

# MEAT



Ounces each day

Weigh portions without bone after cooking

## Avoid Food

High in salt

High in phosphorus

High in potassium

## FOODS ALLOWED

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li>• Beef</li><li>• Capon</li><li>• Chicken</li><li>• Cornish Hen</li><li>• Lamb</li><li>• Pork</li><li>• Turkey</li></ul> | <ul style="list-style-type: none"><li>Fish</li><li>Fresh Shellfish<ul style="list-style-type: none"><li>- clams</li><li>- crab</li><li>- lobster</li><li>- scampi's</li><li>- shrimp</li></ul></li></ul> | <ul style="list-style-type: none"><li>Also equal to 1 ounce of meat</li><li>1 egg</li><li>1 ounce cheese (limit to 3 times/week)</li><li>¼ cup cottage cheese</li><li>¼ cup canned tuna rinsed</li><li>1 ½ tbsp peanut butter / day</li></ul> |
|---|--|---|

## FOODS TO AVOID

### Foods High in Salt

- Bacon
- Blue cheese, Feta cheese, and spreads
- Canned or frozen dinners
- Canned Meats
- Corned Beef
- Dried or smoked meats
- Ham
- Hot dogs
- Luncheon Meats
- Pickled meat or fish
- Salted meats
- Salt pork
- Sausage

### Foods High in Phosphorus

- Blue Cheese, Feta cheese, processed cheese slices and spreads
- Liver
- Nuts and seeds
- Oysters
- Salmon
- Sardines
- Scallops
- Tofu

### Foods High in Potassium

- Nuts & Seeds
- Salmon

# MILK

Servings each day. (1 serving = ½ cup)

Count as part of your daily fluid intake.

## Avoid Food

High in salt

High in phosphorus

High in potassium

## FOODS ALLOWED

- |                  |                                 |                                  |
|------------------|---------------------------------|----------------------------------|
| • Whole milk     | Ice cream or ice cream sandwich | Pudding, homemade (no chocolate) |
| • 1% and 2% milk | Sour cream                      | Yogurt, plain or fruit flavoured |
| • Cream          | Yogurt – frozen                 |                                  |

## FOODS TO AVOID

### Foods High in Salt

- Buttermilk
- Packaged or canned Pudding

### Foods High in Phosphorus

- Commercial milkshakes
- Packaged or canned puddings

### Foods High in

#### ▪ Potassium

- Commercial milkshakes
- Packaged or canned pudding

# STARCH



Servings each day

## Avoid Food

High in salt

High in phosphorus

High in potassium

## FOODS ALLOWED

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Bagel, 1</li> <li>• Biscuit i.e. tea biscuit 1</li> <li>• Bread – white (French, Italian) light rye,</li> <li>• 60% whole wheat, 1 sl</li> <li>• Bread, pita (6”) ½</li> <li>• Cracked Wheat bread</li> <li>• Cereal (cooked) e.g.</li> <li>• Cream of wheat,</li> <li>• Cream of rice ½ cup</li> </ul> | <ul style="list-style-type: none"> <li>Cereal (dry), e.g. Corn Flakes</li> <li>Rice Krispies, Puffed Rice, Cheerios</li> <li>Cake e.g.pound, sponge small</li> <li>Cookies – shortbread, sugar 2</li> <li>Crackers, unsalted 4</li> <li>Crackers, graham 2 squares</li> <li>Dinner roll 1</li> <li>Donut/Danish 1</li> </ul> | <ul style="list-style-type: none"> <li>Grits, cooked ½ cup</li> <li>Hamburger bun ½</li> <li>Pancakes, waffles</li> <li>Pasta, noodles (cooked) ½ cup</li> <li>Popcorn, unsalted 2 c</li> <li>Rice, white 1.2 cup</li> <li>Rice cakes 2</li> <li>Sherbet/Jello (counts As fluid) ½ cup</li> <li>Stuffing, homemade ½ cup</li> </ul> |
|--|--|---|

## FOODS TO AVOID

### Foods High in Salt

- Canned spaghetti
- Instant stuffing mixes
- Pizza (unless recipe)
- Salted snack foods - nachos, cheesies, pretzels

### Foods High in Phosphorus

- Bran cereal (Raisin/All Bran)
- Bran muffins
- Bread-pumpernickel, dark rye
- Commercial pancakes/waffles
- Cornbread./cornmeal
- English muffin
- Fruit cake
- Granola cereal
- Muffin mixes
- Oatmeal, Oat bran
- Pizza (unless recipe)
- Shredded Wheat
- Self rising flour
- Wheat Germ

### Foods High in Potassium

- Bran cereal (Raisin Bran, All Bran)
- Bran muffins
- Bread-pumpernickel, dark rye
- English muffin
- Fig Bars
- Fruit cake
- Gingersnaps
- Granola cereal
- Instant stuffing mixes
- Pizza (unless recipe)
- Shredded Wheat
- Wheat Germ

