

SUGGESTED FOOD SUBSTITUTIONS FOR A RENAL DIET

TABLE 1 - PROTEIN FOODS	
Food Group	Protein per Serving (grams)
Milk	4 grams per ½ cup
Meat, Fish or Chicken*	7 grams per 1 oz
Breads	2 grams per serving** Example: 1 slice of bread, ½ cup of rice or pasta
Vegetables	1 gram per serving** Example: ½ cup of cooked carrots, 1 cup of lettuce
Fruits	0.5 grams per serving** Example: 1 small apple, ½ cup of grapes

*Weight after cooking **Serving sizes vary



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TABLE 2 - FOODS WITH POTASSIUM	
Choose these: <i>Foods LOW in potassium</i>	Instead of these: <i>Foods HIGH in potassium</i>
Plain tortilla chips (1 oz = 56mg)	Fast food french fries (1 large order = 560mg)
Cranberry juice (1 cup = 37mg)	Orange juice (1 cup = 472mg)
Alfredo sauce ($\frac{1}{4}$ cup = 16mg)	Tomato sauce ($\frac{1}{2}$ cup = 400mg)
Green beans, cooked ($\frac{1}{2}$ cup = 100mg)	Spinach, cooked ($\frac{1}{2}$ cup = 279mg)
Peaches, canned ($\frac{1}{2}$ peach = 95mg)	Banana (1 small = 362mg)
Mashed potatoes ($\frac{1}{2}$ cup = 152mg)	Baked potato (1 small = 610mg)
Low-fat milk (1 cup = 397mg)	Milk shake (11oz = 571mg)
Mandarin oranges ($\frac{1}{2}$ cup = 99mg)	Fresh orange (1 medium = 250mg)
Fruit cocktail ($\frac{1}{2}$ cup = 115mg)	Cantaloupe (1 cup = 494mg)

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TABLE 3 - FOODS WITH SODIUM	
Choose these: <i>Foods LOW in sodium</i>	Instead of these: <i>Foods HIGH in sodium</i>
Lettuce salad with dressing (small = 225mg)	Canned soup (1 cup = 800mg)
Cream cheese (1 oz = 83mg)	American cheese (1 slice = 313mg)
Popcorn, caramel coated ($\frac{2}{3}$ cup = 56mg)	Potato chips (4 oz bag = 674mg)
Pork chop (2 oz = 32mg)	Ham (2 oz = 697mg)
Cooked cabbage (1 cup = 6mg)	Sauerkraut (1 cup = 939mg)
Fast food fish filet (1 sandwich = 614mg)	Fast food cheeseburger (1 burger = 1,589mg)
Cooked carrots ($\frac{1}{2}$ cup = 45mg)	Macaroni and cheese (from mix) ($\frac{3}{4}$ cup = 652mg)
Cake donut (1 small = 143mg)	Danish pastry (1 large = 503mg)

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TABLE 4 - FOODS WITH PHOSPHORUS	
Choose these: <i>Foods LOW in phosphorus</i>	Instead of these: <i>Foods HIGH in phosphorus</i>
Popcorn (1 cup = 19mg)	Nuts (2 oz = 264mg)
Pasta (1 cup = 94mg)	Pizza (1 slice = 234mg)
Butter and herb sauce (½ cup = 54mg)	
Chicken (3.5 oz = 140mg)	Liver (3.5 oz = 400mg)
Angel food cake (1 slice = 9mg)	Chocolate (1 bar = 160mg)
Green beans (½ cup = 13mg)	Pork and beans (1 cup = 274mg)
Popsicle® (1 pop = 0mg)	Ice cream (1 cup = 274mg)
Hamburger (3.2 oz = 120mg)	Hot dogs (2 = 170mg)
Crackers (8 = 24mg)	Biscuit (1 = 140mg)