprouts   | <input type="checkbox"/> | Endive            |
| <input type="checkbox"/> | Beets (canned) | <input type="checkbox"/> | Gingerroot        |
| <input type="checkbox"/> | Broccoli       | <input type="checkbox"/> | Green beans       |
| <input type="checkbox"/> | Cabbage        | <input type="checkbox"/> | Hominy            |
| <input type="checkbox"/> | Cauliflower    | <input type="checkbox"/> | Jalapeños (fresh) |
| <input type="checkbox"/> | Celery         | <input type="checkbox"/> | Kale              |
| <input type="checkbox"/> | Chili peppers  | <input type="checkbox"/> | Leeks             |
| <input type="checkbox"/> | Chives         | <input type="checkbox"/> | Lettuce           |
| <input type="checkbox"/> | Mushrooms      | <input type="checkbox"/> | Peas (English)    |
| <input type="checkbox"/> | Onions         | <input type="checkbox"/> | Pimientos         |
| <input type="checkbox"/> | Parsley        | <input type="checkbox"/> | Radicchio         |

## Vegetables

Serving size = 1 cup raw, 1/2 cup cooked or canned,  
no added salt

- Radishes
- Seaweed kelp
- Spaghetti squash
- Summer squash
- Sweet pepper  
(green, red, yellow)
- Tomatillos
- Turnips
- Turnip greens

## Breads/Cereals/Grains

*Serving size = should be as per direction of your doctor/or dietitian.*

- 
- |                          |   |                          |                     |
|--------------------------|---|--------------------------|---------------------|
| <input type="checkbox"/> | Bagels (plain, egg, blueberry, raisin)          | <input type="checkbox"/> | Hamburger buns      |
| <input type="checkbox"/> | Bread (white, rye, French, Italian, soft wheat) | <input type="checkbox"/> | Macaroni            |
| <input type="checkbox"/> | Bread sticks (plain)                            | <input type="checkbox"/> | Melba toast         |
| <input type="checkbox"/> | Cereals, dry, low-salt                          | <input type="checkbox"/> | Noodles             |
| <input type="checkbox"/> | Cereals, cooked                                 | <input type="checkbox"/> | Oyster crackers     |
| <input type="checkbox"/> | Couscous  | <input type="checkbox"/> | Pita bread          |
| <input type="checkbox"/> | Crackers (unsalted)                             | <input type="checkbox"/> | Popcorn (unsalted)  |
| <input type="checkbox"/> | Dinner rolls                                    | <input type="checkbox"/> | Pretzels (unsalted) |
| <input type="checkbox"/> | English muffin                                  | <input type="checkbox"/> | Rice (brown, white) |
| <input type="checkbox"/> | Tortillas (flour)                               | <input type="checkbox"/> | Rice cakes          |
| <input type="checkbox"/> | Grits   | <input type="checkbox"/> | Spaghetti           |

## Dairy Substitutes

Serving size = 1/2 cup or one ounce/day

Non-dairy  
frozen dessert  
topping

Non-dairy  
frozen dessert

Rice milk  
unfortified

Soy milk

Soy yogurt

Kefir

Almond milk

## Beverages

Note: Keep in mind your fluid rescription

- Cream soda
- Ginger ale
- Ginger soda
- Lemon-lime soda
- Orange soda
- Root beer
- Fruit punch
- Juices (apple, cranberry, grape)
- Mineral water
- Nectar (apricot, peach, pear, 1/2 cup serving)
- Tea

## Fats

- Olive Oil
- Safflower Oil
- Peanut Oil
- Canola Oil  
(non-GMO)
- Sour cream  
(use sparingly)
- Cream cheese  
(use sparingly)