# VEGETABLE



Servings each day

## Avoid Food

High in salt

High in phosphorus

High in potassium

## FOODS ALLOWED

- Asparagus 4 spears
- Bean sprouts ½ cup
- Beans – green or yellow
- Beets ½ cup
- Broccoli, boiled ½ cup
- Cabbage, raw 1 cup
- Carrots, cooked ½ c
- Cauliflower ½ cup
- Celery ½ cup
- Corn ½ cup
- Cucumber 3” piece
- Eggplant ½ cup
- Lettuce 1 cup
- Mushrooms ½ cup
- Okra ½ cup
- Onions ½ cup
- Peas – green ½ cup
- Peppers 1
- Potatoes – peeled/  
soaked,boiled ½ cup
- Tomato ½ med
- Tomato sauce ¼ cup
- Turnip ½ cup
- Zucchini ½ cup

## FOODS TO AVOID

### Foods High in Salt

Potato Chips  
Sauerkraut  
Canned vegetables  
Clamato Juice  
Tomato Juice

### Foods High in Phosphorus

Baked Beans  
Beet Greens  
Brussel Sprouts  
Chick Peas  
Kidney Beans  
Lentils  
Lima Beans  
Navy Beans  
Split Peas

### Foods High in Potassium

Baked Beans  
Beet Greens  
Broccoli, raw  
Brussel Sprouts  
Carrots, raw  
Chick peas  
Spinach/Collards  
French Fries  
Kale  
Kidney Beans  
Lentils  
Navy/Lima Beans  
Potato Chips  
Potatoes,baked/instant  
Pumpkin  
Squash-Winter  
Sweet Potatoes

# FRUIT



Servings each day

Includes fruit and juice

## Avoid Food

High in salt

High in phosphorus

High in potassium

## FOODS ALLOWED

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"><li>• Apples 1</li><li>• Applesauce ½ cup</li><li>• Apricots, canned 2</li><li>• Berries ½ cup</li><li>• Cherries ½ cup</li><li>• Fruit Cocktail ½ cup</li><li>• Fruit pie – with allowed fruit 1/8</li><li>• Grapefruit ½</li></ul> | <ul style="list-style-type: none"><li>Grapes ½ cup</li><li>Lemon or Lime 1 med</li><li>Mandarin/tangerine/Clementine</li><li>Peaches fresh/canned 1</li><li>Pears fresh/canned ½</li><li>Pineapple ½ cup</li><li>Plums 1 med</li><li>Rhubarb, cooked ½ cup</li><li>Watermelon 1 cup</li></ul> | <p>Juice</p> <ul style="list-style-type: none"><li>Apple Juice ½ cup</li><li>Peach/Pear Nectar ½</li><li>Grape juice ½ cup</li></ul> |
|--|---|--|

## FOODS TO AVOID

### Foods High in Salt

- Gator Aid

### Foods High in Phosphorus

Avocado

### Foods High in Potassium

Apricots  
Avocado  
Bananas  
Cantaloupe melon  
Dates/Figs/Raisins  
Honeydew Melon  
Kiwi fruit  
Nectarine  
Oranges/Orange Juice  
Papaya  
Pomegranate  
Prune Juice  
Prunes

# OTHER FOODS



Servings each day

## Avoid Food

High in salt

Beverages (count as fluid)  
Carbonated beverages  
(except colas)  
Coffee, Tea  
Cranberry Cocktail  
Kool Aid or Lemonade  
  
Fat  
Cool Whip topping  
Cream Cheese (2 tbsp/day)  
Margarine or butter  
Shortening or lard  
Vegetable Oil

High in phosphorus

## FOODS ALLOWED

Seasonings  
Cornstarch  
Flavouring extracts i.e.  
vanilla  
Mrs. Dash,  
Spices and Herbs without  
Salt i.e. garlic powder, pepper  
Tabasco  
Vinegar  
  
Sugar and Sweets  
Artificial maple syrup  
Corn syrup  
Cranberry Sauce

High in potassium

Hard candies, gum drops,  
jelly beans, mints, chewing  
gum  
Honey  
Jams/Jellies  
Marshmallows  
Popsicles (count as fluid)  
Sugar white or powdered  
  
Limit these foods to 1 T/d  
  
Chili sauce  
Horseradish  
Ketchup  
Mayonnaise  
Mustard  
Salad Dressing

## FOODS TO AVOID

### Foods High in Salt

Accent or MSG  
BBQ sauce  
Bouillon cubes  
Canned Cream soups  
Dill pickles/olives  
Dry soup mixes  
Chinese Food  
Salt/Seasoned salts  
Worcestershire sauce

### Foods High in Phosphorus

Canned Cream Soups  
Cola beverages

### Foods High in Potassium

Canned Cream Soups  
Black Licorice  
Salt Substitutes  
Pure Maple Syrup  
Brown sugar  
Molasses  
Chocolate

