



Food List

Diabetes and Kidney Care Food Guide

The **Diabetes and Kidney Care (DKC) Food Guide** was developed by Registered Dietitians at Orillia Soldiers' Memorial Hospital (OSMH); the Diabetes Education Centre and the Regional Kidney Care Program Simcoe/Muskoka.

Authors

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|------------------------------|---|
| Sarah Bouchard, RD | OSMH, Regional Kidney Care Program Simcoe/Muskoka |
| Nancy Hunter, RD | OSMH, Regional Kidney Care Program Simcoe/Muskoka |
| Linda Ross Stringer, RD, CDE | OSMH, Diabetes Education Centre |

We would like to thank Trish Duke, RD for her initial inspiration, Ada Malmstrom for administrative assistance, and the many renal dietitians and diabetes educators throughout North Simcoe Muskoka who participated in the formal review and evaluation of the DKC Food Guide. A special thank you to Holly Brown, RD, CDE who graciously donated her funds raised from the Sun City Swim to assist with the initial printing of the DKC Food Guide poster.

The **DKC Food Guide** consists of a Poster, a Food List and the Educator's Guide.

- The **Poster** is intended for use by the person with diabetes and chronic kidney disease (CKD) in conjunction with a dietitian specialized in diabetes management and/or CKD.
- The **Food List** provides nutrient data on the key nutrients as well as a Glycemic Index (GI) ranking, if available, and is intended for use by the healthcare professional as well as the person with diabetes and CKD.
- The **Educator's Guide** describes diabetes and CKD, the key nutrients, how to work with the DKC Food Guide, as well as special issues related to diabetes and CKD. It is intended for use by healthcare professionals. Further more inclusive comprehensive information is available elsewhere, however the information provided in the **DKC Food Guide** gives a working knowledge of the basics in assisting people who have both diabetes and kidney disease.

The **Food List** and the **Educator's Guide** are available at the OSMH Internet www.osmh.on.ca
For further information contact OSMH; Diabetes Education Centre or the Kidney Care Program
Telephone (705)325-2201

This information is intended for use with a healthcare professional specializing in diabetes management and/or chronic kidney disease and for no other purpose.

The following list includes nutrient values for carbohydrate (CHO), fibre, available CHO, potassium, phosphorus, sodium, fat and protein for the food listed in the DKC Food Guide, plus some additional foods; the reference used, the Canadian Nutrient File (CNF) or if not available, either the United States Department of Agriculture (USDA) food database or an alternate source is identified; and the GI for the food if available.

CARBOHYDRATE CONTAINING FOOD

Grains & Starches: *Lower in phosphorus, potassium and sodium*

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus < 70 mg*, potassium < 200 mg* (with many < 35 mg) and sodium < 250 mg*.

* Some exceptions apply, refer to the list below.