## Seasonings / Spices

- |                          |               |                          |                 |
|--------------------------|---------------|--------------------------|-----------------|
| <input type="checkbox"/> | All spice     | <input type="checkbox"/> | Lemon juice     |
| <input type="checkbox"/> | Basil         | <input type="checkbox"/> | Nutmeg          |
| <input type="checkbox"/> | Bay leaf      | <input type="checkbox"/> | Onion powder    |
| <input type="checkbox"/> | Caraway seed  | <input type="checkbox"/> | Oregano         |
| <input type="checkbox"/> | Chives        | <input type="checkbox"/> | Paprika         |
| <input type="checkbox"/> | Cilantro      | <input type="checkbox"/> | Parseley        |
| <input type="checkbox"/> | Cinnamon      | <input type="checkbox"/> | Pepper (ground) |
| <input type="checkbox"/> | Cloves        | <input type="checkbox"/> | Pimientos       |
| <input type="checkbox"/> | Curnin        | <input type="checkbox"/> | Poppy seed      |
| <input type="checkbox"/> | Curry         | <input type="checkbox"/> | Rosemary        |
| <input type="checkbox"/> | Dill          | <input type="checkbox"/> | Saffron         |
| <input type="checkbox"/> | Fennel        | <input type="checkbox"/> | Sage            |
| <input type="checkbox"/> | Garlic powder | <input type="checkbox"/> | Savory          |
| <input type="checkbox"/> | Ginger        | <input type="checkbox"/> | Sesame seeds    |
| <input type="checkbox"/> | Horseradish   | <input type="checkbox"/> | Tarragon        |

## Seasonings / Spices

- Extracts (lime, almonds, lemon, mapple, vanilla, orange, walnut)  
peppermint
- Thyme
- Turmeric
- Vinegar

## Desserts / Snacks / Sweets

*Note: People with diabetes - use caution*

- |                          |   |                          |                 |
|--------------------------|---|--------------------------|-----------------|
| <input type="checkbox"/> | Animal crackers   | <input type="checkbox"/> | Cotton candy    |
| <input type="checkbox"/> | Cake (angel, food, butter, lemon, pound, spice, strawberry, white yellow) | <input type="checkbox"/> | Doughnuts       |
| <input type="checkbox"/> | Candy corn  | <input type="checkbox"/> | Fruit ice       |
| <input type="checkbox"/> | Chewing gum   | <input type="checkbox"/> | Graham crackers |
| <input type="checkbox"/> | Cinnamon drops  | <input type="checkbox"/> | Gumdrops        |
| <input type="checkbox"/> | Cookies (ginger, snaps, short-bread, sugar, vanilla, wafers)              | <input type="checkbox"/> | Hard candy      |
|                          |   | <input type="checkbox"/> | Jelly beans     |
|                          |   | <input type="checkbox"/> | Lollipops       |
|                          |   | <input type="checkbox"/> | Marshmallows    |
|                          |   | <input type="checkbox"/> | Sherbet/sorbet  |
|                          |   | <input type="checkbox"/> | Corn cakes      |

## Others

- Apple butter
- Jelly
- Jam
- Maple syrup
- Marmalade
- Stevia sugar  
(use sparingly)





**Kidney-friendly**

**recipes**

Preparing kidney-friendly recipes will not only help you make sure that you are getting the right amount of nutrients, but it will also help you stay on track with your kidney health goals.

By watching what you eat and drink on a daily basis may also help protect your kidneys and help slow down the progression of your kidney condition.

## Country Biscuits and Gravy

Makes 4 Servings



Sodium	525 mg
Protein	13 g
Potassium	311 mg
Phosphorus	393 mg
Calories	524 kcal
Fat	31 g
Carbohydrates	51 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1 1/2	cups	flour
2.)	2	tsp	baking powder
3.)	2	tbsp	margarine
4.)	1/3	cup	liquid non-dairy creamer
5.)	1/3	cup	water
6.)	6	oz	ground beef
7.)	1/2	tsp	sage
8.)	1/2	tsp	pepper
9.)	1/2	tsp	basil
10.)	1/2	tsp	garlic powder
11.)	2	tbsp	margarine
12.)	2	tbsp	cornstarch
13.)	1	cup	liquid non-dairy creamer

## Directions

1. For biscuits, combine flour and baking powder in a bowl. Cut in margarine until mixture resembles coarse meal. Add creamer and water, mixing to form dough. Knead on a floured surface 10 times. Roll dough out and cut into 8 biscuits. Bake on a greased baking sheet at 450°F for 10 to 12 minutes until golden.

2. For gravy, mix ground beef with spices in a bowl. Brown beef in a skillet over medium heat. Drain. Set aside. In the same skillet, melt margarine over low heat. In a small bowl, mix cornstarch with 1/4 cup creamer until smooth. Add remaining creamer and stir until smooth. Add to margarine in skillet and cook over low heat, stirring constantly, until mixture thickens and bubbles. Add beef and heat thoroughly. Serve over biscuits.

