

Country Care Kidney Services Renal Diet Guide for Patients

Important Guidelines

- Do **NOT** add salt. Use natural herbs and salt-free seasoning.
- Use your fat allowances to fry food.
- All liquids count toward your daily allowance (water, soup, ice, melted foods).
- Take phosphate binders **with meals** if prescribed.
- Do not drink diet supplements without medical approval.
- If not diabetic, drink sweetened beverages to increase intake of calories.

Food Guide

Food Group	Allow Foods	Foods to Avoid
Staples (3-4 servings each meal)	White Rice	Bran Cereal Whole Wheat Products Bran Cake & Pancake mix Brown Rice Instant Cereal Salted Chips Salted Crackers Salted Popcorn Soya Flour Self Raising Flour
Starchy Staples (1 serving daily)	Boiled Ground Provisions	None in excess of 3 oz per day
Legumes (Peas, Beans, Nuts)	NONE!	NONE!
Meat & Fish	Sardines or Tuna in water Chicken, Pork, Beef, Mutton Turkey, Mince, Fish 2 Whole eggs weekly	Salt/Cured Meat and Fish Tinned Fish or Meat, Ham Bacon, Sausages, Frankfurters Herring
Milk (1 Serving Daily)	½ Cup Skimmed / Whole Milk 2 tbsp Skim/Whole Milk Powder 2 tbsp Condensed Milk 2 tbsp Evaporated Milk	Commercial custard mix, yoghurt Salted Cheese, Milk Shakes, Soy Milk Ice Cream, Lasoy Milk, Soy Beverages
Fruits (2 - 3 Servings Daily) Please Note: ½ Cup = 1 Serving	West Indian Cherries, Apples Apple Sauce, Canned Pear Pineapples, Tangerine, Pear Watermelon, Apple Juice Canned Peaches, Lime Juice Grapefruit Juice, Grape Juice Cranberry Juice	Sour Cherries, Maraschino Cherries Guineps, Dried Fruit, Raisins & Prunes Orange Juice, Coconut Water, Soursop Mangoes, Naseberry, Ripe Banana Custard Apples, Coolie Plum, Tamarind Cantaloupe, Golden Apple, Sweet Sop Passion Fruit, Honeydew Melon, Guava
Vegetables (3-4 Servings Daily) Please Note: ½ Cup = 1 Serving	Raw/Boiled Cabbage, Lettuce Boiled Eggplant, Cucumber Plummie Tomato, Sweet Pepper Boiled Chocho, Boiled Okra Boiled Pak Choi, Boiled Turnip Boiled String Beans, Onions	Callaloo, Tinned Vegetables, Beets Mushrooms, Vegetable Juice, Carrots Broccoli, Cauliflower, Pumpkin Pickled Vegetables, Sauerkraut
Fat (4-8 tsp daily)	Vegetable Oil, Salt-free Butter Low-salt Margarine Cream Cheese, Non-dairy Creamer	Ackee, Avocado, Bacon Fat, Olives Coconut Milk, Sandwich Spreads Regular Salad Dressing
Other	Popsicle, Lemonade, Ginger Ale Bag Juice, Box Drink, Sugar Cream Soda, Salt-free Soup Low-sodium Broth, Sherbet Sugar Cookies, Vanilla Wafers Hard Candy, Honey	Powdered Drink Mix, Salt, Soya Sauce Salt Substitute, Barbecue Sauce Powdered Seasoning, Tomato Sauce Instant Soups, Maggi Season Up Alcohol, Suppligen, Complian, Pepsi Coca-Cola, Chocolate, Milo, Eggnog Horlicks, Sandwich Cookies

Disclaimer:

This educational guide does not represent a complete or individualized renal diet plan.

Recommendations may differ based on laboratory values, treatment modality, comorbid conditions, and physician directives. Patients should consult their nephrologist or registered dietician before making dietary changes.