| Grains & Starches | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|--|-------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-------|
| Bread products | | | | | | | | | | |
| Bagel, white | ½ small 3-inch | 18.4 (0.8) | 17.6 | 35 | 33 | 184 | 0.6 | 3.6 | 18406 USDA | 74 |
| | ¼ large 4-inch | 17.5 (0.8) | 16.7 | 33 | 32 | 175 | 0.5 | 3.5 | 18406 USDA | 74 |
| Bread: | | | | | | | | | | |
| 60% whole wheat | 1 slice | 18 (2.1) | 15.9 | 110 | 65 | 121 | 1.9 | 2.9 | 3737 | n/a |
| Cracked wheat | 1 slice | 17.3 (1.9) | 15.4 | 62 | 54 | 188 | 1.4 | 3 | 4062 | 48-58 |
| Light rye | 1 slice | 16.9 (2) | 14.9 | 58 | 44 | 231 | 1.2 | 3 | 4065 | 69 |
| Sourdough | 1 slice | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| White | 1 slice | 17.7 (0.8) | 16.9 | 35 | 35 | 238 | 1.2 | 2.7 | 4066 | 72 |
| Crackers, soda, unsalted | 7 | 15.2 (0.7) | 14.5 | 28 | 21 | 161 | 2.5 | 2 | 4040 | 74 |
| Croutons, white, plain | ¾ cup | 17.5 (1.2) | 16.3 | 29 | 27 | 166 | 1.6 | 2.8 | 3885 | n/a |
| Dinner roll, white | 1 small | 14.3 (0.9) | 13.4 | 38 | 33 | 148 | 2.1 | 2.4 | 4073 | n/a |
| English muffin, white | ½ | 13.1 (0.8) | 12.3 | 37 | 38 | 132 | 0.5 | 2.2 | 3900 | 61 |
| Hamburger bun, white | ½ | 10.6 (0.5) | 10.1 | 20 | 14 | 103 | 0.9 | 2.1 | 3985 | 62 |
| Hotdog bun, white | ½ | 10.6 (0.5) | 10.1 | 20 | 14 | 103 | 0.9 | 2.1 | 3985 | 62 |
| Melba toast, white | 4 | 15.3 (1.3) | 14 | 40 | 39 | 4 | 0.6 | 2.4 | 4038 | 70 |
| Pita bread, white | ½ 6-inch | 16.7 (0.7) | 16.0 | 36 | 29 | 161 | 0.4 | 2.7 | 18041 USDA | 59 |
| Tortilla/wrap, corn flour | 6-inch dia | 12.1 (1.4) | 10.7 | 40 | 82 | 3 | 0.7 | 1.5 | 18449 USDA | n/a |
| Tortilla/wrap, white flour | 6-inch dia | 15.4 (0.9) | 14.5 | 46 | 37 | 191 | 2.3 | 2.3 | 18364 USDA | n/a |
| Cereal/breakfast foods | | | | | | | | | | |
| Cereal, cold: | | | | | | | | | | |
| Corn Bran, Quaker® | ¾ cup | 22.3 (4.1) | 18.2 | 45 | 26 | 244 | 1.1 | 1.8 | 1477 | 75 |
| Corn Flakes® | ¾ cup | 17.1 (0.5) | 16.6 | 21 | 9 | 143 | 0.2 | 1.4 | 1242 | 72-92 |
| Rice Krispies® | ⅔ cup | 14.5 (0.2) | 14.3 | 20 | 24 | 189 | 0.1 | 1.2 | 1265 | 82 |
| Special K® | ¾ cup | 12.8 (0.2) | 12.6 | 25 | 33 | 158 | 0.2 | 2.7 | 1267 | 69 |
| Cereal, hot, cooked: | | | | | | | | | | |
| Cream of Wheat | 1 cup | 13.4 (0.5) | 12.9 | 21 | 25 | 1 | 0.2 | 0.2 | 1398 | n/a |
| Pancake, homemade | 1 4-inch | 10.8 (0.5) | 10.3 | 50 | 60 | 167 | 3.7 | 2.4 | 3935 | 67 |
| Waffle, homemade | 1 4-inch | 16.5 (0.7) | 15.8 | 80 | 95 | 256 | 7 | 4 | 4000 | 78 |
| Grains, cooked | | | | | | | | | | |
| Barley | ½ cup | 23 (2) | 21 | 77 | 45 | 2 | 0.4 | 1.9 | 4486 | 33 |
| Bulgur | ½ cup | 17.8 (2.7) | 15.1 | 65 | 38 | 5 | 0.2 | 3 | 4489 | 48 |
| Couscous, white | ½ cup | 19.2 (0.7) | 18.5 | 48 | 18 | 4 | 0.1 | 3.1 | 4490 | 62-71 |
| Pasta, white | ½ cup | 20.9 (0.9) | 20 | 23 | 40 | 1 | 0.5 | 3.5 | 4507 | 32 |
| Rice, white | ⅓ cup | 15.6 (0) | 15.6 | 19 | 24 | 0.7 | 0.2 | 1.5 | 4523 | 48-55 |
| Vegetables | | | | | | | | | | |
| Corn: | | | | | | | | | | |
| Frozen kernels | ½ cup | 16.7 (1.7) | 15 | 202 | 68 | 1 | 0.6 | 2.2 | 2392 | 59 |
| Off the cob, boiled | ½ cup | | | | | | | | | |
| On the cob, boiled | 1 small / 5½-inch | 18.7 (2.1) | 16.6 | 194 | 69 | 1 | 1.3 | 3 | 2068 | 48 |
| Potato cut into ⅛-inch pieces, double boiled | ½ cup | 16.5 (1.2) | 15.3 | *100-200 | 34 | 4 | 0.1 | 1.4 | 2422 | n/a |

* The potassium value was obtained from www.davita.com and is variable based on the variety of potato. Otherwise, the nutrient values are from the CNF and some leaching of other nutrients may occur.

GRAINS & STARCHES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus \geq 70 mg, potassium \geq 200 mg and sodium \geq 250 mg. However, the levels are variable. In some cases a food is included under the Higher in phosphorus, potassium and/or sodium banner as a comparable food choice listed in the green banner is significantly lower in phosphorus, potassium and/or sodium. Example: white bread versus whole wheat bread. Note the Legumes are also included in the Meat & Alternatives food group due to the protein content.

* Some exceptions apply, refer to the list below.

