

# Sample Diet for Dialysis Patient

	Food Item:	Calories	Phosphorus	Potassium	Sodium
<b>Breakfast</b>					
	Milk (3/4 cup)	90	170 mg	250 mg	85 mg
	Cereal (3/4 cup)	110	80 mg	115 mg	260 mg
	Banana (1/2 of one small)	45	10 mg	180 mg	.50 mg
<b>Morning Snack</b>					
	Bagel, (4") cinnamon raisin	280	105 mg	155 mg	455 mg
	Cream Cheese (1 ounce)	95	15 mg	20 mg	75 mg
<b>Lunch</b>					
	Whole Wheat bread (2 slices)	160	75 mg	90 mg	270 mg
	Tuna and turkey (4 oz)	220	295 mg	280 mg	65 mg
	Mayo (1 T)	100	4 mg	5 mg	5 mg
	Avocado and tomatoes	125	50 mg	500 mg	8 mg
	Juice drink (orange apricot)	175	25 mg	275 mg	7 mg
<b>Afternoon Snack</b>					
	Hard boiled egg	70	75 mg	55 mg	55 mg
	Cream Soda (3/4 cup)	90	0	0	30 mg
<b>Dinner</b>					
	Baked Lemon Salmon (3 oz)	175	140 mg	150 mg	150 mg
	Green Beans (4 oz)	40	1 mg	150 mg	0
	Long-grain Rice (1 cup)	360	115 mg	25 mg	10 mg
	Olives (3 large)	15	.5 mg	1 mg	100 mg
	Corn (1 cup)	120	70 mg	150 mg	7 mg
<b>Evening Snack</b>					
	Dinner Roll (1.5)	105	45 mg	78 mg	200 mg
	Parmesan cheese (3/4 t)	5	9 mg	1 mg	20 mg
	Butter, unsalted (1 T)	70	5 mg	10 mg	5 mg
	Gumdrops (3 T)	135	.5 mg	2 mg	15 mg

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	Milk (3/4 cup)	90	170	250	85
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	Banana (1/2 of one small)	45	10	180	0.5
Morning Snack					
	Bagel, (4") cinnamon raisin	280	105	155	455
	Cream Cheese (1 ounce)	95	15	20	75
Lunch					
	Whole Wheat bread (2 slices)	160	75	90	270
	Tuna and turkey (4 oz)	220	295	280	65
	Mayo (1 T)	100	4	5	5
	Avocado and tomatoes	125	50	500	8
	Juice drink (orange apricot)	175	25	275	7
Afternoon Snack					
	Hard boiled egg	70	75	55	55
	Cream Soda (3/4 cup)	90	0	0	30
Dinner					
	Baked Lemon Salmon (3 oz)	175	140	150	150
	Green Beans (4 oz)	40	1	150	0
	Long-grain Rice (1 cup)	360	115	25	10
	Olives (3 large)	15	0.5	1	100
	Corn (1 cup)	120	70	150	7
Evening Snack					
	Dinner Roll (1.5)	105	45	78	200
	Parmesan cheese (3/4 t)	5	9	1	20
	Butter, unsalted (1 T)	70	5	10	5
	Gumdrops (3 T)	135	0.5	2	15
	<b>Totals:</b>	<b>2585</b>	<b>1290.00</b>	<b>2492</b>	<b>1822.5</b>

Sample Diet for Dialysis Patient

B	Cereal Milk (high phosphorus) Fruit (high potassium)
AM Snack	Cinnamon Bagel Cream Cheese
L	Tuna fish sandwich w/ roma tomato slices and avocado Orange Juice
PM snack	Cookies or 1 Hard-boiled egg
Dinner	Salmon w/lemon green beans (low potassium) 5 large canned olives (1 mg P)
HS Snack	Dinner roll Butter shredded cheese

Nutrient Composition of Foods NOT Shown in ESHA		
Food:	Phosphorus (mg)	Potassium (mg)
Cream cheese	15	20
Wheat bread (2)	76	92
Green Beans	...	
Corn	71	150
Salmon	139	149
Dinner roll (1.5)	45	78
Totals of this sheet:	346	489
Total:	1293	2350