## French Toast

Makes 3 Servings



Sodium	551 mg
Protein	15 g
Potassium	222 mg
Phosphorus	206 mg
Calories	365 kcal
Fat	13 g
Carbohydrates	47 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	pcs	eggs
2.)	3/4	cup	milk
3.)	1	tbsp	sugar
4.)	1	tsp	vanilla
5.)	1/2	tsp	cinnamon (optional)
6.)	6	slices	french bread cut diagonally, about 1 in thick
7.)	1	tbsp	margarine

## Directions

1. Beat eggs, milk, sugar, vanilla and cinnamon (optional) together in large bowl, until sugar is dissolved.
2. Soak bread in egg mixture until saturated.
3. Heat margarine in skillet until melted. Cook bread over medium heat until golden brown, about 12 minutes on each side.
4. Serve sprinkled with powdered sugar and/or with pancake syrup of your choice.

## Cream of Corn Soup

Makes 3 Servings



Sodium	164 mg
Protein	3 g
Potassium	238 mg
Phosphorus	85 mg
Calories	245 kcal
Fat	16 g
Carbohydrates	22 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	2	tbsp	margarine
2.)	2	tbsp	flour
3.)	1/8	tsp	pepper
4.)	1	cup	water
5.)	1	cup	liquid non-dairy creamer
6.)	256	g	strained cream-style corn baby food

## Directions

1. In a saucepan over low heat, melt the margarine.
2. Add flour and pepper. Stir until smooth.
3. Add water and non-dairy creamer gradually. Cook until mixture bubbles.
4. Stir in corn.

## Broiled Garlic Shrimp

Makes 5 Servings



Sodium	135 mg
Protein	19 g
Potassium	189 mg
Phosphorus	192 mg
Calories	264 kcal
Fat	20 g
Carbohydrates	2 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	lb	shrimp in shells
2.)	1/2	cup	unsalted margarine, melted
3.)	2	tsp	lemon juice
4.)	2	tbsp	chopped onion
5.)	1	clove	garlic, minced
6.)	1/8	tsp	pepper
7.)	1	tbsp	fresh parsley, chopped

## Directions

1. Preheat broiler.
2. Wash, peel and dry shrimp.
3. Pour margarine in a shallow baking pan and add lemon juice, onion, garlic and pepper.
4. Add shrimp and toss to coat.
5. Broil for 5 minutes. Turn and broil for 5 more minutes.
6. Serve on platter with strained pan juices. Sprinkle with parsley.

## Sweet and Sour Chicken

Makes 6 Servings



Sodium	157 mg
Protein	21 g
Potassium	427 mg
Phosphorus	192 mg
Calories	433 kcal
Fat	9 g
Carbohydrates	67 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	120	oz	can pineapple chunks, juice pack
2.)	1/2	cup	sugar
3.)	2	tbsp	cornstarch
4.)	1/2	cup	vinegar
5.)	2	tbsp	orange marmalade
6.)	1/4	cup	margarine
7.)	1	lb	boned, skinned chicken breast, cut into 1/2 in cubes
8.)	1	pc	green pepper sliced
9.)	1	pc	medium onion, thinly sliced and separated into rings
10.)	3	cups	hot cooked white rice

## Directions

1. Drain pineapple, reserving 1/3 cup juice.
2. Combine sugar and cornstarch.
3. Mix in pineapple, reserved juice, vinegar and orange marmalade. Set aside.
4. Melt margarine in a wok or large skillet. Add chicken and cook 5 minutes, stirring frequently.
5. Add green pepper and onion and cook 2 minutes.
6. Add pineapple mixture. Bring to a boil, stirring occasionally.
7. Serve over rice. Count rice as starch exchange

## Egg Fried Rice

Makes 6 servings



Sodium	118 mg
Protein	12 g
Potassium	202 mg
Phosphorus	173 mg
Calories	270 kcal
Fat	8 g
Carbohydrates	38 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3	tbsp	oil
2.)	2	cloves	garlic, minced
3.)	1/4	cup	chopped green onion
4.)	1/2	cup	cooked chopped pork
5.)	4	cup	cooked rice
6.)	1	tsp	low-sodium soy sauce
7.)	1/2	cup	frozen green peas
8.)	6	pcs	low-cholesterol egg substitute, scrambled and chooped
9.)	1/4	tsp	dry mustard

## Directions

1. Heat oil in large skillet over moderate heat.
2. Add garlic and cook until soft.
3. Stir in onion and cook for 2 minutes.
4. Add pork, rice and soy sauce.
5. Stir and cook for 3 minutes.
6. Add remaining ingredients; cook until heated thoroughly.

