



MENU



BREAKFAST:

HOT BROWN SUGAR CINNAMON OATMEAL TOPPED, EGG SUBSTITUTE
COOKED WITH BUTTER, CRANBERRY APPLE JUICE

SNACK:

PEAR WITH A GLASS OF WHOLE MILK

LUNCH:

ATLANTIC FISH COD SERVED ON WHITE RICE, SLICE OF WHITE BREAD
WITH BUTTER, BLUEBERRIES AND CARROTS ON THE SIDE

SNACK:

APPLE CINNAMON DANISH

DINNER:

CHICKEN BREAST SERVED ON PASTA, WHEAT DINNER ROLL WITH BUTTER,
SIDE OF GREEN BEANS AND GRAPES

SNACK:

8 CREME FILLED SUGAR COOKIES

Spreadsheet: Renal D kenzie smith | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Sod (mg)	Pot (mg)	Phos (mg)
[-] Renal D kenzie smith			2590.69	110.41	1321.81	2276.09	1299.59
[-] Day 1 (4/4/2012)			2590.69	110.41	1321.81	2276.09	1299.59
[-] Breakfast			527.47	19.97	553.02	574.62	322.09
Egg Substitute, liquid	0.5 Cup		105.42	15.06	222.13	414.15	151.85
Cereal, hot, oatmeal, brown sug cinn, inst, Dinosaur	1.25 Individual Packet		243.13	4.79	326.87	136.25	164.37
Juice Drink, cranberry apple	0.5 Cup		77.11	0	2.45	20.81	2.45
Butter, unsalted	3 Teaspoon		101.81	0.12	1.56	3.41	3.41
[-] Morning Snack			177.66	4.52	54.24	372.86	122.06
Pears, fresh, med	1 Each		103.24	0.68	1.78	211.82	19.58
Milk, whole, 3.25%, w/add vit D	0.5 Cup		74.42	3.84	52.46	161.04	102.48
[-] Lunch			593.00	33.50	129.09	500.32	274.45
Fish, cod, Atlantic, fillet, bkd/brld	4 Ounce-w...		119.07	25.89	88.45	276.69	156.49
Rice, white, long grain, ckd	1 Cup		205.40	4.25	1.58	55.30	67.94
Water, tap	0.5 Cup		0	0	4.74	0	0
Blueberries, fresh	0.5 Cup		42.18	0.55	0.74	56.98	8.88
Bread, white, very low sod, lrg slice	1 Slice		80.10	2.46	8.10	35.70	28.20
Carrot, fresh, baby, med	3 Each		10.50	0.19	23.40	71.10	8.40
Butter, unsalted	4 Teaspoon		135.75	0.16	2.08	4.54	4.54
[-] Afternoon Snack			263.41	3.83	251.34	58.93	63.19
Danish, apple cinnamon, unenrich, med, 4 1/4"	1 Each		263.41	3.83	251.34	58.93	63.19
[-] Dinner			623.53	45.48	246.16	674.83	459.63
Pasta, egg, enrich, ckd	0.5 Cup		110.40	3.63	4.00	30.40	60.80

Spreadsheet: Renal D kenzie smith | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Sod (mg)	Pot (mg)	Phos (mg)
Beans, green gram, mature, ckd	0.2	Cup	42.42	2.84	0.81	107.46	40.00
Butter, unsalted	4	Teaspoon	135.75	0.16	2.08	4.54	4.54
Water, tap	1	Cup	0	0	9.48	0	0
Roll, dinner, whole wheat, med, 2 1/2"	1	Each	95.76	3.13	144.36	97.92	80.64
Grapes, red European type varieties, fresh	0.5	Cup	52.09	0.54	1.51	144.21	15.10
Chicken, broiler/fryer, breast, w/o skin, rstd	4	Ounce-w...	187.11	35.18	83.91	290.30	258.55
<input type="checkbox"/> Evening Snack			405.62	3.10	87.96	94.54	58.18
Water, tap	0.5	Cup	0	0	4.74	0	0
Cookie, sugar wafer, creme filled	8	Each	405.62	3.10	83.22	94.54	58.18
% Recommendation			96.89	190.17	88.12	48.43	185.66
Item Name	Water (g)						
<input type="checkbox"/> Renal D kenzie smith	1495.07						
<input type="checkbox"/> Day 1 (4/4/2012)	1495.07						
<input type="checkbox"/> Breakfast	212.72						
Egg Substitute, liquid	103.85						
Cereal, hot, oatmeal, brown sug cinn, inst, Dinosaur	3.77						
Juice Drink, cranberry apple	102.55						
Butter, unsalted	2.55						
<input type="checkbox"/> Morning Snack	256.52						
Pears, fresh, med	149.00						

Spreadsheet cont.

Item Name	Water (g)
<ul style="list-style-type: none"> └ Milk, whole, 3.25%, w/add vit D 	107.52
[-] Lunch	416.44
<ul style="list-style-type: none"> └ Fish, cod, Atlantic, fillet, bkd/brld └ Rice, white, long grain, ckd └ Water, tap └ Blueberries, fresh └ Bread, white, very low sod, lrg slice └ Carrot, fresh, baby, med └ Butter, unsalted 	86.09 108.14 118.38 62.32 11.01 27.11 3.40
[-] Afternoon Snack	19.24
<ul style="list-style-type: none"> └ Danish, apple cinnamon, unenrich, med, 4 1/4" 	19.24
[-] Dinner	470.43
<ul style="list-style-type: none"> └ Pasta, egg, enrich, ckd └ Beans, green gram, mature, ckd └ Butter, unsalted └ Water, tap └ Roll, dinner, whole wheat, med, 2 1/2" └ Grapes, red European type varieties, fresh └ Chicken, broiler/fryer, breast, w/o skin, rstd 	54.18 29.35 3.40 236.76 11.92 60.81 74.00
[-] Evening Snack	119.72

Spreadsheet: Renal D kenzie smith | All Days

Spreadsheet cont.

