

2015

# Kidney Diet

**Controlled Protein**

**Low Sodium (1500-2000 mg/d)**

**Low Potassium (2500-3000 mg/d)**

**Low Phosphorus (less than 1000 mg/d)**

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# Kidney Diet

These diet recommendations include:

- › Controlled protein
- › Low sodium
- › Low potassium
- › Low phosphorus

## Kidney diet guidelines

By following these guidelines, you will be choosing foods lower in sodium, potassium, and phosphorus.

1. Do not add salt or seasoned salt at the table and do not use during cooking.
2. Use unsalted seasonings, spices and herbs to enhance the flavor of foods.
3. Buy fresh and frozen products. Processed and convenience foods are high in salt. Be careful, as some frozen entrees are very high in sodium.
4. Many restaurant food items, such as pizza and milkshakes are high in sodium, potassium, and phosphorus. Only have these foods once in a while.
5. Avoid fast food items such as fried chicken, Mexican food, and Chinese food.
6. Do not use:
  - › NoSalt®
  - › Nu-Salt®
  - › Half Salt®

Unless you talk about it with your doctor or dietitian.

7. Use the info in this pamphlet for meal planning. By choosing more of the “best food choices” and less of the “food choices to avoid”, you will be choosing foods lower in sodium, potassium, and phosphorus.
8. Most labels show the number of mg of sodium per serving or a % daily value (DV) sodium. Choose foods with less than 5% daily value for sodium most often. Avoid foods with a DV of more than 10% sodium.
9. Most food labels do not include potassium or phosphorus. This does not mean the food does not contain potassium or phosphorus!
10. This is a low fibre diet. If you need more fibre in your diet, please talk with your doctor or dietitian. You can use Metamucil® or Benefibre® or flax seed if needed.

# Grain products

## Best choices

- All yeast breads and quick breads except those listed under “avoid”
- Barley
- Couscous
- Hamburger bun
- Oatmeal brown bread
- Light rye bread
- White bread
- Smart Bread® white
- French or Italian bread
- Raisin bread
- Pita bread (plain)
- Tortilla wrap (plain)
- Pancakes/waffles
- Biscuits/muffins
- Plain unsalted crackers
- Dry cereals made without salt such as: Shredded Wheat®, Puffed Wheat®, Mini Wheats®
- All dry cereals except those listed under “avoid”
- Cooked cereals made without salt
- Pastas such as macaroni, spaghetti, and noodles
- Rice

When possible, choose crackers, breads, and grains with less than 5% sodium. Also if listed, look for products with less than 8% DV phosphorus, less than 12% DV fibre, or less than 3 grams of fibre per serving.

# Grain products

## Choices to avoid

- Whole grain breads
- Baking mixes such as pancake mixes, biscuit mixes
- Commercial bread stuffing
- Pre-mixed crumb coatings
- Canned spaghetti
- Hamburger Helper®
- Kraft Dinner®
- Pre-seasoned pasta
- Pre-seasoned rice
- Whole grain and bran cereals such as: All Bran®/Oat Bran, Natural Bran, Bran Buds/Bran Flakes®, Raisin Bran, Red River Cereal®, Vita B cereal®
- Quick cooking and instant cereals
- Salted crackers
- Wheat germ

## Fruits

Fruits are a rich source of potassium. To keep potassium levels normal in the blood, limit intake to 3 servings from the best choices list. Your dietitian may be able to help you work into your diet some of the fruits listed in the “Avoid” list

1 serving = 1/2 cup or 1 medium fruit or vegetable or 1/2 large fruit or vegetable

### Best choices

- Up to 3 servings of fresh, frozen, canned fruits, fruit juices, and fruit drinks per day from the following:
- Apples, apple juice
- Applesauce
- Blueberries
- Blackberries
- Canned fruit
- Cherries
- Clementines
- Cranberries
- Grapes, grape juice
- Lemons
- Limes
- Mandarin oranges
- Peaches
- Pears
- Pineapple, pineapple juice
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Watermelon
- Any other except for those listed under “avoid”

# Fruits

## Choices to avoid

- Dried fruits (including figs, dates, currants, raisins, and prunes)
- Raw apricots
- Avocados
- Bananas
- Cantaloupes
- Coconut/coconut milk
- Grapefruit juice
- Guava
- Honeydew melons
- Kiwi
- Mangos
- Nectarines
- Oranges
- Orange juice
- Papayas
- Pomegranate
- Prune juice
- Tamarind
- Tangelos

Cranberry Cocktail (light) has little potassium.

## Vegetables

Vegetables are a rich source of potassium. To keep potassium levels normal in the blood, limit intake to 2 servings from the best choices list. Your dietitian may be able to help you work into your diet some of the fruits listed in the “Avoid” list.