## Herbed Rice Dressing

Makes 12 servings



Sodium	126 mg
Protein	2 g
Potassium	76 mg
Phosphorus	32 mg
Calories	202 kcal
Fat	12 g
Carbohydrates	22 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	3/4	cup	margarine
2.)	1/2	cup	chopped onion
3.)	1	cup	diced celery
4.)	5	cups	cooked rice
5.)	1/2	tsp	sage
6.)	1/2	tsp	thyme
7.)	1/2	tsp	poultry seasoning
8.)	1/2	tsp	celery seed
9.)	1/4	cup	chopped fresh parsley
10.)	1/4	tsp	pepper

## Directions

1. In a large saucepan, melt margarine over moderate heat.
2. Add onion and celery; cook about 6 minutes, or until tender.
3. Add the remaining ingredients and toss to mix.
4. Stuff in a 10 to 12 lb turkey or bake in a covered casserole dish at 325°F for 1 hour.

## Steamed Green Beans

Makes 4 servings



Sodium	5 mg
Protein	1.5 g
Potassium	180 mg
Phosphorus	31 mg
Calories	47 kcal
Fat	2 g
Carbohydrates	6 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	tbsp	vegetable oil
2.)	1	lb	green beans, trimmed
3.)	1/2	cup	diced sweet red pepper
4.)	2	tbsp	water
5.)	1/2	tsp	basil
6.)	1/4	tsp	pepper
7.)	1	tbsp	lemon juice

## Directions

1. In 12-inch heavy skillet with tight-fitting lid, place all ingredients except lemon juice.
2. Cover and cook over medium heat, shaking pan occasionally to prevent sticking, 15 minutes or until tender-crisp.
3. Toss with lemon juice.

## Chocolate Chip Cookies (Sugar Free)

Makes 18 servings



Sodium	98 mg
Protein	1.4 g
Potassium	28 mg
Phosphorus	19 mg
Calories	99 kcal
Fat	7 g
Carbohydrates	8 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1	cup	flour
2.)	1/2	tsp	baking soda
3.)	1/4	tsp	salt
4.)	1/2	cup	margarine or butter
5.)	4	tsp	liquid sugar substitute
6.)	1/2	tsp	vanilla
7.)	1	pc	egg, beaten
8.)	1/2	cup	semi-sweet chocolate chips

## Directions

1. Sift together dry ingredients.
2. Cream margarine.
3. Add sugar substitute, vanilla and egg, blending well.
4. Add flour mixture and beat well.
5. Stir in chocolate chips.
6. Drop by teaspoonfuls onto a greased baking sheet.
7. Bake 10 minutes at 375°F.

## Maple Crisp Bars

Makes 20 servings



Sodium	26 mg
Protein	0 g
Potassium	10 mg
Phosphorus	6 mg
Calories	110 kcal
Fat	3 g
Carbohydrates	21 g

## Ingredients

No.	QTY	UNIT	FOOD ITEM
1.)	1/3	cup	margarine
2.)	1	cup	sugar
3.)	1	tsp	maple extract
4.)	1/2	cup	maple pancake syrup (not pure maple syrup)
5.)	8	cups	puffed rice cereal

## Directions

1. In a large saucepan, melt margarine over moderate heat.
2. Stir in sugar, extract and syrup; bring to a boil.
3. Remove from heat.
4. Stir in cereal, coating it well with sugar mixture.
5. Press into a greased 13 x 9-inch baking pan. Chill.
6. Cut into 20 bars.



## **Make you recipes more kidney-friendly**

Instead of using salt on your recipes, use other herbs and spices to add flavor to your dishes.

