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Introduction
Your kidneys remove waste products and fluids from your body. Now that your kidneys have lost this function, following your diet is an important part of your treatment. Your diet helps to keep products (such as potassium, phosphorus, sodium, and fluids) from building up in your body and making you sick.
This diet is low in fibre. If you need more fibre in your diet, speak to your dietitian. You may need medications.
This diet was made for you. If you want to eat food that is not listed in this book, your dietitian will help you work it in.

Tips:
› Do not use salt when cooking or at the table.
› Do not use salt substitutes like Half Salt® or No-Salt®.
› Avoid processed and canned foods unless they are salt-free and low in potassium and phosphorus.
› Read nutrition facts labels and the ingredient lists of packaged foods.
› Avoid fast food restaurants.
Your meal plan

Diet order:

Protein _______ gm
Sodium _______ gm _______ mg
Potassium _______ mmol _______ mg
Phosphorus _______ mg

Total daily food amounts:

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Choose from:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk and dairy</td>
<td></td>
<td>Page 4</td>
</tr>
<tr>
<td>Milk alternatives</td>
<td></td>
<td>Page 4</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td>Pages 5-6</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td>Page 7</td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td>Pages 8-9</td>
</tr>
<tr>
<td>Grain products</td>
<td></td>
<td>Pages 10-12</td>
</tr>
<tr>
<td>Meat and alternatives</td>
<td></td>
<td>Page 13</td>
</tr>
<tr>
<td>Fats</td>
<td></td>
<td>Page 14</td>
</tr>
</tbody>
</table>
Sample meal plan

Breakfast:
1. Fruit
1. Meat / alternatives
2. Grain products
1-2. Fats
1. Milk / dairy
✓ Tea / coffee

½ cup applesauce
1 egg
2 slices white toast and/or 1 cup Cheerios®
1-2 tsp margarine and jam
½ cup milk
½ cup coffee with 1 Tbsp milk or cream

Morning snack

Noon meal:
2. Meat / alternatives
_____ Grain products
1-2. Fats
1. Fruit
_____ Milk / dairy
✓ Tea / coffee
_____ Extra foods

1-2 cup tuna
_____ slice(s) white bread
1-2 tsp mayonnaise or margarine
14 grapes
½ cup tea with 1 Tbsp milk or cream

Afternoon snack

Evening meal:
_____ Meat / alternatives
_____ Grain products
1. Potatoes
2. Vegetables
1-2. Fats
1. Fruit
_____ Milk / dairy
✓ Tea / coffee
_____ Extra foods

_____ oz chicken breast (baked)
_____ white roll(s)
½ cup mashed potato
½ cup carrots and ½ cup green beans
1-2 tsp margarine
½ cup strawberries
½ cup tea with 1 Tbsp milk or cream

Evening snack

Extra foods
Milk and dairy

_______ choices per day (also counts as a fluid).

The amount listed is one choice:

Milk (whole, 2%, 1%, skim) 1/2 cup (125 ml)
Soy milk 1/2 cup (125 ml)
Kefir milk 1/2 cup (125 ml)
Milk, evaporated 1/4 cup (60 ml)
Yogurt 1/2 cup (125 ml)
Ice cream 3/4 cup (180 ml)

Milk alternatives

_______ choices per day (also counts as a fluid).

Rice Dream® (unenriched) 1 cup (250 ml)
  › Original or vanilla
Silk® True Almond (less than 2% phosphorus) 1 cup (250 ml)
  › Original or unsweetened
Vegetables

________ choices per day.

**Every** vegetable contains potassium. Do not use canned vegetables unless they are salt-free (SF). Use fresh or frozen vegetables. Boiled vegetables are lower in potassium than those cooked in the microwave, steamed, stir fried, or roasted (see “pre-soaking my potatoes” in the next section about potatoes).

