

Dialysis Sample Diet

Breakfast

Liquid egg whites, 2 tbsp.
English muffin, 1 each
Oatmeal, unsalted, 1 cup
Soy Milk, 1 cup
Pineapple chunks, 1 cup

Morning Snack

Cottage cheese, low sodium, 0.5 cup
Grapes, 3 oz.
Peaches, 0.25 cup

Lunch

Chicken Sandwich, 1 each
Lettuce, 0.5 cups
Tomato, 0.5 cups
Side of peas and carrots, 0.5 cups
Baked potato, 1 small
Butter, unsalted, 1 tbsp.
Apple Juice, 0.5 cups

Afternoon Snack

Yogurt, 1 cup
Pecans, unsalted, 0.25 cups
Raspberries, 2 oz.

Dinner

Salmon, 3 Oz.
Lemon wedge, 0.5 of lemon
White rice, 1 cup
Cashews, unsalted, 0.25 cup
Broccoli, 0.5 cup
Whole wheat roll, 1 each
Butter, unsalted, 0.5 tbsp.
Lemonade, 1 cup

Evening Snack

Sherbet, 0.5 cup

Sample Diet

Food	Kcals	Protein (g)	Na+ (mg)	K+ (mg)	P (mg)	Fluid (mL)
Breakfast						
Egg White (4 tbsp.)	34	7	100	8	10	0
Oatmeal (1 cup)	143	5	7	175	150	0
English Muffin (1 each)	132	5	210	63	52	0
Soy milk (1 cup)	131	8	124	287	126	214
Morning Snack						
Cottage Cheese, low sodium (0.5 cup)	81	14	15	97	151	0
Grapes (3 oz.)	55	1	0	72	8	0
Peaches (.25 cup)	15	0	0	73	8	0
Lunch						
Grilled Chicken Sandwich (1 each)	400	35	820	218	194	0
Lettuce (0.5 cup)	4	0	2	58	7	0
Tomato (0.25 cup)	8	0	2	106	11	0
Pea and Carrots (0.5 cup)	37	2	56	104	21	0
Rice (1 cup)	199	4	7	43	26	0
Cran Apple Juice (0.5 cup)	155	0	5	42	5	205
Afternoon Snack						
Raspberries (2 oz.)	23	1	0	46	9	0
Pecans (0.25 cup)	213	3	0	116	79	0
Dinner						
Salmon (3 oz.)	98	16	40	97	73	0
Lemon (0.5 of lemon)	7	0	0	0	37	0
Rice (1 cup)	199	4	7	43	26	0
Pecans (0.25 cup)	213	3	0	116	79	0
Lemonade (1 cup)	90	0	90	50	7	224
Roll (1 each)	74	2	145	76	62	0
Butter, unsalted (0.5 tbsp.)	50	0	1	2	2	0
Evening Snack						
Sherbet (0.5 cup)	106	1	34	29	71	0
Vanilla Wafers (10 cookies)	140	1	115	30	16	49
Totals:	2,607	112	1781	1951	1232	1500

Note: This sample provides only 692 mL of fluid. The extra 808 mL can be used throughout the day as desired