# Phosphorus



**\*Phosphorus is a mineral, mostly found in the bones and teeth. In the body, it acts as a repairman for the cells and tissues. If you consume too much, calcium will leak out of bone— making them weak and brittle. Normally, the kidney can get rid of the phosphorus, but in kidney failure, it can build up in the blood and cause damage.**

**\*To stay healthy, control phosphorus by limiting high-phosphorus food and take your phosphate binders.**

<b>Foods LOW in this nutrient: (&lt;70 mg)</b>	Apples	Canned peaches	Pineapples	Green Beans	1 Tomato (15 mg)
	Fish sticks (frozen)	Turkey	Honey	Soy Milk	Cream of Wheat
<b>Foods MEDIUM in this nutrient: (70-120 mg)</b>	Grapefruit Juice	Peas	Iceberg Lettuce	Mushrooms	Mashed Potatoes
	Egg	Fish	Ice Cream	Tortillas	Ready To Eat Cereals
<b>Foods HIGH in this nutrient: (&gt;120 mg)</b>	Raisins (1 cup)	Beef (steak, top sirloin)	Lima beans	Ham (sliced)	Tuna Fish
	Cereals (Oats)	Cheese (1 oz)	Nut Butters (2T)	Milk (1/2 cup)	Puddings

# Potassium



\*Potassium is needed for your heart (especially), kidneys, muscles, nerves and digestive tract to function correctly. When you consume too much potassium, healthy kidneys remove the extra from the blood. When they fail— your diet and dialysis work together to balance the level of potassium in your blood. Soaking then draining vegetables can remove potassium to help you decrease your intake of this nutrient.

<b>Foods LOW in this nutrient: (&lt;150 mg)</b>	Apple	Strawberries	Cabbage	Mushrooms	Onions
	Potato Chips	Ice Cream	Walnuts (about 14 pc's)	Chicken (fryers or broilers)	American cheese spread
<b>Foods MEDIUM in this nutrient: (150-300 mg)</b>	Grapefruit	Pear (Fresh)	Broccoli	Peppers	Long-grain rice
	Raisin Nut Bran (wheat cereals)	Light Tuna Fish	Pork back ribs	Vanilla Pudding	Cottage Cheese
<b>Foods HIGH in this nutrient: (&gt;300 mg)</b>	Banana (small)	Orange Juice	Avocado	Potatoes	Wheat flour (whole grain)
	Sardines	Chicken sandwich (fast food)	Cornmeal	Yogurt	Milk

# Sodium



**\*Sodium helps regulate blood pressure and blood volume in the body. It is also needed for proper functioning of muscles and nerves. A buildup of sodium can increase blood pressure, so moderation of intake of this nutrient is advised. The most common form of sodium is sodium chloride, or salt. Sodium comes in many other foods as well— such as condiments and seasonings like soy sauce and bouillon cubes.**

**\*In between dialysis treatments, it is common to gain some weight: fluid weight. A safe fluid weight gain is 2-3 kg or less than 5% of your body weight. If weight gains are higher than this, review ways to limit fluid intake.**

<b>Foods LOW in this nutrient: (&lt;100 mg)</b>	Salsa (1 T)	Carrots (1 cup raw)	Sweet Potatoes	Plums	Cantaloupe
	Pears (1 cup)	Peanut Butter (chunk style)	Margarine	Egg	Granola Bars
<b>Foods MEDIUM in this nutrient: (100-250 mg)</b>	Mixed Vegetables	Celery	Olives (5 large)	Pork Sausage	Peanuts
	Beets	Yogurt	Asparagus	Toaster Pastries (Pop Tarts)	Tortillas
<b>Foods HIGH in this nutrient: (&gt;250 mg)</b>	Table Salt (1 tsp = 2300)	Potato Salad (1 cup = 1300 mg)	Refried beans (1 cup = 1100 mg)	Buttermilk (1 cup)	Cottage Cheese (1 cup = 700 mg)
	Fast food (Hamburger)	Canned Spinach	Mushrooms	Biscuits	Tomatoes