The amount listed is one choice:

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Quantity and Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>4 spears (boiled or steamed)</td>
</tr>
<tr>
<td>Beans – green or wax</td>
<td>½ cup (125 ml) boiled</td>
</tr>
<tr>
<td></td>
<td>1 cup (250 ml) canned (SF)</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Beets</td>
<td>½ cup (80 ml)</td>
</tr>
<tr>
<td></td>
<td>2 slices pickled</td>
</tr>
<tr>
<td>Broccoli, cauliflower</td>
<td>½ cup (80 ml) boiled</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) raw, chopped</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) frozen, boiled</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>3</td>
</tr>
<tr>
<td>Cabbage – red, green, savoy, kale, bok choy</td>
<td>1 cup (250 ml) raw or</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) cooked</td>
</tr>
<tr>
<td>Carrots</td>
<td>½ cup (125 ml) sliced, boiled</td>
</tr>
<tr>
<td></td>
<td>1 small raw (5 inch-13 cm)</td>
</tr>
<tr>
<td></td>
<td>5 baby raw</td>
</tr>
<tr>
<td>Celery</td>
<td>½ cup (80 ml) diced</td>
</tr>
<tr>
<td></td>
<td>7 inch (18 cm) stalk raw</td>
</tr>
<tr>
<td>Collard greens</td>
<td>1 cup (250 ml) chopped boiled</td>
</tr>
<tr>
<td>Corn</td>
<td>4 inch (10 cm) cob</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) niblets</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>1 cup (250 ml) slices</td>
</tr>
<tr>
<td>Dandelion greens</td>
<td>½ cup (125 ml) boiled</td>
</tr>
</tbody>
</table>
Fiddleheads      ½ cup (125 ml) boiled
Lettuce, endive     1 cup (250 ml) shredded
Mixed vegetables – frozen   ½ cup (125 ml)
Mushrooms – raw      ½ cup (80 ml) pieces
                       3 small
Onions – raw         ½ cup (125 ml) chopped
Parsley              ½ cup (80 ml) chopped
Parsnips             ¼ cup (60 ml) slices, boiled
Peas                 ½ cup (125 ml) frozen
                       ½ cup (125 ml) canned, SF
Peppers – green, red  ½ medium raw
                       ¼ cup (60 ml) cooked
Pumpkin              ¼ cup (60 ml) canned
Radishes             10-15 raw
Spinach – fresh      ½ cup (125 ml) chopped
Squash
    Scallop, zucchini  ½ cup (80 ml) boiled
                       ½ cup (125 ml) raw
    Acorn, hubbard, crookneck ¼ cup (60 ml) boiled mashed
    Butternut          ½ cup (125 ml) frozen, boiled
    Spaghetti         ¾ cup (180 ml) boiled
Tomatoes – red or green ½ medium
Turnip and turnip greens ½ cup (125 ml) boiled
Tossed salad         ½ cup (125 ml)
Water chestnuts – canned 1 cup (250 ml) slices
Potatoes

______ choices per day.
The amount listed is one choice:

Potato salad – homemade ½ cup (125 ml)
Boiled (without skin) 1 small
Mashed ½ cup (125 ml)
French Fries (frozen) 15
Sweet potato – peeled, baked 1 small
- peeled, mashed ½ cup (125 ml)

If you plan to use raw potatoes in a recipe (stew, soup, scalloped potatoes, etc.), you must remove some of the potassium first.

Pre-soaking your potatoes

1. Peel and slice potatoes into small pieces.
2. Soak potatoes for 2 hours in a large amount of water, 5-10 times the volume of the potatoes. Drain water and then pre-soak again for at least 4-6 hours.
3. Drain water and use potatoes in your favourite recipe.

Potato equivalents

If you decide not to have a potato, you can choose one of the following instead:

Tomatoes – salt-free, canned ½ cup (125 ml)
Tomato sauce – SF ⅓ cup (80 ml)
Homemade spaghetti sauce (with meat) ½ cup (125 ml)
Tomato paste – SF 3 Tbsp (45 ml)
Vegetables (see Vegetables list) 2 choices
Fruit (see Fruit list) 3 choices
V8 Vegetable Cocktail® – low sodium ½ cup (125 ml)
Molasses 1 Tbsp (15 ml)
### Fruit

_____ choices per day

Every fruit contains potassium. Fresh, frozen, cooked, and canned fruits may be used. Canned fruit should be **drained** before serving (the juice contains potassium and is also a fluid).