| Grains & Starches | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|-------------------------------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-------|
| Bread Products | | | | | | | | | | |
| Bread: | | | | | | | | | | |
| 100% whole wheat | 1 slice | 16.1 (2.4) | 13.7 | 88 | 80 | 184 | 1.5 | 3.4 | 4067 | 52-72 |
| Pumpnickel | 1 slice | 16.6 (2.3) | 14.3 | 73 | 62 | 235 | 1.1 | 3 | 3711 | 58 |
| Crackers: | | | | | | | | | | |
| Multigrain, Triscuit® | 6 | 19.5 (2.9) | 16.6 | 97 | 93 | 169 | 4 | 3 | 18235 USDA | n/a |
| Soda, salted top | 7 | 15.6 (0.7) | 14.9 | 35 | 21 | 231 | 1.9 | 2 | 3872 | 74 |
| Croutons, commercial | ¾ cup | 20.1 (1.6) | 18.5 | 58 | 44 | 392 | 5.8 | 3.4 | 3886 | n/a |
| Cereal/breakfast foods | | | | | | | | | | |
| Cereal, cold: | | | | | | | | | | |
| Bran Flakes ® | ¾ cup | 18.7 (3.4) | 15.3 | 127 | 113 | 206 | 0.5 | 2.7 | 1232 | 65 |
| Raisin Bran ® | ½ cup | 23.4 (3.4) | 20 | 167 | 94.5 | 184 | 0.5 | 2.5 | 1372 | 61 |
| Shredded Wheat ® | 1 biscuit | 20.9 (3.5) | 17.4 | 92 | 83 | 1 | 0.6 | 3 | 1279 | 67-83 |
| Cereal, hot, cooked: | | | | | | | | | | |
| Oatmeal, instant | ¾ cup | 15.4 (2.1) | 13.3 | 87 | 103 | 187 | 1.5 | 3.2 | 1414 | 67 |
| Oatmeal, large flakes | ¾ cup | 14.4 (2.2) | 12.2 | 82 | 93 | 1 | 1.5 | 3 | 1465 | 38-52 |
| Pancake, from mix | 1 4-inch | 13.6 (0.5) | 13.1 | 65 | 123 | 231 | 0.9 | 1.9 | 3931 | 67 |
| Waffle, commercial | 1 4-inch | 15.1 (0.9) | 14.2 | 48 | 156 | 292 | 2.7 | 2.3 | 3998 | 78 |
| Grains, cooked | | | | | | | | | | |
| Pasta, whole grain | ½ cup | 19.6 (2.1) | 17.5 | 33 | 66 | 2 | 0.4 | 3.9 | 4457 | n/a |
| Pasta, packaged mixes | ½ cup | 22.9 (2.7) | 20.2 | 45 | 39 | 606 | 3 | 2.7 | 4427 | 51 |
| Rice, brown | ⅓ cup | 15.8 (1.0) | 14.8 | 30 | 57 | 3 | 0.6 | 1.8 | 4497 | 48-55 |
| Soup, canned | | | | | | | | | | |
| Mushroom, with water | 1 cup | 8.5 (0) | 8.5 | 77 | 34 | 820 | 7.4 | 2 | 1063 | n/a |
| Mushroom, with milk | 1 cup | 16.0 (0.5) | 15.5 | 288 | 168 | 983 | 13 | 6.5 | 5260 | n/a |
| Pea | ½ cup | 17.2 (2.7) | 14.5 | 202 | 128 | 518 | 2.8 | 6.7 | 5266 | 66 |
| Tomato, with water | 1 cup | 16.9 (1.2) | 15.7 | 289 | 36 | 701 | 0.72 | 2 | 1128 | 38-52 |
| Tomato, with 2% milk | ¾ cup | 17.8 (1) | 16.8 | 360 | 120 | 602 | 3.4 | 4.9 | 5267 | 38 |
| Legumes | | | | | | | | | | |
| Beans: | | | | | | | | | | |
| Baked, canned, pork/tomato | ½ cup | 25 (7.4) | 17.6 | 394 | 155 | 584 | 1.2 | 6.9 | 3375 | 33 |
| Baked, homemade | ½ cup | 29 (7.4) | 21.6 | 479 | 146 | 564 | 6.9 | 7.4 | 3247 | 33 |
| Black, canned | ½ cup | 20.1 (5.9) | 14.2 | 301 | 119 | 0.7 | 0.5 | 7.5 | 3377 | 30 |
| Black eyed, canned | ½ cup | 16 (3.9) | 12.1 | 203 | 82 | 354 | 0.6 | 5.6 | 3284 | 33 |
| Kidney, canned | ½ cup | 21 (7.3) | 13.7 | 346 | 123 | 349 | 0.5 | 7.1 | 3265 | 25-29 |
| Kidney, red, boiled | ½ cup | 21.3 (6.2) | 15.1 | 377 | 133 | 2 | 0.5 | 8.1 | 3382 | 25-29 |
| Northern, canned | ½ cup | 29.1 (6.8) | 22.3 | 486 | 188 | 6 | 0.6 | 10.2 | 3261 | n/a |
| Pinto, boiled | ½ cup | 22 (7.6) | 14.4 | 367 | 124 | 0.6 | 0.5 | 7.6 | 3270 | 14-39 |
| Refried, canned | ½ cup | 20.3 (6.8) | 13.5 | 447 | 148 | 598 | 1.6 | 7.2 | 3314 | n/a |
| White, canned | ¼ cup | 14.7 (3.3) | 11.4 | 314 | 63 | 4 | 0.2 | 5 | 3276 | n/a |
| Lentils, cooked | ½ cup | 22 (4.5) | 17.5 | 386 | 189 | 2 | 0.4 | 9.4 | 3393 | n/a |
| Peas: | | | | | | | | | | |
| Chickpeas, boiled | ½ cup | 23.8 (4) | 19.8 | 252 | 146 | 6 | 2.2 | 7.7 | 3390 | n/a |
| Split peas, boiled | ½ cup | 21.9 (3) | 18.9 | 375 | 103 | 2 | 0.4 | 8.6 | 3395 | 25 |