Some very good examples of these are the following:

Spice	Food its Best Paired With
Allspice	beef, eggs, fish, fruits, vegetables, beverages, baked products, desserts
Basil	lamb, fish, eggs, vegetables, sauces
Bay Leaf	beef, chicken, veal, fish
Cinnamon	chicken, pork, fruits, baked products, beverages, vegetables
Cloves	beef, pork, fruits
Curry (salt-free)	beef, chicken, lamb, veal, eggs
Dill	chicken, veal, fish, vegetables
Ginger	chicken, pork, fruits, vegetables, baked products, beverages
Marjoram	eggs, fish, meat, poultry
Mustard Powder	meat, poultry, fish, eggs, vegetables
Parsley	beef, chicken, fish, salads, sauces
Rosemary	beef, lamb, chicken, turkey
Sage	meat, fish, stuffing, vegetable
Savory	egg dishes, meat, poultry, stuffing, rice, vegetables
Tarragon	chicken, fish, meat, egg dishes, sauces, vegetables
Thyme	fish, meat, poultry, eggs, stuffing, vegetables



## Healthy renal diet

## food swaps

As your Chronic Kidney Disease condition progresses, you may need to look for renal diet food substitutes to manage your disease and improve your lab results.

As a kidney patient, your food substitutes depend on your SPPP limits: sodium, protein, potassium, and phosphorus.

Keeping these nutrients within reasonable amounts will help ease up your kidneys’ workload.

Below are renal diet food substitutes that you can follow:

High Sodium Foods	Low Sodium Substitutes
regular canned vegetables	low-sodium canned foods
hot dogs and canned meat	fresh, cooked meat
packaged noodles with sauce	plain noodles without sauce, hand-pulled noodles
frozen vegetables with sauce	fresh vegetables, frozen vegetables without sauce
canned soup	homemade soup with fresh ingredients
snack foods	unsalted pretzels, unsalted popcorn

High Protein Foods	Low Protein Substitutes
ground beef	beef (lean cuts, reduced portion), beef stew
pork	chicken (reduced portion, no skin), eggs and egg substitutes, tofu
halibut	tuna (fresh, reduced portion)
shrimp, other seafood	imitation crab meat

High Potassium Foods	Low Potassium Substitutes
oranges, orange juice	apples, apple juice
apricots	cranberries, cranberry juice
bananas	strawberries, blueberries, raspberries
potatoes, sweet potatoes	cabbage
tomatoes	pineapple
cooked spinach	boiled cauliflower

High Phosphorus Foods	Low Phosphorus Substitutes
8 oz milk	8 oz non-dairy creamer or 4 oz milk
cheese spread (processed)	1/4 cup cottage or cream cheese
bran cereal or granola	non-bran cereal, shredded wheat, rice cereals, cornflakes, cream of wheat, cream of rice
bread (whole grain, 100% whole wheat, multi-grain, dark rye)	bread (white, 60% whole wheat, cracked wheat, light rye, sourdough)
lima / pinto beans	mixed vegetables or green beans
chocolate bars	hard / fruit-flavored candy, jelly beans



**Food tracker**

**journal**

Making lifestyle changes is often difficult especially when you don't know where to start. But to put an end to that confusion, it starts with your diet.

Aside from limiting your SPPP intake, you need a tool that will help keep track of your kidney diet. By recording your daily food and liquid intake, it will make you more accountable of what you are eating and will even reveal unhealthy habits that you can change.

Date: \_\_\_\_\_

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast							
Lunch							
Snacks							
Dinner							

\*Drink infused water after every meal.

**LEGEND:**

1 cup = 8 ounces (oz)

110 g = ½ cup cooked pasta

1 dessert slice = 2” widest side of pie or cake

1 square brownie or squares = size of domino chip

Date: \_\_\_\_\_

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast							
Lunch							
Snacks							
Dinner							

\*Drink infused water after every meal.

**LEGEND:**

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Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast							
Lunch							
Snacks							
Dinner							

\*Drink infused water after every meal.

**LEGEND:**

- 1 cup = 8 ounces (oz)
- 110 g = ½ cup cooked pasta
- 1 dessert slice = 2” widest side of pie or cake
- 1 square brownie or squares = size of domino chip

## Here's your next step...

Join the RenalTracker Family!

Here in RenalTracker, we think of you, our coachees, as family. We don't just want to provide you with education about kidney disease management. We want to give you all the emotional support you can have as well. And so...

We would love to have you on our RenalTracker Support Group in Facebook!

Anyone who needs help and/or wants to help is very welcome to join. Talk to your co-coachees, share experiences and insights, and let's thrive with CKD together.

Just click on the button below to join the support group:

[Click here to join the RenalTracker Family on Facebook](#)