The amount listed is **one** choice:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1 small</td>
</tr>
<tr>
<td>Applesauce, fruit cocktail</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 medium raw</td>
</tr>
<tr>
<td></td>
<td>3 halves – canned</td>
</tr>
<tr>
<td>Avocado</td>
<td>⅛ medium</td>
</tr>
<tr>
<td>Banana</td>
<td>2 inches (5 cm)</td>
</tr>
<tr>
<td>Berries</td>
<td>½ cup (125 ml) raw</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1 cup (250 ml) raw</td>
</tr>
<tr>
<td>Cherries</td>
<td>8 raw</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) canned, sour</td>
</tr>
<tr>
<td>Figs</td>
<td>1 dried, 3 canned</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>½ cup (80 ml) raw</td>
</tr>
<tr>
<td>Grapes</td>
<td>14 small</td>
</tr>
<tr>
<td>Melon</td>
<td>¾ cup (160 ml) cubed</td>
</tr>
<tr>
<td>Watermelon</td>
<td>⅛ medium</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>⅛ medium</td>
</tr>
<tr>
<td>Honeydew melon</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Mango</td>
<td>½ cup</td>
</tr>
<tr>
<td>Orange, nectarine, kiwi</td>
<td>½ medium</td>
</tr>
<tr>
<td>Lemon or lime</td>
<td>1 medium</td>
</tr>
<tr>
<td>Passion fruit</td>
<td>2 medium</td>
</tr>
<tr>
<td>Fruit</td>
<td>Amount</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>Peach</td>
<td>1 small, fresh</td>
</tr>
<tr>
<td></td>
<td>2 halves canned</td>
</tr>
<tr>
<td>Pear</td>
<td>½ medium</td>
</tr>
<tr>
<td></td>
<td>2 halves canned</td>
</tr>
<tr>
<td>Pineapple</td>
<td>½ cup (125 ml) fresh or canned</td>
</tr>
<tr>
<td></td>
<td>1 slice ½ inch thick, fresh</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>½ medium</td>
</tr>
<tr>
<td>Plum</td>
<td>1 medium</td>
</tr>
<tr>
<td>Prunes</td>
<td>2 dried</td>
</tr>
<tr>
<td>Raisins – seedless</td>
<td>2 Tbsp (30 ml)</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>½ cup (125 ml) frozen, cooked</td>
</tr>
<tr>
<td>Tangerine, mandarin, clementine</td>
<td>1 small</td>
</tr>
<tr>
<td></td>
<td>½ cup (125 ml) canned</td>
</tr>
<tr>
<td>Juice:</td>
<td></td>
</tr>
<tr>
<td>Apple, pineapple</td>
<td>½ cup (80 ml)</td>
</tr>
<tr>
<td>Orange</td>
<td>¼ cup (60 ml)</td>
</tr>
</tbody>
</table>

**Remember to drain** the juice or syrup off canned fruit.
Grain products

Choose grains with less than*: 10% daily value (DV) sodium
4-6% DV phosphorus
12% DV fibre or less than 3 grams (if phosphorus is not listed on the label)

_____ choices per day. The amount listed is one choice.

Breads:
White, French or Italian Bread  1 slice
Bens Holsum 100% Whole Wheat  1 slice
Smart bread® – white  1 slice
*Raisin bread  1 slice
*Cracked wheat or oatmeal bread  1 slice
Pita bread or tortilla wrap – plain ½ small
Hamburger bun ½ bun

Crackers:
Wheat Thins  11
Melba toast ®  4 pieces
Breton Crackers – original or veg  4
Sociables and Ritz® 50% less salt  7
Triscuit ® 50% less salt  4
Stoned Wheat Thins® 50% less salt  4
Soda crackers – unsalted  6
Rice cakes – unsalted  2
Rice crisps  10
Special K cracker chips – original  20
Taco shell  1

Rice / pasta:
Macaroni, spaghetti – white, cooked 1/3 cup (80 ml)
Rice - white, cooked ½ cup (125 ml)
Orzo - cooked ½ cup (125 ml)
Couscous – cooked (not instant) ½ cup (125 ml)
Pearl barley-cooked 1/3 cup (80 ml)
Cookies: (best if homemade)

