

## SUGGESTED FOOD SUBSTITUTIONS FOR A RENAL DIET

**TABLE 1 - PROTEIN FOODS**

<b>Choose these:</b> <i>Fresh meats and low-sodium packaged meats</i>	<b>Instead of these:</b> <i>Processed meats containing high amounts of sodium</i>
Beef Chicken Turkey Fish Low-sodium canned meat and fish Low-sodium lunch meat Eggs Egg substitute Shrimp and scallops	Hot dogs Ham Lunch meat Salami Sausage Bacon Chipped/corned beef Anchovies Sardines
<p><b>DAIRY PRODUCTS</b></p> <p><i>Dairy products are a good source of protein, but may also be high in phosphorus, sodium or potassium.</i></p> <p><b>Milk</b> – skim, low-fat, whole (1 cup)  <b>Cheese</b> – Swiss, cheddar, mozzarella (1 oz)  <b>Cottage cheese</b> – (½ cup)  <b>Yogurt</b> – skim, low-fat (1 cup)  <b>Soy milk</b> – (1 cup)</p>	



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TABLE 2 - FOODS WITH POTASSIUM	
<b>Choose these:</b> <i>Foods LOW in potassium</i>	<b>Instead of these:</b> <i>Foods HIGH in potassium</i>
<b>Plain tortilla chips</b> (1 oz = 56mg)	<b>Fast food french fries</b> (1 large order = 560mg)
<b>Cranberry juice</b> (1 cup = 37mg)	<b>Orange juice</b> (1 cup = 472mg)
<b>Alfredo sauce</b> ( $\frac{1}{4}$ cup = 16mg)	<b>Tomato sauce</b> ( $\frac{1}{2}$ cup = 400mg)
<b>Green beans, cooked</b> ( $\frac{1}{2}$ cup = 100mg)	<b>Spinach, cooked</b> ( $\frac{1}{2}$ cup = 279mg)
<b>Peaches, canned</b> ( $\frac{1}{2}$ peach = 95mg)	<b>Banana</b> (1 small = 362mg)
<b>Mashed potatoes</b> ( $\frac{1}{2}$ cup = 152mg)	<b>Baked potato</b> (1 small = 610mg)
<b>Low-fat milk</b> (1 cup = 397mg)	<b>Milk shake</b> (11 oz = 571mg)
<b>Mandarin oranges</b> ( $\frac{1}{2}$ cup = 99mg)	<b>Fresh orange</b> (1 medium = 250mg)
<b>Fruit cocktail</b> ( $\frac{1}{2}$ cup = 115mg)	<b>Cantaloupe</b> (1 cup = 494mg)

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<b>TABLE 3 - FOODS WITH SODIUM</b>	
<b>Choose these:</b> <i>Foods LOW in sodium</i>	<b>Instead of these:</b> <i>Foods HIGH in sodium</i>
<b>Lettuce salad with dressing</b> (small = 225mg)	<b>Canned soup</b> (1 cup = 800mg)
<b>Cream cheese</b> (1 oz = 83mg)	<b>American cheese</b> (1 slice = 313mg)
<b>Popcorn, caramel coated</b> ( $\frac{2}{3}$ cup = 56mg)	<b>Potato chips</b> (4 oz bag = 674mg)
<b>Grape juice</b> (1 cup = 8mg)	<b>Tomato juice</b> (1 cup = 654mg)
<b>Pork chop</b> (2 oz = 32mg)	<b>Ham</b> (2 oz = 697mg)
<b>Cooked cabbage</b> (1 cup = 6mg)	<b>Sauerkraut</b> (1 cup = 939mg)
<b>Fast food fish filet</b> (1 sandwich = 614mg)	<b>Fast food cheeseburger</b> (1 burger = 1,589mg)
<b>Cooked carrots</b> ( $\frac{1}{2}$ cup = 45mg)	<b>Macaroni and cheese</b> (from mix) ( $\frac{3}{4}$ cup = 652mg)
<b>Cake donut</b> (1 small = 143mg)	<b>Danish pastry</b> (1 large = 503mg)

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<b>TABLE 4 - FOODS WITH PHOSPHORUS</b>	
<b>Choose these:</b> <i>Foods LOW in phosphorus</i>	<b>Instead of these:</b> <i>Foods HIGH in phosphorus</i>
<b>Popcorn</b> (1 cup = 19mg)	<b>Nuts</b> (2 oz = 264mg)
<b>Pasta</b> (1 cup = 94mg)	<b>Pizza</b> (1 slice = 234mg)
<b>Butter and herb sauce</b> (½ cup = 54mg)	
<b>Chicken</b> (3.5 oz = 140mg)	<b>Liver</b> (3.5 oz = 400mg)
<b>Angel food cake</b> (1 slice = 9mg)	<b>Chocolate</b> (1 bar = 160mg)
<b>Green beans</b> (½ cup = 13mg)	<b>Pork and beans</b> (1 cup = 274mg)
<b>Popsicle®</b> (1 pop = 0mg)	<b>Ice cream</b> (1 cup = 200mg)
<b>Hamburger</b> (3.2 oz = 120mg)	<b>Hot dogs</b> (2 = 170mg)
<b>Crackers</b> (8 = 24mg)	<b>Biscuit</b> (1 = 140mg)