

# Diet for Kidney Disease

Name: \_\_\_\_\_

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

Dietitian: \_\_\_\_\_

Telephone: \_\_\_\_\_

# Contents

Introduction .....	1
Your meal plan.....	2
Sample meal plan .....	3
Milk and dairy .....	4
Milk alternatives.....	4
Vegetables .....	5
Potatoes.....	7
Fruit .....	8
Grain products.....	10
Meat and alternative protein sources .....	13
Fats.....	14
Adding calories and flavour.....	15
Fluid .....	16
Tips for controlling your fluid intake.....	17
High Sodium Foods to Avoid .....	18
Foods with higher potassium content .....	20
Phosphorus .....	21
Reading food labels .....	23

## 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:

Food	Amount	Choose from:
Milk and dairy		Page 4
Milk alternatives		Page 4
Vegetables		Pages 5-6
Potatoes		Page 7
Fruit		Pages 8-9
Grain products		Pages 10-12
Meat and alternatives		Page 13
Fats		Page 14

## Sample meal plan

### Breakfast:

<u>  1  </u> Fruit	<u>  1/2  </u> cup applesauce
<u>  1  </u> Meat / alternatives	<u>  1  </u> egg
<u>  2  </u> Grain products	<u>  2  </u> slices white toast and/or
	<u>  1  </u> cup Cheerios®
<u> 1-2 </u> Fats	<u> 1-2 </u> tsp margarine and jam
<u>  1  </u> Milk / dairy	<u>  1/2  </u> cup milk
✓ Tea / coffee	1/2 cup coffee with 1 Tbsp milk or cream

**Morning snack** \_\_\_\_\_

### Noon meal:

<u>  2  </u> Meat / alternatives	<u> 1-2 </u> cup tuna
_____ Grain products	_____ slice(s) white bread
<u> 1-2 </u> Fats	<u> 1-2 </u> tsp mayonnaise or margarine
<u>  1  </u> Fruit	<u> 14 </u> grapes
_____ Milk / dairy	_____
✓ Tea / coffee	1/2 cup tea with 1 Tbsp milk or cream
_____ Extra foods	_____

**Afternoon snack** \_\_\_\_\_

### Evening meal:

_____ Meat / alternatives	_____ oz chicken breast (baked)
_____ Grain products	_____ white roll(s)
<u>  1  </u> Potatoes	<u>  1/2  </u> cup mashed potato
<u>  2  </u> Vegetables	<u>  1/2  </u> cup carrots and 1/2 cup green beans
<u> 1-2 </u> Fats	<u> 1-2 </u> tsp margarine
<u>  1  </u> Fruit	<u>  1/2  </u> cup strawberries
_____ Milk / dairy	_____
✓ Tea / coffee	<u>  1/2  </u> cup tea with 1 Tbsp milk or cream
_____ Extra foods	_____

**Evening snack** \_\_\_\_\_

## Milk and dairy

\_\_\_\_\_ choices per day (also counts as a fluid).

The amount listed is **one** choice:

Milk (whole, 2%, 1%, skim)	½ cup (125 ml)
Soy milk	½ cup (125 ml)
Kefir milk	½ cup (125 ml)
Milk, evaporated	¼ cup (60 ml)
Yogurt	½ cup (125 ml)
Ice cream	¾ 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:

Asparagus	4 spears (boiled or steamed)
Beans – green or wax	½ cup (125 ml) boiled 1 cup (250 ml) canned (SF)
Bean sprouts	½ cup (125 ml)
Beets	⅓ cup (80 ml) 2 slices pickled
Broccoli, cauliflower	⅓ cup (80 ml) boiled ½ cup (125 ml) raw, chopped ½ cup (125 ml) frozen, boiled
Brussels sprouts	3
Cabbage – red, green, savoy, kale, bok choy	1 cup (250 ml) raw or ½ cup (125 ml) cooked
Carrots	½ cup (125 ml) sliced, boiled 1 small raw (5 inch-13 cm) 5 baby raw
Celery	⅓ cup (80 ml) diced 7 inch (18 cm) stalk raw
Collard greens	1 cup (250 ml) chopped boiled
Corn	4 inch (10 cm) cob ½ cup (125 ml) niblets
Cucumbers	1 cup (250 ml) slices
Dandelion greens	½ cup (125 ml) boiled

Fiddleheads	½ cup (125 ml) boiled
Lettuce, endive	1 cup (250 ml) shredded
Mixed vegetables – frozen	½ cup (125 ml)
Mushrooms – raw	⅓ cup (80 ml) pieces 3 small
Onions – raw	½ cup (125 ml) chopped
Parsley	⅓ 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	⅓ 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:

Apple	1 small
Applesauce, fruit cocktail	½ cup (125 ml)
Apricots	1 medium raw 3 halves – canned
Avocado	⅛ medium
Banana	2 inches (5 cm)
Berries	½ cup (125 ml) raw
Blueberries	1 cup (250 ml) raw
Cherries	8 raw ½ cup (125 ml) canned, sour
Figs	1 dried, 3 canned
Gooseberries	⅓ cup (80 ml) raw
Grapes	14 small
Melon	
Watermelon	⅔ cup (160 ml) cubed
Cantaloupe	⅓ medium
Honeydew melon	½ medium
Mango	½ cup
Orange, nectarine, kiwi	½ medium
Lemon or lime	1 medium
Passion fruit	2 medium

Peach	1 small, fresh 2 halves canned
Pear	½ medium 2 halves canned
Pineapple	½ cup (125 ml) fresh or canned 1 slice ½ inch thick, fresh
Pomegranate	⅓ medium
Plum	1 medium
Prunes	2 dried
Raisins – seedless	2 Tbsp (30 ml)
Rhubarb	½ cup (125 ml) frozen, cooked
Tangerine, mandarin, clementine	1 small ½ cup (125 ml) canned
Juice:	
Apple, pineapple	⅓ cup (80 ml)
Orange	¼ cup (60 ml)