- Arrowroot® 3
- Social Tea® 4
- Digestive 2
- Graham Wafers® 4
- Vanilla wafers 10
- Animal crackers 10
- Chocolate chip 2
- Chocolate mallows 3
- Fig Newton® 1
- Apple or Blueberry Newton® 2
- Sugar cookies 3
- Oreo®, Fudgee-o®, Maple Leaf 2
- Neapolitan wafers 8
- Quaker Chewy Granola Bars® 1
- Ice cream cone 1
- Waffle cone – small 1
- Sugar cone – small 1
- Popcorn, air-popped 2 cups (500 ml)

Cake:

- Angel food cake – homemade 1 slice, 1/16 cake
- Pound cake 1 slice, 1/16 cake
- Sponge cake 1 slice, 1/16 cake
- White cake 1 slice, 1/16 cake
- Doughnut – yeast raised 1
- Pie crust 1/6 pie shell
  - Lemon*
  - Blueberry*
  - Apple*

*Fruit pie counts as bread and fruit*
<table>
<thead>
<tr>
<th>Cereal:</th>
<th>Volume (ml):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of Wheat® (not instant)</td>
<td>½ cup (125 ml) cooked</td>
</tr>
<tr>
<td>Rolled oats, oatmeal (2x per week)</td>
<td>½ cup (125 ml) cooked</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>½ cup (125 ml) cooked</td>
</tr>
<tr>
<td>Kashi Organic Promise</td>
<td>¾ cup (180 ml)</td>
</tr>
<tr>
<td>(Simply Maize or Indigo Morning)</td>
<td></td>
</tr>
<tr>
<td>Puffed Rice</td>
<td>1 ½ cups (375 ml)</td>
</tr>
<tr>
<td>Puffed Wheat (Quaker)</td>
<td>1 ¼ cup (300 ml)</td>
</tr>
<tr>
<td>Fibre 1 Original (not flakes)</td>
<td>½ cup (80 ml)</td>
</tr>
<tr>
<td>Corn Flakes®</td>
<td>¾ cup (180 ml)</td>
</tr>
<tr>
<td>Just Right</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Rice Krispies (Original or Vanilla)</td>
<td>½ cup (160 ml)</td>
</tr>
<tr>
<td>Special K®</td>
<td></td>
</tr>
<tr>
<td>Original</td>
<td>¾ cup (180 ml)</td>
</tr>
<tr>
<td>Vanilla almond</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Oats and Honey</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Protein</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Crispix® or Rice Chex®</td>
<td>½ cup (160 ml)</td>
</tr>
<tr>
<td>Cheerios®</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Multigrain Cheerios®</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Apple Cinnamon Cheerios®</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Honey Nut Cheerios®</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Honey Bunches of Oats®</td>
<td>½ cup (160 ml)</td>
</tr>
<tr>
<td>(original, with almonds, or honey roasted)</td>
<td></td>
</tr>
<tr>
<td>Cinnamon Toast Crunch®</td>
<td>¾ cup (180 ml)</td>
</tr>
<tr>
<td>Froot Loops®</td>
<td>1 cup (250 ml)</td>
</tr>
<tr>
<td>Frosted Flakes®</td>
<td>¾ cup (180 ml)</td>
</tr>
<tr>
<td>Honeycomb®</td>
<td>1 cup (250 ml)</td>
</tr>
<tr>
<td>Lucky Charms</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Reeses Puffs</td>
<td>½ cup (125 ml)</td>
</tr>
<tr>
<td>Sugar Crisp®</td>
<td>1 cup (250 ml)</td>
</tr>
</tbody>
</table>
Meat and alternative protein sources
_______ oz. per day (total) (cooked weight).

Meats:
- Beef
- Lamb
- Veal
- Chicken / Turkey
- Pork
- Venison/game/rabbit
- Venison/game/rabbit
- Lamb
- Pork
- Veal
- Venison/game/rabbit

Fish:
- Bluefish
- Pollock
- Sole
- Cod
- Salmon*
- Squid
- Haddock
- Sea Bass
- Tilapia
- Mackerel
- Shark
- Tuna
- Perch
- Snapper

*Shellfish:
- Clams and Mussels – 5 small = 1 oz
- Scallops – 2 large or 4 small = 1 oz
- Shrimp – 5 medium = 1 oz
- Lobster – 1 lb lobster = 4 oz fish