| Grains & Starches | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|--|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-----|
| Vegetables | | | | | | | | | | |
| Corn: | | | | | | | | | | |
| Canned | ½ cup | 16.3 (1.6) | 14.7 | 117 | 42 | 258 | 0.8 | 2.3 | 2070 | 46 |
| Canned, cream style | ¼ cup | 12.3 (0.9) | 11.4 | 90 | 35 | 193 | 0.3 | 1.2 | 2389 | n/a |
| Potato: | | | | | | | | | | |
| Canned | ½ cup | 12.9 (0.9) | 12 | 218 | 26 | 209 | 0.2 | 2.3 | 2425 | n/a |
| French fries, restaurant | 10 strips | 17 (1.6) | 15.4 | 240 | 32 | 140 | 4.1 | 1.7 | 6518 | 75 |
| Dehydrated with milk, water, margarine | ½ cup | 17.9 (1.4) | 16.5 | 172 | 69 | 191 | 5.3 | 2.4 | 2176 | 79 |
| Scalloped, homemade with margarine | ½ cup | 14 (2.5) | 11.5 | 489 | 82 | 434 | 4.8 | 3.7 | 6524 | n/a |

GRAINS & STARCHES: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), potassium \geq 200 mg, phosphorus < 70 mg and sodium < 250 mg.

| Grains & Starches | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|--------------------------|------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|--------|
| Vegetables | | | | | | | | | | |
| Potato: | | | | | | | | | | |
| Baked | ½ cup | 14.5 (1.5) | 13 | 369 | 47 | 10 | 0.08 | 1.8 | 5706 | 78-111 |
| | ½ medium | 18.5 (2) | 16.5 | 476 | 62 | 12 | 0.1 | 2.3 | 5706 | 78-111 |
| Baked, flesh only | ½ cup | 14 (1.4) | 12.6 | 252 | 32 | 3 | 0.1 | 1.3 | 2419 | n/a |
| No skin, boiled, drained | ½ cup / ½ medium | 16.5 (1.2) | 15.3 | 274 | 34 | 4 | 0.1 | 1.4 | 2422 | 61-74 |
| French fries, no salt | 10 strips | 19.8 (1.6) | 18.2 | 366 | 46 | 108 | 8.3 | 2 | 2185 | 76 |
| Hash browns, frozen | 2 patties | 16.2 (1.2) | 15 | 252 | 42 | 20 | 6.7 | 1.8 | 2431 | n/a |
| Sweet potato, baked | 1/3 cup | 14.6 (2.3) | 12.3 | 335 | 38 | 25 | 0.1 | 0.2 | 2241 | 60 |

FRUITS: Lower in phosphorus, potassium and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), phosphorus < 15 mg*, potassium < 200 mg and trace amounts of sodium.

* Some exceptions apply, refer to the list below.

| Fruits | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|---------------------------------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-----|
| Fruits | | | | | | | | | | |
| Apple | 1 medium | 19.1 (2.6) | 16.5 | 148 | 15 | 1 | 0.2 | 0.4 | 1696 | 34 |
| Applesauce, unsweetened | ½ cup | 14.6 (1.5) | 13.1 | 97 | 9 | 3 | 0.1 | 0.2 | 1700 | n/a |
| Blueberries | 1 cup | 22.2 (4) | 18.2 | 118 | 18 | 2 | 0.5 | 1.1 | 1705 | 53 |
| Canned fruit, extra light syrup | ½ cup | 15.1 (1.4) | 13.7 | 135 | 16 | 5 | 0.1 | 0.5 | 1553 | 56 |
| Clementine | 1 large | 13.3 (2) | 11.3 | 197 | 24 | 1.5 | 0.2 | 0.9 | 5956 | n/a |
| Cranberry sauce | 1 tbsp | 13.5 (0.4) | 13.1 | 9 | 2 | 10 | Tr | Tr | 1539 | n/a |
| Grapefruit | ½ medium | 13.1 (2) | 11.1 | 166 | 22 | 0 | 0.2 | 1 | 1562 | 25 |
| Grapes | 15 | 13.5 (0.9) | 12.6 | 144 | 10 | 1 | 0.6 | 0.5 | 1718 | 43 |
| Mandarin orange | 1 large | 16 (2.2) | 13.8 | 199 | 24 | 2 | 0.4 | 1 | 9218 USDA | n/a |
| Mango | ½ medium | 17.6 (1.9) | 15.7 | 161 | 11 | 2 | 0.3 | 0.5 | 1603 | 51 |
| Pear | 1 small | 21.5 (4.2) | 17.3 | 165 | 15 | 1 | 0.2 | 0.6 | 1731 | 41 |
| Pineapple | ¾ cup | 15.5 (1.7) | 13.8 | 141 | 10 | 2 | 0.2 | 0.7 | 1734 | 66 |
| Tangerine | 1 large | 13.1 (1.8) | 11.3 | 163 | 20 | 2 | 0.3 | 0.8 | 1623 | n/a |
| Juice | | | | | | | | | | |
| Apple | ½ cup | 15.3 (0.1) | 15.2 | 156 | 9 | 4 | 0.1 | 0.1 | 1495 | 42 |
| Cranberry | ½ cup | 16.3 (0.1) | 16.2 | 103 | 17 | 3 | Tr | 0.1 | 5593 | 52 |

FRUITS: Higher in potassium - Lower in phosphorus and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, potassium \geq 200 mg, phosphorus $<$ 15 mg* and trace amounts of sodium. Note many foods above 15 mg phosphorus are still included in this group as it would be impractical to categorize so many fruits in the *Higher in phosphorus, potassium and/or sodium* banner.

