

# Nutrition for People on Dialysis

You can enjoy many foods when you have chronic kidney disease. Limiting a few others can also help you be healthy. Try these tips:



## Protein

You need a lot of protein! Choose 2 to 3 palm-sized portions of protein foods each day. These include 2-3 eggs or egg whites, fresh lean beef, lamb, veal, wild game, and “all natural” chicken, fish, pork, seafood, or turkey. Beans, edamame, lentils, nut butters, or tofu may be good options in meatless meals. Limit salty processed meats such as bacon, brats, deli meats, ham, hot dogs, and sausage.

## Salt & Sodium

Choose foods with less than 200 mg sodium per serving. Packaged meals should have less than 600 mg per serving. Do not add salt to foods. Instead, use herbs and spices such as garlic, onion or garlic powder, basil, oregano, paprika, pepper, or thyme. You can also flavor food with lemon, lime, vinegar, or a salt-free seasoning blend like Mrs. Dash®.

## Added Phosphorus

Limit foods with added phosphorus (any words with “phos”, such as calcium phosphate or phosphoric acid, in the ingredients).

## Dairy Products

Limit milk, ice cream, pudding, or yogurt to 4-8 ounces (½ to 1 cup) per day or 1 slice of natural cheese (such as cheddar, mozzarella, or Swiss). You can use unfortified rice, almond, or soy milks instead. Limit processed cheeses, such as American cheese, Cheez Whiz, Velveeta, boxed macaroni and cheese, and other cheese spreads or sauces with “phos” ingredients.

## Fruits

Enjoy 2-3 servings per day (½ cup or 1 small fruit per serving):

### Lower Potassium

- apples
- applesauce
- berries
- canned fruit
- clementine
- grapes
- lemon & lime
- mandarin oranges
- pear
- pineapple
- plum
- tangerine

### Higher Potassium

- avocado
- banana
- dried fruit
- kiwi
- mango
- most melons
- nectarine
- orange
- papaya
- peach
- plantain
- pomegranate

## Vegetables

Enjoy 2-3 servings per day (1 cup leafy greens or ½ cup fresh, cooked, or canned per serving):

### Lower Potassium

- asparagus
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- corn
- cucumber
- eggplant
- green beans
- greens: collard, mustard, or turnip
- kale
- lettuce
- okra
- onion
- peppers
- radish
- sweet or snap peas
- turnip

### Higher Potassium

- artichoke
- brussels sprouts
- cooked chard
- kohlrabi
- parsnips
- potato
- pumpkin
- rutabaga
- squash, most types
- sweet potatoes or yams
- tomatoes or tomato sauce
- zucchini

## Eat the Right Kinds of Carbohydrates

Choose white or whole grain breads and grains, lower-salt crackers, or snacks. Limit processed foods such as boxed mixes, biscuits, muffins, pancakes, waffles, instant hot cereals, and ready-to-eat baked goods.

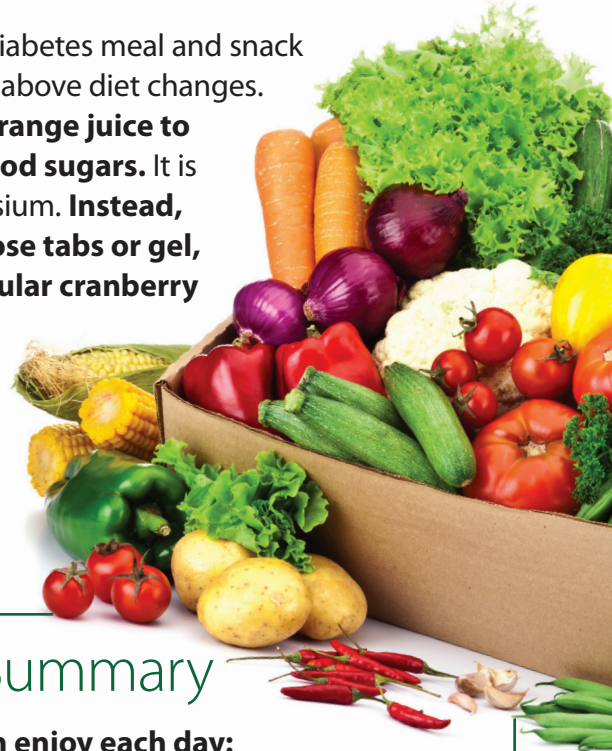
## Fluids

If you make little urine, you may drink up to 4-6 cups of liquids a day. This includes all beverages and ice. It also includes the fluid in foods such as gelatin, ice cream, popsicles, and soup.

## If you have Diabetes

Follow your diabetes meal and snack plan with the above diet changes.

**Do not use orange juice to treat low blood sugars.** It is high in potassium. **Instead, choose glucose tabs or gel, or ½ cup regular cranberry grape, or apple juice or 7-Up or Sprite.**



## Goal Summary

**Foods I can enjoy each day:**

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**Foods I may need to limit:**

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**Questions for my RDN:**

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