Egg:
- 1 medium
- 2 egg whites (low in phosphorus)
- ¼ cup Egg Beaters®

*Cheese: 1 ounce or 3 Tbsp, shredded
- Brie, cheddar, brick, Monterey Jack, mozzarella, swiss
- Goat cheese – soft or semi soft
- Cottage cheese / ricotta, low sodium – ¼ cup

*Tofu (firm) – ½ cup = 3 oz meat
*Tempeh – 1 oz

Peanut butter: salt-free or regular – 1 Tbsp = 1 oz meat
“No Nuts” Pea butter (Sobeys) – 2 Tbsp

*These foods should be limited to 2 serving per week (due to salt, phosphorus)
**Use fresh and fresh frozen meat, fish, and poultry
**Avoid foods that are salted, smoked, cured, dried, processed, or canned with salt.
**Fats**

_____ choices per day.

<table>
<thead>
<tr>
<th>Fats</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine (non-hydrogenated – tub)</td>
<td>1 tsp (5 ml)</td>
</tr>
<tr>
<td>Regular or salt-free</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise, Miracle Whip®</td>
<td>1 tsp (5 ml)</td>
</tr>
<tr>
<td>Vegetable oils</td>
<td>1 tsp (5 ml)</td>
</tr>
<tr>
<td>Low sodium salad dressings</td>
<td>1 Tbsp (15 ml)</td>
</tr>
<tr>
<td>President’s Choice® Raspberry Vinaigrette</td>
<td>2 Tbsp (30 ml)</td>
</tr>
<tr>
<td>President’s Choice® Honey Pear Vinaigrette</td>
<td>2 Tbsp (30 ml)</td>
</tr>
<tr>
<td>President’s Choice® Lemon and Poppyseed</td>
<td>2 Tbsp (30 ml)</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>1 Tbsp (15 ml)</td>
</tr>
</tbody>
</table>

**Guidelines for measuring portions**

<table>
<thead>
<tr>
<th>Portion Description</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup chopped meat (cooked)</td>
<td>1 oz (30 g)</td>
</tr>
<tr>
<td>Palm of hand or deck of cards</td>
<td>3 oz (90 g) meat, chicken, fish</td>
</tr>
<tr>
<td>Computer mouse</td>
<td>1/2 cup pasta or rice</td>
</tr>
<tr>
<td>Tennis ball</td>
<td>3/4 cup yogurt, hot cereal</td>
</tr>
<tr>
<td>Thumb tip</td>
<td>1 tsp (5 ml) margarine, oil</td>
</tr>
<tr>
<td>Whole thumb</td>
<td>1 Tbsp (15 ml) peanut butter</td>
</tr>
<tr>
<td>One fist</td>
<td>1 cup (250 ml) vegetables, fruit</td>
</tr>
<tr>
<td>Both palms open</td>
<td>2 cups (500 ml) vegetables</td>
</tr>
</tbody>
</table>
Adding calories and flavour

It is important that you eat enough calories each day. These calories are needed to prevent the breakdown of protein for energy needs which can cause weight loss. Your dietitian will figure out your calorie needs and talk with you about using supplements.

**The following foods are low in sodium, potassium, and phosphorus. They can be used to give you extra calories and flavour:**

**Sugar:** white, icing, brown (1 Tbsp), honey, corn syrup, table syrup **
**Sweeteners:** Equal, Splenda, Stevia

**Candy:** gum, Lifesavers®, mints, jelly beans, suckers, hard candy, jujubes, gum drops, marshmallows, marshmallow fluff, mint patties (2 pieces), Skittles®, Jolly Ranchers®, Starburst®, red licorice (2 twists)**

**Sauces:** cranberry, jalapeño, mint, or red pepper jelly, VH Cherry, Plum or Sweet and Sour dipping sauce (2 Tbsp), Mr. Spice Ginger Stir Fry Sauce (2 Tbsp), Tabasco sauce, vinegar; mustard, ketchup, relish (1 tsp)

**Fats:** margarine (regular and salt-free), oil, whipped cream, Cool Whip, sour cream (2 Tbsp)

**Spices:** All herbs and spices that do not contain sodium, such as
- PC, Clubhouse, and Mrs. Dash No Salt Added Spices
- Mrs. Dash No Salt Added mixes – taco, chili or meatloaf

**If you have diabetes, avoid high sugar foods.**
Fluid
You should gain less than _____ kg between dialysis treatments.

The amount of fluid allowed in the diet depends on your urine output. Too much fluid will result in:

- Quick weight gain (fluid weight, not body weight)
- High blood pressure
- Puffy hands and feet
- Fluid in the lungs
- Added stress on your heart

The amount of weight gain between dialysis treatments indicates whether you are taking too much fluid - or not.

