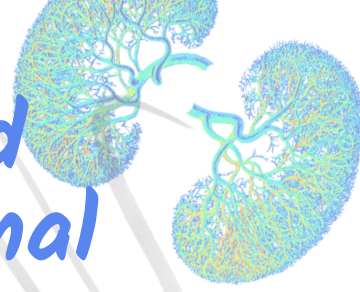


At Home Food Choices for Renal Conditions



Breakfast

Good

- White bread
- Bagels
- English muffins
- Cereals made from rice/oats
- Grits
- Scrambled eggs
- French toast
- Waffles
- Butter
- Jelly*
- Cinnamon sugar*
- Pancake syrup*

Not So Good

- Whole grain bread
- Biscuits
- Croissants
- Bran or chocolate chip muffins
- Chocolate doughnuts
- Bran cereals
- Granola
- Wheat germ
- Cereals made with nuts/seeds/dried fruit/coconut
- Omelets with ham/cheese
- Bacon & sausage
- Pancakes & pure maple syrup

*Consider alternatives for these items, in addition to the entire dessert section, if diabetic

Vegetables

Good

- Iceberg lettuce
- Cauliflower
- Carrots
- Green beans
- Onions
- Yellow squash
- Eggplant
- Asparagus
- Zucchini
- Green peppers
- Cabbage
- Corn

Not So Good

- Spinach
- Tomatoes
- Artichokes
- Kidney beans
- Dark leafy greens
- Broccoli
- Olives
- Relish/pickles, lentils
- Caesar salad
- Chickpeas
- Sauerkraut

Fruits

Good

- Fruit cocktail
- Canned peaches or pears*
- Apples
- Grapes
- Berries
- Pineapple
- Watermelon

Not So Good

- Dried fruit
- Apricots
- Bananas
- Avocados
- Oranges
- Cantaloupe
- Honeydew melon
- Grapefruit
- Papaya

Sides

Good

- Pasta salad
- White rice

Not So Good

- Potato salad
- 3-bean salad
- Refried beans
- Coleslaw

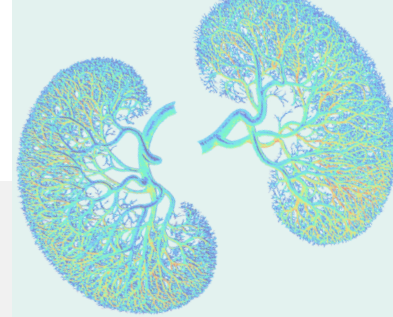
Entrees

Good

- Steak/pork/poultry/fish
 - Without breading or sauce/gravy
- Hamburgers
- Lamb

Not So Good

- Smoked meat
- Liver
- Ham
- Breaded meat/pork/poultry/fish
- Corned beef
- Cheeseburgers
- Hot dogs
- Prosciutto
- Stew
- Chili
- Sausage
- Meatloaf
- Pepperoni
- Pizza



Dessert

Good

- Sherbet
- Sorbet
- Gelatin
- Angel food cake
- Sugar cookies
- Strawberry shortcake
- White/yellow cake
 - (no frosting)
- Lemon meringue
- Fruit ice

Not So Good

- Chocolate
- Coconut
- Nuts
- Macaroons
- Snicker doodles
- Brownies
- Cream pies
- Cheesecake
- Desserts containing high potassium fruits
- Pecan pie
- Pumpkin pie

Beverages

Good

- Water
- Club soda
- Ginger ale*
- Lemonade*
- Tea
- Coffee
- Apple juice*
- Cranberry juice*
- Wine/cocktail made with above beverages*
 - (if approved by physician)
- Rice milk

Not So Good

- Tomato juice
- Vegetable juice
- Prune juice
- Cola
- Chocolate milk
- Hot cocoa
- Milk shakes
- Egg creams
- Eggnog
- Ice cream soda/root beer float
- Cocktails with any of the above ingredients