* Some exceptions apply, refer to the list below.

| Fruits | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|-------------------------|----------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-------|
| Fruits | | | | | | | | | | |
| Apricot: | | | | | | | | | | |
| Fresh | 4 | 15.6 (3.1) | 12.5 | 362 | 32 | Tr | 0.5 | 2 | 1498 | 57 |
| Dried | 6 halves | 17.4 (1.2) | 16.2 | 388 | 33 | 3 | 0.1 | 1 | 1702 | n/a |
| Banana | 1 small 6-inch | 23.1 (1.8) | 21.3 | 362 | 22 | 1 | 0.3 | 1.1 | 1704 | 46 |
| | ½ large 8-inch | 15.5 (1.2) | 14.3 | 247 | 15 | 0.5 | 0.2 | 0.7 | 1704 | 46 |
| Cantaloupe | 1 cup diced | 13.5 (1.1) | 12.4 | 440 | 25 | 27 | 0.3 | 1.4 | 1721 | 65 |
| Dried fruit: | | | | | | | | | | |
| Prunes | 2 tbsp | 14.3 (1.7) | 12.6 | 329 | 17 | 1 | 0.1 | 0.5 | 1742 | 29 |
| Raisins | 1 tbsp | 14.5 (0.7) | 13.8 | 138 | 19 | 2 | Tr | 0.5 | 1745 | 64 |
| Honeydew | 1 cup diced | 16.3 (1.4) | 14.9 | 410 | 20 | 31 | 0.3 | 1 | 1605 | n/a |
| Kiwi | 2 medium | 22.2 (4.6) | 17.6 | 474 | 52 | 4 | 0.8 | 1.7 | 1585 | 47-58 |
| Nectarine | 1 medium | 14.4 (2.3) | 12.1 | 273 | 35 | 0 | 0.4 | 1.4 | 1611 | 43 |
| Orange | 1 medium | 15.4 (2.3) | 13.1 | 237 | 18 | 0 | 0.2 | 1.2 | 1722 | 40 |
| Papaya | 1 small | 14.9 (2.7) | 12.2 | 391 | 8 | 5 | 0.2 | 0.9 | 1628 | 60 |
| Pumpkin, boiled, mashed | 1 ½ cups | 19 (4.4) | 14.6 | 893 | 117 | 4.5 | 0.3 | 2.8 | 2442 | 66 |
| Juice | | | | | | | | | | |
| Orange | ½ cup | 13.2 (0.3) | 12.9 | 250 | 14 | 1 | 0.4 | 1.1 | 1620 | 46 |
| Prune | ⅓ cup | 15.7 (0.9) | 14.8 | 249 | 23 | Tr | Tr | 0.5 | 1673 | n/a |

MILK & ALTERNATIVES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus \geq 110 mg, potassium \geq 200 mg and/or sodium \geq 250 mg.

* Some exceptions apply, refer to the list below.

| Milk & Alternatives | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|---|-----------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|-----|
| Buttermilk | 1 cup | 12.4 (0) | 12.4 | 391 | 230 | 272 | 2.3 | 8.6 | 124 | n/a |
| Chocolate milk | ½ cup | 13.8 (0.7) | 13.1 | 225 | 136 | 81 | 1.3 | 4.3 | 4711 | n/a |
| Custard, no sugar added | ½ cup | 16 (0) | 16 | 220 | 168 | 91 | 6.8 | 7.5 | 6226 | n/a |
| Evaporated milk | ½ cup | 14.7 (0) | 14.7 | 423 | 264 | 147 | 2.7 | 9.8 | 153 | n/a |
| Milk: | | | | | | | | | | |
| 1% | 1 cup | 12.9 (0) | 12.9 | 387 | 245 | 113 | 2.5 | 8.7 | 63 | n/a |
| 2% | 1 cup | 12.9 (0) | 12.9 | 361 | 237 | 121 | 5.1 | 8.5 | 61 | n/a |
| Homo | 1 cup | 12.4 (0) | 12.4 | 340 | 217 | 111 | 8.4 | 8.1 | 113 | n/a |
| Skim | 1 cup | 12.8 (0) | 12.8 | 404 | 261 | 109 | 0.2 | 8.7 | 114 | n/a |
| Skim milk powder | 4 tbsp | 9.4 (0) | 9.4 | 307 | 177 | 99 | 0.1 | 6.3 | 115 | n/a |
| Pudding, no sugar added, fat free, vanilla | Check Nutrition Facts | | | | | | | | | |
| Soy beverage | 1 cup | 12.8 (1.3) | 11.5 | 321 | 143 | 142 | 5 | 11.6 | 3402 | 40 |
| Yogurt, unflavoured, artificially sweetened | ¾ cup | 14.6 (0) | 14.6 | 344 | 211 | 115 | 0.4 | 7.5 | 5301 | 36 |