You can drink 500 ml (2 cups) plus an amount equal to the previous 24 hour output of urine.

Anything that is liquid at room temperature is a fluid (e.g. popsicles, ice-cream, Jell-O®, pudding, soup, ice cubes)

**The foods listed below may be included in the diet within your fluid allowance:

- Lemon and lime juice
- Kool Aid®, lemonade**
- Fruit-flavoured drinks – crystals, frozen cans, or bottled**
- Jell-O® – no name brand
- Fruit flavour shots (e.g., MiO, Nesfruta)
- Cranberry juice or cocktails**
- Non-cola pop
- Sherbet, popsicles**
- Weak tea (steep for 3 minutes)
- Coffee (1 cup per day)
- Wine (dry white) 3 oz
- Hard liquor (rum, rye, etc.)

**If you have diabetes, choose the sugar free version of this fluid.
Tips for controlling your fluid intake

• Measure the fluid you’re allowed to have every morning in a special pitcher or jug. Every time you eat or drink a fluid, empty that same amount from the pitcher. Once it is empty, that’s all for the day.

• Use small cups and glasses for your drinks.

• Rinse your mouth with water but do not swallow it.

• Commercial dry mouth remedies such as Biotene® may help.

• Rinse your mouth with ice-cold mouth wash.

• Brush your teeth more often during the day.

• Drink ice-cold liquids because they satisfy better than liquids at room temperature.

• Suck on ice cubes.

• Suck on ice cubes instead of drinking water.

• Suck on hard candy or mints, or use chewing gum to keep your mouth moist (sugar-free if you have diabetes).

• Try sour candy or lemon drops.

• Put a squeeze of lemon juice in your ice cubes to quench your thirst.

• Avoid salt and salty foods to help control your thirst.

• If you have diabetes, try to keep your blood sugar under control. High blood sugar will make you more thirsty.
High Sodium Foods to Avoid

Snack foods
• Salted crackers
• Salted party snacks, such as:
  › Cheezies
  › Chips
  › Nuts
  › Pretzels
  › Salted popcorn – use air-popped only

Quick foods (convenience foods)
• Packaged frozen entrées/meals (like microwave dinners)
• Packaged/boxed foods with more than 15% daily value of sodium per serving
• Battered frozen fish or chicken
• Bottled or canned spaghetti and pasta sauces
• Canned beans, stews, soups, gravies
• Dry packaged soup mixes, oriental noodle packages
• OXO®, bouillon
• Canned fish (sardines, kippers, oysters, etc.)
  › Canned tuna and salmon – choose low sodium or packed in water and drain and rinse before eating
• Canned meats:
  › Devilled ham
  › Flakes of turkey, ham, or chicken
  › KAM®, SPAM®, etc.
  › Potted meats, pâtés
• Fast food items, such as fried chicken, Mexican or Chinese food, or pizza

Milk products
• Processed cheese (cheese slices, Cheez Whiz®, Velveeta®)
• Blue, feta, parmesan cheeses
Salted, smoked, pickled, or cured meats (high in sodium and phosphorus)
- Bacon
- Bologna
- Corned beef
- Ham, other deli meats
- Hot dogs
- Salted, dried, or smoked fish
- Sausages

Vegetables
- Canned vegetables, unless they are salt-free
- Sauerkraut
- Scalloped potato mix, instant potatoes
- Vegetable juices

Grain products
- Baking mixes, such as pancake mixes and biscuit mixes
- Breads, cereals, crackers with more than 10% daily value of sodium per serving
- Seasoned pasta mixes (Hamburger Helper®, Kraft Dinner®)
- Seasoned rice mixes (Rice-a-Roni®, Side Kicks®, Fast and Fancy®)

Condiments
- Chili sauce
- Salsa
- Taco and picante sauce
- Soy sauce
- Steak sauce, BBQ sauce
- Pickles, olives
- Relish
- Meat tenderizers
- Celery salt
- Garlic salt
- Onion salt
- Seasoned salt
- Seasoned pepper
- Steak spice
- Accent®, M.S.G. (monosodium glutamate)
- Any mixed spice that has salt
Foods with higher potassium content

(Your desired blood potassium level: less than 5.5 on hemodialysis)
*Every fruit and vegetable contains potassium.
*Some of these foods can be worked into your diet – ask your dietitian.