**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\*

## Cereal:

Cream of Wheat® (not instant)	½ cup (125 ml) cooked
Rolled oats, oatmeal (2x per week)	½ cup (125 ml) cooked
Cornmeal	½ cup (125 ml) cooked
Kashi Organic Promise (Simply Maize or Indigo Morning)	¾ cup (180 ml)
Puffed Rice	1 ½ cups (375 ml)
Puffed Wheat (Quaker)	1 ¼ cup (300 ml)
Fibre 1 Original (not flakes)	⅓ cup (80 ml)
Corn Flakes®	¾ cup (180 ml)
Just Right	½ cup (125 ml)
Rice Krispies (Original or Vanilla)	⅔ cup (160 ml)
Special K®	
Original	¾ cup (180 ml)
Vanilla almond	½ cup (125 ml)
Oats and Honey	½ cup (125 ml)
Protein	½ cup (125 ml)
Crispix® or Rice Chex®	⅔ cup (160 ml)
Cheerios®	½ cup (125 ml)
Multigrain Cheerios®	½ cup (125 ml)
Apple Cinnamon Cheerios®	½ cup (125 ml)
Honey Nut Cheerios®	½ cup (125 ml)
Honey Bunches of Oats® (original, with almonds, or honey roasted)	⅔ cup (160 ml)
Cinnamon Toast Crunch®	¾ cup (180 ml)
Froot Loops®	1 cup (250 ml)
Frosted Flakes®	¾ cup (180 ml)
Honeycomb®	1 cup (250 ml)
Lucky Charms	½ cup (125 ml)
Reeses Puffs	½ cup (125 ml)
Sugar Crisp®	1 cup (250 ml)

## Meat and alternative protein sources

\_\_\_\_\_ oz. per day (total) (cooked weight).

### Meats:

Beef	Lamb	Veal
Chicken / Turkey	Pork	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.

Margarine (non-hydrogenated – tub) Regular or salt-free	1 tsp (5 ml)
Mayonnaise, Miracle Whip®	1 tsp (5 ml)
Vegetable oils	1 tsp (5 ml)
Low sodium salad dressings	1 Tbsp (15 ml)
President's Choice® Raspberry Vinaigrette	2 Tbsp (30 ml)
President's Choice® Honey Pear Vinaigrette	2 Tbsp (30 ml)
President's Choice® Lemon and Poppyseed	2 Tbsp (30 ml)
Cream cheese	1 Tbsp (15 ml)

## Guidelines for measuring portions

¼ cup chopped meat (cooked)	1 oz (30 g)
Palm of hand or deck of cards	3 oz (90 g) meat, chicken, fish
Computer mouse	½ cup pasta or rice
Tennis ball	¾ cup yogurt, hot cereal
Thumb tip	1 tsp (5 ml) margarine, oil
Whole thumb	1 Tbsp (15 ml) peanut butter
One fist	1 cup (250 ml) vegetables, fruit
Both palms open	2 cups (500 ml) vegetables



## 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<sup>®</sup>, Kraft Dinner<sup>®</sup>)
- Seasoned rice mixes (Rice-a-Roni<sup>®</sup>, Side Kicks<sup>®</sup>, Fast and Fancy<sup>®</sup>)

## **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<sup>®</sup>, 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<sup>®</sup>, calcium carbonate, Renagel<sup>®</sup>, Fosrenol<sup>®</sup>, Milk of Magnesia<sup>®</sup>, PhosLo<sup>®</sup>)
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<sup>®</sup>, Bran Buds<sup>®</sup>, Bran Flakes<sup>®</sup>, Oat Bran<sup>®</sup>, Raisin Bran<sup>®</sup>
- 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<sup>®</sup>, Pepsi<sup>®</sup>, Dr. Pepper<sup>®</sup>, 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



<b>Nutrition Facts</b>		
Per 2/3 cup (30 g or 160 mL)		
Amount	30 g Cereal	With Milk*
<b>Calories</b>	110	170
% Daily Value		
<b>Fat 0.5 g**</b>	1 %	5 %
Saturated 0 g	0 %	8 %
+ Trans 0 g		
<b>Cholesterol 0 mg</b>	0 %	3 %
<b>Sodium 0 mg</b>	0 %	3 %
<b>Carbohydrate 25 g</b>	8 %	10 %
Fibre 4 g	16 %	16 %
Sugars 0 g		
<b>Protein 4 g</b>		
Vitamin A	0 %	8 %
Vitamin C	0 %	2 %
Calcium	2 %	15 %
Iron	15 %	15 %
Vitamin D	0 %	25 %
Thiamin	10 %	15 %
Riboflavin	2 %	15 %
Niacin	15 %	20 %
Vitamin B <sub>6</sub>	8 %	10 %
Folate	6 %	10 %
Vitamin B <sub>12</sub>	0 %	25 %
Pantothenate	4 %	10 %
Phosphorus	10 %	25 %
Magnesium	10 %	20 %
Zinc	15 %	20 %
* Prepared with 125 mL of Partially Skimmed (2 %) Milk		
** Amount in 30 g Cereal		

2. Limit sodium



3. Limit fibre



4. Limit phosphorus



- Watch serving size

- Aim for less than 10% sodium

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

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



**Looking for more health information?**

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Food and Nutrition Services ©*

*Designed by: NSHA Library Services*

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

LC85-0628 Updated March 2017

The information in this pamphlet is to be updated every 3 years or as needed.