OTHER CHOICES: Lower in phosphorus, potassium and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus < 70 mg*, potassium < 200 mg and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

| Other Choices | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|---|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|--|-----|
| Cake, white, unfrosted | 30 g | 16.9 (0.5) | 16.4 | 44 | 34 | 100 | 4.6 | 1.7 | 3759 | 68 |
| Cookies, arrowroot, social tea | 3 | 14.5 (0.3) | 14.2 | 18 | 21 | 78 | 2.7 | 1.4 | 3803 | 64 |
| Jam, jelly, honey | 1 tbsp | 17.7 (0) | 17.7 | 11 | 1 | 1 | Tr | 0.1 | 4294 | n/a |
| Muffin, homemade, low fat, plain, berry | ½ small | 11.6 (0.5) | 11.1 | 35 | 41 | 126 | 3.1 | 1.9 | 3920 | 64 |
| Popcorn, air popped, no added salt | 3 cups | 19.7 (3.9) | 15.8 | 75 | 90 | 3 | 1.1 | 3.3 | 4110 | 55 |
| Pretzels, unsalted | 30 twists | 14.3 (0.5) | 13.8 | 26 | 20 | 52 | 0.6 | 1.6 | 4386 | n/a |
| | 30 sticks | 15.8 (0.4) | 15.4 | 28 | 24 | 56 | 0.7 | 1.8 | 4386 | n/a |
| Rice Dream: | | | | | | | | | | |
| Classic, original® | ½ cup | 13 (0) | 13 | 28 | 28 | 50 | 1.3 | 0.5 | J. of Renal Nutrition March 2009 | n/a |
| Enriched® | ½ cup | 13 (0) | 13 | 60 | 75 | 53 | 1.3 | 0.5 | J. of Renal Nutrition March 2009/ www.tastethedream.com | n/a |
| Sorbet | ½ cup | 23.8 (2.6) | 21.2 | 75 | 31 | 36 | 1.6 | 0.9 | 4165 | n/a |
| Sugar: | | | | | | | | | | |
| Brown | 3 tsp | 13.6 (0) | 13.6 | 48.3 | 3 | 5.4 | 0 | 0 | 4317 | n/a |
| White | 3 tsp | 12.7 (0) | 12.7 | 0 | 0 | 0 | Tr | 0 | 4318 | n/a |
| Syrup: | | | | | | | | | | |
| Maple | 1 tbsp | 13.4 (0) | 13.4 | 43 | 0.5 | 3 | Tr | 0 | 6175 | n/a |
| No sugar added | 2 tbsp | 15.9 (1) | 14.9 | 0 | 0 | 6 | Tr | 0.2 | 5522 | n/a |

OTHER CHOICES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), phosphorus ≥ 70 mg, potassium ≥ 200 mg and/or ≥ sodium 250 mg. These may also provide more phosphorus, potassium and/or sodium than the homemade version, or tend to be higher in fat, added sugar and/or added phosphate and consequently are included here.

| Other Choices | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF | GI |
|------------------------------|---------------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|-----------------------|-----|
| Chocolate bar | | | | | | | | | Check Nutrition Facts | 33 |
| Chocolate cake | | | | | | | | | Check Nutrition Facts | 38 |
| Frozen desserts | | | | | | | | | Check Nutrition Facts | n/a |
| Granola bar | 1 - Check Nutrition Facts | 18.8 (1.3) | 17.5 | 91 | 64 | 78 | 4.8 | 2.1 | 4102 | 61 |
| Ice cream | ½ cup | 18 (0.5) | 17.5 | 151 | 80 | 61 | 8.4 | 2.7 | 4163 | 40 |
| Muffin: | | | | | | | | | | |
| Bran, commercial or from mix | ½ small | 18.8 (2.8) | 16 | 60 | 71 | 178 | 1.6 | 1.9 | 3928 | 64 |
| Carrot | ½ small | 14.5 (0.5) | 14 | 121 | 68 | 232 | 7.9 | 3.9 | 6631 | 62 |
| Wheat bran from mix | ½ small | 15.2 (0) | 15.2 | 103 | 230 | 330 | 6.5 | 4.5 | 6610 | 60 |
| Popcorn, microwave | 3 cups | 24.7 (4.5) | 20.2 | 94 | 105 | 342 | 13.3 | 3.9 | 6348 | 55 |
| Pretzels, salted | 30 twists | 14.3 (0.6) | 13.7 | 26 | 20 | 309 | 0.6 | 1.6 | 4394 | n/a |