Fruits higher in potassium:
› Avocado
› Banana
› Cantaloupe
› Currants
› Dried fruits (all)
› Grapefruit juice
› Guava
› Honeydew melon
› Kiwi
› Mango
› Nectarine
› Orange, orange juice
› Papaya
› Pomegranate, pomegranate juice
› Prune juice
› Tamarind
› Tangelo

Vegetables higher in potassium:
› Artichoke
› Bamboo shoots
› Beet greens
› Broccoli
› Brussels sprouts
› Dandelion greens
› Lima beans
› Parsnips
› Potato
› Pumpkin
› Spinach
› Squash
› Sweet potato
› Swiss chard
› Tomato
› Vegetable juice

Other foods higher in potassium:
› Dried peas, beans, and lentils
› Any “bran” cereals
› Wheat germ
› Brown sugar
› Chocolate
› Molasses, blackstrap molasses
› Salt substitute (HalfSalt®, NoSalt®)
› Milk
› Unsalted cheddar cheese
› Low-sodium baking powder
› Cream of tartar
› Coconut, coconut milk
› Nuts
› Gravy
Phosphorus

Kidneys help to balance calcium and phosphorus in your body. When kidneys are not working, phosphorus builds up in the blood.

High phosphorus can cause:
› Weak and easily broken bones and painful joints
› Itchy skin
› Calcifying (hardening) of the blood vessels

You can keep your phosphorus and calcium in balance by:
1. Avoiding foods high in phosphorus.
2. Taking your phosphate binders with meals and snacks (Tums®, calcium carbonate, Renagel®, Fosrenol®, Milk of Magnesia®, PhosLo®)
3. Reading labels – choose grain products with less than 4-6% daily value for phosphorus, or not more than 12% fibre (less than 3 grams) if the phosphorus level is not on the label.
4. Follow your diet.

High phosphorus foods to limit or avoid:
• Dairy products (milk, yogurt, cheese)
• Nuts, nut butter, seeds, lentils, dried peas, beans
• Whole grain breads and cereals, such as: natural bran, All-Bran®, Bran Buds®, Bran Flakes®, Oat Bran®, Raisin Bran®
• Self-rising flour, baking powder
• Cake donuts, muffins, tea biscuits, pancakes, waffles (store bought or mixes)
• Chocolate and white chocolate
• Organ meats (such as liver or kidney), sardines, canned salmon bones
• Processed foods such as: hot dogs, bologna, pizza
• Coca-Cola®, Pepsi®, Dr. Pepper®, or other colas
• Beer

*90-100% of phosphate added to foods is absorbed by the body.
Daily food intake

Milk _____

Milk alternatives _____

Potatoes _____

Vegetables _____ _____

Fruit _____ _____ _____

Grains _____ _____ _____ _____ _____

Meats _____ _____ _____ _____ _____

Fats _____ _____ _____ _____ _____
Reading food labels

1. Start here
   - Watch serving size

2. Limit sodium
   - Aim for less than 10% sodium

3. Limit fibre
   - Aim for less than 3 grams (12%) fibre, if phosphorus is not listed on the label

4. Limit phosphorus
   - Aim for less than 4-6% phosphorus in cereal/bread

### Nutrition Facts

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<tr>
<th>Amount</th>
<th>30 g Cereal</th>
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<tr>
<td>Calories</td>
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<td>% Daily Value</td>
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<tr>
<td>Fat 0.5 g**</td>
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<td>+ Trans 0 g</td>
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<tr>
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</table>

* Prepared with 125 mL of Partially Skimmed (2 %) Milk
** Amount in 30 g Cereal
What are your questions? Please ask.
We are here to help you.