

## Watch Your Nutrients

To protect the health of your kidneys, the following nutrients may need to be controlled in your diet:

### Phosphorous

This nutrient is mainly found in animal foods, especially dairy products and egg yolks. Your dairy intake should be limited to 1/2 cup daily. Other foods high in phosphorous include chocolate, colas, dried beans, dried fruit, wheat and bran.

### Potassium

Foods that are high in potassium include bananas, oranges, baked potatoes, dried beans, whole wheat, bran, tomatoes, mushrooms and salt substitutes.

### Protein

Each patient with kidney disease requires different amounts of protein. The meat and dairy groups provide the highest level of protein.

### Sodium

High-sodium foods include salt, pickles, sauerkraut, luncheon meats, hot dogs, bacon, sausage, regular canned vegetables and soups, and dried packaged soups.

### Fluids

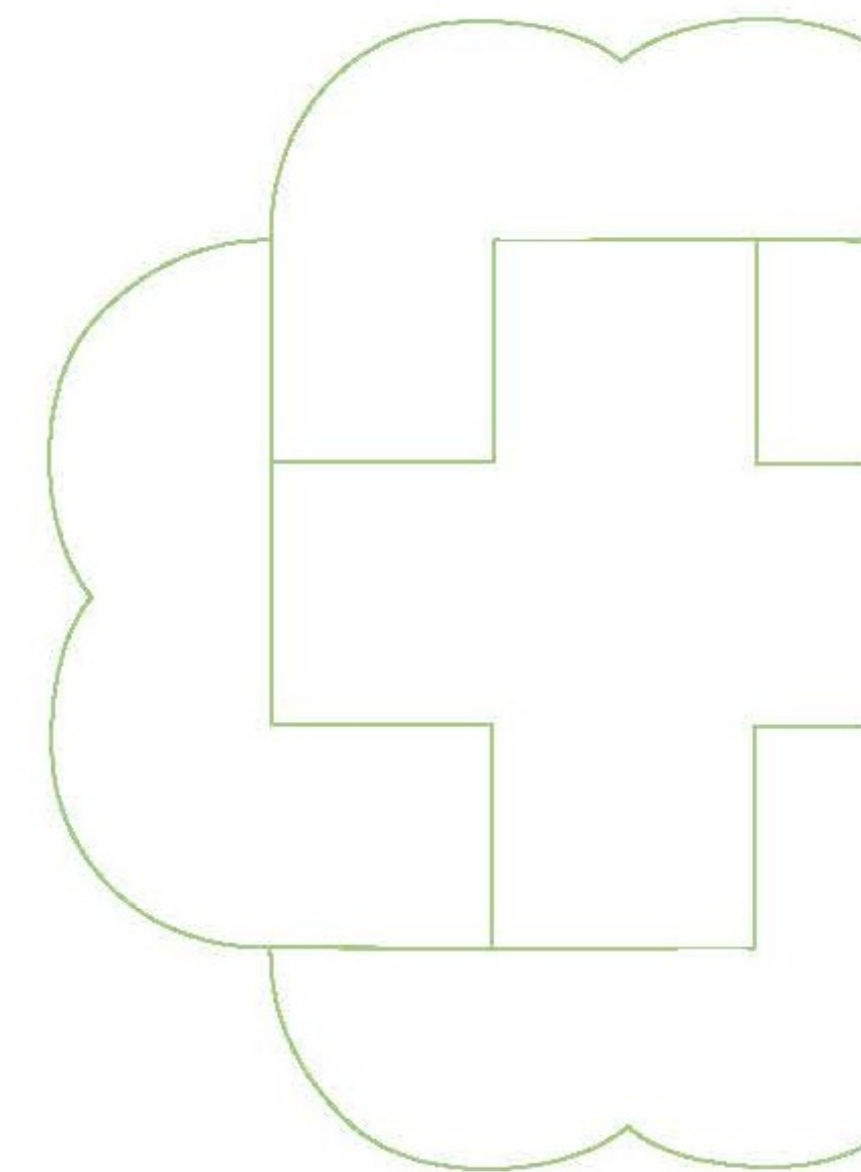
Fluids include both liquid beverages and foods that turn to liquid at room temperature. Items that count as a liquid include jello, sherbet, ice cream and popsicles.

Need help figuring out what to eat when you have kidney disease? Schedule an appointment with a dietitian. Call Bronson Outpatient Nutrition Services at (269) 341-6860.

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[bronsonhealth.com](http://bronsonhealth.com)

# Healthy Eating When You Have Kidney Disease





## Ordering Your Food

Look at the menu. Decide what you would like to eat. Then, dial 341-6363 to order your food. Bronson Food and Nutrition Services will help you choose foods that are OK for you to eat. They can answer any questions you may have about your special diet. You can order food anytime you want from 7 a.m. to 9 p.m. Your food will arrive within 45 minutes.

### Bronson Room Service

Dial 341-6363

7 a.m. – 9 p.m.

## Since you have kidney disease, you should choose from these items:

### Fruits

Apple Juice	Applesauce
Cranberry Juice	Diced Peaches
Grape Juice	Diced Pears

### Starches/Grains

Oatmeal	Plain Bagel
Cream of Wheat	Cinnamon Raisin Bagel
Cap'n Crunch <sup>®</sup>	English Muffin
Cheerios <sup>®</sup>	Blueberry Muffin
Frosted Flakes <sup>®</sup>	Pancakes
Froot Loops <sup>®</sup>	French Toast
Rice Krispies <sup>®</sup>	Spaghetti
Steamed Rice	Low-Sodium Crackers
White Bread	Graham Crackers
Pita Bread	Breadstick
Vanilla Wafers	Corn
Carrot Cake	Dinner Roll
Angel Food Cake	
Low-Sodium Chicken Noodle Soup	

### Milk Choices

(only one serving, or 1/2 cup, per day)  
Whole, Skim or 2% Milk  
Ice Cream  
Yogurt

### Vegetables

Broccoli  
Carrots  
Green Beans  
Mixed Green Salad

### Meats

(limit egg yolks to two times per week)  
Eggs  
Low-Cholesterol Eggs  
Chicken Quarter  
Chicken Tenders  
Grilled Chicken Breast  
Chicken Salad  
Low-Sodium Turkey  
Hamburger  
Tip Steak  
Meatloaf  
Baked Fish  
Tuna Salad

### Condiments

Creamer  
Non-Dairy Creamer  
Diet/Regular Jelly  
Diet/Regular Syrup  
Ketchup  
Mustard  
Margarine  
Lemon  
Low-fat/Regular Mayo  
Low-fat/Regular Sour Cream  
Low-fat/Regular Cream Cheese  
Pepper  
Mrs. Dash<sup>®</sup>  
Sugar  
Equal<sup>®</sup>  
Brown Sugar  
Butter  
Oil & Vinegar

### Beverages/Liquids

Regular/Decaf Coffee  
Regular/Decaf Iced Tea  
Regular/Decaf Hot Tea  
Herbal Tea  
Low-Sodium Chicken Broth  
Low-Sodium Vegetable Broth  
Low-Sodium Beef Broth  
Sierra Mist<sup>®</sup>  
Diet Sierra Mist<sup>®</sup>  
Mountain Dew<sup>®</sup>  
Lemonade

Regular/Diet Jello  
Italian Ice  
Popsicle  
Sherbet