Item Name	Water (g)
Water, tap	118.38
Cookie, sugar wafer, creme filled	1.34
% Recommendation	40.41

Phosphorous



Phosphorus is a mineral found in most foods and it helps the body produce energy and it helps build bones. In dialysis phosphorus is not removed easily and it should be restricted. When there are high levels of phosphorus for too long, bones can become brittle and weak. Restricting phosphorus can help keep bones healthy. High levels may also cause severe itching.

Food	Serving	mg
Low Phosphorus (<70mg)		
Green Beans	½ cup	20
White Bread	1 slice	25
Brussels Sprouts	½ cup	45
Cream Cheese	1 oz	30
Cream of Wheat	½ cup	20
Fruit Juices	½ cup	15-30
Pork Sausage	1 oz	40
Spaghetti	½ cup	40
Pudding/custard	½ cup	45
White Rice	½ cup	35
Spinach	½ cup	50
Med Phosphorus (70-120mg)		
Bacon	2 slices	70
Brown Rice	½ cup	75
Ice Cream	½ cup	75
Oatmeal	½ cup	90
Shrimp/crab	3 oz	110
Baked Beans	½ cup	95
Parmesan Cheese	2 tbsp	90
Hot Chocolate	6 oz	100
High Phosphorus (>120mg)		
Almonds	1 oz	140
White Meat Chicken	3 oz	200
Cottage Cheese	½ cup	170
Granola	½ cup	150
Lentils	½ cup	180
Turkey	3 oz	180
Tuna, canned	3 oz	140
Plain/fruit yogurt	6 oz	220-360
Sardines	3 oz	420
Ricotta Cheese	½ cup	225
Milkshake	1 cup	260
Soybeans	½ cup	210

Potassium

Potassium affects muscle action in the body, especially the heart. Kidneys are responsible for getting rid of extra potassium in the blood, and when kidney function is reduced, potassium levels can get too high. High potassium can cause the heart to stop beating.



Food	Serving	mg
Low Potassium (<150mg)		
Green Beans	½ cup	90
Raspberries	½ cup	90
Cucumbers	½ cup	80
Wild Rice	½ cup	80
Whole Wheat Bread	1 slice	70
Egg	1 large	60
Cheese	1 oz	20-30
Cranberry Juice	4 oz	20
Beef/pork Frankfurter	1 each	75
Onions raw	½ cup	120
Watermelon	½ cup	85
Med Potassium (150-300mg)		
Apple	1 each	150
Asparagus	½ cup	155
Grape Juice	½ cup	170
Carrots	½ cup	180
Turkey	3 oz	250
Tuna, canned	3 oz	200
Tomato/vegetable juice	4 oz	275
Peach	1 each	185
High Potassium (>300mg)		
Banana	1 medium	425
Milk (fat free, lowfat, whole)	1 cup	350-380
Spinach, cooked	½ cup	420
Baked Potato w/skin	1 medium	925
Soymilk	1 cup	600
White Beans canned	½ cup	595
Artichoke, cooked	1 medium	343
Lima Beans	½ cup	353
Papaya	1 small	391
Swiss Chard cooked	½ cup	480
Avocado	½ fruit	487



Sodium

Sodium is found in salt and many preserved foods. Dialysis patients need to restrict sodium, as well as limit fluid intake. In dialysis, the sodium balance becomes positive and the extracellular volume inflates. This leads to hypertension and to other dangerous cardiac and vascular changes cardiovascular morbidity and mortality in dialysis patients.

Food	Serving	mg
Low Sodium (<100mg)		
Swiss Cheese	1 oz	55
Egg, whole	1 large	70
Ice Cream	½ cup	55
Peanut Butter	1 tbsp	75
Apricots canned	½ cup	5
Spinach	½ cup	65
Turkey	3 oz	60
Honeydew	½ cup	30
Tofu, firm	¼ cup	10
Broccoli	½ cup	15
Oatmeal	½ cup	5
Med Sodium (100-250mg)		
Wheat Bread	1 slice	130
Milk, all types	1 cup	100
Sunflower Seeds	1 oz	115
Tomatoes, canned	½ cup	170
Provolone Cheese	1 oz	250
Pork/beef bologna	1 oz	210
Salsa	2 tbsp	195
Vanilla Pudding	½ cup	225
High Sodium (>250mg)		
American Cheese	1 oz	400
Ham	3 oz	1,125
Bagel, plain	4"- 1 each	400
Tomato Sauce canned	½ cup	640
Miso	½ cup	1,280
Pretzels	1 oz	400
Bacon	2 slices	300
Table Salt	1 tsp	2,325
Salami	1 oz	600
Kidney Beans canned	½ cup	440
Creamed Corn canned	½ cup	365
Dill Pickle	1 large	570