FOOD THAT CONTAINS FEW OR NO CARBOHYDRATES

VEGETABLES: Lower in phosphorus, potassium and sodium

This category provides per serving: < 5 g available CHO*, phosphorus < 40 mg*, potassium < 200 mg* and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

| Vegetables | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|-------------------------------|----------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Vegetables | | | | | | | | | |
| Asparagus | 6 spears | 3.7 (1.8) | 1.9 | 202 | 49 | 13 | 0.2 | 2.2 | 1991 |
| Beans: | | | | | | | | | |
| Green | ½ cup | 4.9 (2.1) | 2.8 | 91 | 18 | 1 | 0.2 | 1.2 | 11053 USDA |
| Yellow | ½ cup | 4.9 (2.1) | 2.8 | 187 | 24 | 2 | 0.2 | 1.2 | 11724 USDA |
| Cabbage | ½ cup | 3.5 (1.3) | 2.2 | 77 | 12 | 6 | 0.3 | 0.8 | 2362 |
| Carrots, boiled | ½ cup | 6.8 (2.2) | 4.6 | 194 | 25 | 48 | 0.2 | 0.6 | 2381 |
| Cauliflower | ½ cup | 2.7 (1.8) | 0.9 | 93 | 21 | 10 | 0.3 | 1.2 | 2046 |
| Celery | 1 stalk 5-inch | 0.5 (0.3) | 0.2 | 44 | 4 | 14 | Tr | 0.1 | 2386 |
| Cucumber | ½ cup | 2.3 (0.5) | 1.8 | 92 | 15 | 1 | 0.1 | 0.4 | 2363 |
| Eggplant | ½ cup | 2.5 (1.5) | 1 | 100 | 11 | 1 | 0.1 | 0.4 | 2088 |
| Leeks | ½ cup | 4.2 (0.5) | 3.7 | 48 | 9 | 5 | 0.1 | 0.5 | 2397 |
| Lettuce | 1 cup | 1.7 (0.7) | 1 | 82 | 12 | 6 | 0.1 | 0.5 | 2398 |
| Mesclun mix | 1 cup | 2.2 (1.1) | 1.1 | 213 | 24 | 22 | 0.2 | 1.2 | 6616 |
| Mixed vegetables | ½ cup | 8.2 (2.1) | 6.1 | 111 | 32 | 35 | 0.2 | 2.4 | 2159 |
| Mushrooms, raw | ½ cup | 1.2 (0.5) | 0.7 | 116 | 32 | 2 | 0.2 | 0.6 | 2399 |
| Mustard greens, raw | 1 cup | 2.9 (2) | 0.9 | 209 | 25 | 15 | 0.1 | 1.6 | 2126 |
| Onion | ½ cup | 8.6 (1.2) | 7.4 | 122 | 23 | 3 | 0.1 | 0.8 | 2401 |
| Parsnips, boiled | ¼ cup | 7 (1.4) | 5.6 | 151 | 26 | 4 | 0.2 | 0.1 | 2407 |
| Peas, green | ¼ cup | 6.1 (1.9) | 4.2 | 47 | 33 | 31 | 0.1 | 2.2 | 2412 |
| Peppers: | | | | | | | | | |
| Bell | ½ cup | 4.8 (1.1) | 3.7 | 166 | 20 | 2 | 0.2 | 0.8 | 2484 |
| Jalapeno | ½ cup | 2.8 (1.3) | 1.5 | 102 | 15 | 0 | 0.3 | 0.6 | n/a |
| Radish | ½ cup | 2.1 (1) | 1.1 | 143 | 12 | 24 | 0.1 | 0.4 | 2443 |
| Spinach, raw | 1 cup | 1.2 (0.7) | 0.5 | 177 | 16 | 25 | 0.1 | 0.9 | 2213 |
| Tomato: | | | | | | | | | |
| Raw | 2½-inch dia | 1.8 (0.6) | 1.2 | 108 | 11 | 3 | 0.2 | 0.4 | 2460 |
| Cherry | 5 | 3.4 (1) | 2.4 | 200 | 20 | 5 | 0.2 | 0.8 | 2460 |
| Turnip, white fleshed, cooked | ½ cup | 4.2 (1.6) | 2.6 | 146 | 21 | 14 | 0.1 | 0.6 | 2262 |
| Zucchini, raw | ½ cup | 2 (0.7) | 1.3 | 156 | 23 | 6 | 0.1 | 0.7 | 2225 |

VEGETABLES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: < 5 g available CHO*, phosphorus ≥ 40 mg, potassium ≥ 200 mg and/or sodium ≥ 250mg.

* Some exceptions apply, refer to the list below.

| Vegetables | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|---------------------------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Vegetables | | | | | | | | | |
| Tomato products: | | | | | | | | | |
| Canned | ½ cup | 8.3 (1.4) | 6.9 | 279 | 27 | 298 | 0.3 | 1.2 | 2463 |
| Sauce | ¼ cup | 3.5 (1) | 2.5 | 214 | 17 | 339 | 0.1 | 0.9 | 2465 |
| Vegetables, mixed, canned | ½ cup | 9.2 (4.9) | 4.3 | 179 | 48 | 290 | 0.3 | 1.8 | 2270 |
| Juice | | | | | | | | | |
| V-8 | ½ cup | 5 (1) | 4.0 | 235 | n/a | 241 | 0 | 2 | 31008 USDA |
| Tomato | ½ cup | 5.5 (0.9) | 4.6 | 294 | 23 | 346 | 0 | 1 | 2464 |
| Vegetable | ½ cup | 5.8 (0.7) | 5.1 | 247 | 22 | 345 | 0.1 | 0.8 | 2473 |