1 serving = 1/2 cup

### Best choices

Up to 2 servings of fresh and/or frozen vegetables per day from the following:

- Asparagus
- Beets
- Bok choy
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Leek
- Lettuce
- Mushrooms
- Onions
- Peas
- Red and green peppers
- Rhubarb
- Spinach (raw)
- Tossed salad
- Turnips
- Yellow beans
- Zucchini
- Any other except those listed under “avoid”
- Vegetables canned without salt

1 serving of boiled potato per day is OK.

# Vegetables

## Choices to avoid

- Canned vegetables
- Artichokes
- Bamboo shoots
- Beet greens
- Broccoli
- Brussels sprouts
- Dandelion greens
- Lima beans
- Mustard greens
- Parsnips
- Pumpkin
- Potatoes – especially baked or fried (boiling is best cooking method)
- Scalloped potato mixes
- Sauerkraut
- Seaweed
- Canned or bottled spaghetti and pizza sauces
- Spinach (cooked)
- Sweet potatoes
- Swiss chard
- Tomatoes
- Winter squash
- Vegetable juices such as tomato, Clamato® and V8®

## **Milk products**

Milk and milk products are a rich source of potassium and phosphorus.

### **Best choices**

- No more than one serving (1/2 cup) per day of skim or 1% cow's, goat, or soy milk.

Up to 2 servings per day of milk products from the following:

- Cheddar, gouda, or mozzarella cheese
- Cream
- Cream cheese
- Cottage cheese (10% or less DV sodium)
- Ice cream
- Frozen yogurt
- Yogurt
- Coffee Rich®
- Rice Dream Milk®
- Silk Tru Almond®
- Sorbet or sherbet

### **Choices to avoid**

- Buttermilk
- Malted milk
- Commercial milk products with more than 10% DV sodium
- Processed cheese spread such as Cheez Whiz®
- Processed cheese slices
- Blue cheese
- Feta cheese
- Romano cheese
- Parmesan cheese
- Unsalted cheddar cheese

# Meats and alternatives

## Best choices

Choose fresh or frozen:

- Chicken
- Eggs
- Fish
- Salmon (canned salmon is OK if rinsed well first and bones removed)
- Tuna (canned is OK if rinsed well first)
- Ground beef
- Roast beef
- Steak
- Lamb
- Pork chops
- Roast pork
- Spareribs
- Tenderloin
- Tofu
- Turkey
- Veal
- Peanut butter (unsalted)

Note: Shellfish is naturally higher in salt than other fish, so choose shellfish less often.

Note: Small amounts of protein should be included at each meal. For example:

- › Breakfast: 1 egg or 1-2 Tbsp. peanut butter
- › Lunch: 2 oz. tuna
- › Supper: 3 oz. of meat, fish, or chicken

# Meats and alternatives

## Choices to avoid

All meat, fish, or poultry that has been smoked, cured, pickled, salted, or dried such as:

- Bacon
- Bologna
- Corned beef
- Ham
- Kosher meats
- Luncheon meats (e.g., pepperoni and salami)
- Sausages
- Wieners
- Sardines
- Salt cod
- Smoked herring
- Canned meats (unless canned without added salt)

Other meats such as:

- Liver
- Scallops
- Fish sticks

Meat alternatives:

- Frozen dinners
- Canned beans
- Canned stews
- Nuts
- Seeds
- Lentils/beans

# Fats

## Best choices

- Non-hydrogenated salt-free margarine (Becel®)
- Vegetable oil
- Mayonnaise or Miracle Whip (light)
- Low calorie salad dressings (1 Tbsp.)
- Oil & vinegar for salads

Note: If you have high blood cholesterol, keep servings of added fats to 3-6 tsp/day.

## Choices to avoid

- Bacon fat
- All gravy and gravy mixes
- Products containing trans fats, e.g.:
  - › Bakery products (pastries/cookies/muffins)
  - › Vegetable oil shortening
- Butter
- Shortening
- Lard

## **Sweets**

If you have diabetes, talk about sweets with your dietitian.

### **Best choices**

- All except those listed under “avoid”

### **Choices to avoid**

- Blackstrap molasses
- Brown sugar
- Cake donuts
- Chocolate
- Molasses

## **Soups**

### **Best choices**

- Unsalted homemade soup
- Low-sodium soups (5% or less DV sodium is best)
- No-salt-added soups or broths

### **Choices to avoid**

- Canned soups
- Dried soup mixes, Oxo®, bouillon, consommé
- Split pea soup made with ham or ham bone
- Bean and bacon soup

## Other

### Best choices

- Mineral waters
- All pop except for those listed under “avoid”
- Postum®, Ovaltine®
- Coffee, tea
- No salt-added seasonings like Mrs. Dash® and McCormick’s®
- Herbs
- Spices (no salt-added)
- Flavorings
- Vinegar
- Tabasco® sauce
- Unsalted popcorn
- Cream of tartar
- Cocoa
- Magic® baking powder
- Unsalted nacho or corn chips

\*No more than 5 mL (1 tsp.) a day of:

- Prepared mustard
- Worcestershire sauce®
- BBQ sauce
- Relish
- Ketchup

## Other foods - choices to avoid

- Baking powder other than Magic® baking powder
- Water treated with salt-based water softener
- Coke®, Pepsi®, or other “colas”
- Gatorade® and other sports drinks
- Beer
- Canned and/or bottled spaghetti sauces
- Chinese food
- Olives
- Oyster sauce
- Party snacks like Cheezies
- Pickles
- Pizza
- Potassium-based salt substitutes such as: NoSalt®, Nu-Salt®, Half Salt®
- Potato chips
- Poultry and meat coatings
- Salsa and taco sauces
- Salt:
  - › Sea salt
  - › Artisan salts
  - › Accent®
  - › Celery salt
  - › Garlic salt
  - › Onion salt
- Salted popcorn
- Soy sauce

## **More info about potassium**

Potassium is a mineral found in your body. With kidney problems, potassium levels tend to build up in your blood. The amount of potassium in your blood can affect your heart rate and can lead to heart problems.

To control your blood potassium level, avoid high potassium foods. These include many fruits, vegetables, and milk as listed in this booklet.

Normal blood values: 3.6-5.0mmol/L.

## **More info about phosphorus**

Phosphorus and calcium are also minerals found in your body. In your blood, they act like a “see-saw” – if one goes up, the other goes down. When your kidneys are working well, they keep the “see-saw” in balance.

With kidney problems, phosphate tends to build up in your blood. This may cause calcium levels to go down (one goes up, the other goes down).

To get the right balance, your body may take calcium from your bones to raise the level of calcium in your blood. Over time, this will lead to brittle bones and bone disease.

To control your blood phosphate level, you should avoid high phosphorus foods. These include milk and milk products and whole grain breads and cereals. You may also need a “phosphate binding” medication (e.g. Tums®) to be taken with your meals. Your doctor/dietitian will talk about this with you.

Normal blood values: less than 1.5mmol/L.

**Note:** For those who do not have high levels of potassium or phosphorus in their blood, high potassium and high phosphorus foods can be incorporated into a regular diet with the help of a dietitian.

## Recipes

*Recipes by Capital Health Food & Nutrition staff*

### **Balsamic vinaigrette**

- 1/3 cup chopped onion
- 3 garlic cloves, minced
- 1/4 tsp. freshly ground black pepper
- ¾ cup balsamic vinegar
- 1/2 cup olive oil
- 2 Tbsp. maple syrup
- 2 Tbsp. stone ground mustard

Per Serving (2 Tbsp.)

Calories: 110

Sodium: 60mg

Total Fat: 10g

Cholesterol: 0mg

Saturated fat: 1g Carbohydrates: 6g

Fibre: 0g

Protein: 0g

### **Salt-free seasoning blend**

- 5 tsp. onion powder
- 2 1/2 tsp. garlic powder
- 2 1/2 tsp. paprika
- 2 1/2 tsp. dry mustard
- 1 1/2 tsp. thyme leaves (crushed)
- 1/2 tsp. white pepper
- 1/4 tsp. celery seed

Yield: 1/3 cup. Use as desired.

### **Speedy barbecue sauce**

- 1 cup cider vinegar
- 3/4 cup no-salt added canned crushed tomatoes
- 3 Tbsp. packed brown sugar
- 1 Tbsp. Worcestershire sauce
- 2 tsp. hot pepper sauce
- 2 Tbsp. chopped garlic

Combine all ingredients in a medium saucepan and bring to a boil over medium heat. Reduce heat and simmer for 20 minutes, stirring frequently. Take off heat and cool a bit before using. Makes 1 1/2 cups.

Per Serving (2 Tbsp.)

Calories: 20

Sodium: 40mg

Total Fat: 0g

Cholesterol: 0mg

Saturated Fat: 0g

Carbohydrates: 6g

Fibre: 0g

Protein: 0g

# Example of a high sodium food to avoid

Sample label for macaroni & cheese

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Serving Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 110		
<b>% Daily Values*</b>			
<b>Total Fat</b> 12g	<b>18%</b>		
Saturated Fat 3g	<b>15%</b>		
Trans Fat 3g			
<b>Cholesterol</b> 30mg	<b>10%</b>		
<b>Sodium</b> 470mg	<b>20%</b>		
<b>Total Carbohydrate</b> 31g	<b>10%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 5g			
<b>Protein</b> 5g	<b>10%</b>		
Vitamin A 4%	• Vitamin C 2%		
Calcium 20%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Check serving size & calories →

2. Limit fats and watch out for high sodium content →

3. Get enough of these nutrients →

4. Footnotes →

Quick guide to % Daily Value (DV) of nutrients:

- 5% or less is low
- 15% or more is high (**10%** for sodium)

This label indicates a high sodium food to avoid. Choose foods with at most 10% DV sodium. Less is better.

If you have any questions, please ask.  
We are here to help you.



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