VEGETABLES: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: < 5 g available CHO*, potassium ≥ 200 mg, phosphorus < 40 mg* and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

| Vegetables | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|----------------------------------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Vegetables | | | | | | | | | |
| Beets | ½ cup | 9.3 (1.6) | 7.7 | 207 | 19 | 186 | 0.1 | 1 | 2020 |
| Bok choy | ½ cup | 1.6 (0.9) | 0.7 | 333 | 26 | 31 | 0.1 | 1.4 | 2039 |
| Broccoli: | | | | | | | | | |
| Cooked | ½ cup | 5.9 (2) | 3.9 | 241 | 55 | 34 | 0.3 | 2 | 2375 |
| Frozen, spears, boiled | ½ cup | 5.4 (2.3) | 3.1 | 180 | 55 | 24 | 0.1 | 3.1 | 2026 |
| Brussels sprouts | ½ cup | 5.9 (3) | 2.9 | 262 | 46 | 18 | 0.3 | 2.1 | 2379 |
| Carrots, raw | ½ cup | 6.5 (1.7) | 4.8 | 217 | 24 | 47 | 0.1 | 0.6 | 2380 |
| Mushrooms, cooked | ½ cup | 2.1 (1) | 1.1 | 226 | 60 | 7 | 0.2 | 2 | 5958 |
| Rutabaga, yellow fleshed, cooked | ½ cup | 10.5 (2.2) | 8.3 | 391 | 67 | 24 | 0.3 | 1.6 | 11436 USDA |
| Spinach, cooked | ½ cup | 3.6 (2.3) | 1.3 | 443 | 53 | 67 | 0.3 | 2.8 | 2214 |
| Squash, winter, cooked | ½ cup | 9.6 (1.9) | 7.7 | 473 | 21 | 1 | 0.4 | 1 | 2306 |
| Swiss chard, cooked | ½ cup | 3.8 (1.9) | 1.9 | 508 | 31 | 165 | 0.1 | 1.7 | 2053 |
| Tomato products, no added salt: | | | | | | | | | |
| Canned | ¼ cup | 5.6 (1.9) | 3.7 | 237 | 21 | 7 | 0.1 | 0.8 | 5557 |
| Paste | ¼ cup | 12.3 (2.9) | 9.4 | 658 | 54 | 64 | 0.3 | 2.8 | 2258 |
| Zucchini, cooked | ½ cup | 3.7 (1.3) | 2.4 | 241 | 38 | 3 | 0.1 | 0.6 | 2226 |
| Juice | | | | | | | | | |
| Tomato, no added salt | ½ cup | 5.4 (0.5) | 4.9 | 294 | 23 | 13 | 0.1 | 1 | 6287 |
| Vegetable, no added salt | ½ cup | 5.9 (1) | 4.9 | 247 | 22 | 89 | 0.1 | 0.8 | 5586 |

SOME FRUITS: Lower in phosphorus, potassium and sodium

This category provides per serving: approximately 6 g or less available CHO*, phosphorus < 15 mg*, potassium < 200 mg and trace amounts of sodium.

* Some exceptions apply, refer to the list below.

| Fruits | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|--------------------------------|----------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|----------------|
| Fruits | | | | | | | | | |
| Apricot, fresh | 1 small | 3.9 (0.7) | 3.2 | 91 | 8.0 | 0.3 | 0.1 | 0.5 | 1498 |
| Blackberries | ½ cup | 7.3 (4.1) | 3.2 | 123 | 17 | 1 | 0.4 | 1.1 | 1515 |
| Cherries | 6 | 6.5 (0.8) | 5.7 | 91 | 8.4 | 0 | 0.1 | 0.4 | 1531 |
| Cranberries | ½ cup | 6.1 (2.3) | 3.8 | 43 | 7 | 1 | 0.1 | 0.2 | 1538 |
| Cranberry sauce with sweetener | 2 tbsp | 6.5 (1.5) | 5 | n/a | n/a | 0 | 0 | 0 | www.splenda.ca |
| Peach: | | | | | | | | | |
| Slices | ½ cup | 8.5 (1.7) | 6.8 | 170 | 18 | 0 | 0.2 | 0.8 | 1728 |
| Whole | 1 small-2" dia | 7.5 (1.5) | 6 | 150 | 16 | 0 | 0.2 | 0.7 | 1728 |
| Plum | 1 small | 7.5 (1.1) | 6.4 | 104 | 11 | 0 | 0.2 | 0.5 | 1740 |
| Raspberries | ½ cup | 7.8 (4.2) | 3.6 | 98 | 19 | 1 | 0.4 | 0.8 | 1747 |
| Strawberries | ½ cup sliced | 6.7 (2) | 4.7 | 134 | 21 | 1 | 0.3 | 0.6 | 1749 |
| Watermelon | ½ cup diced | 6.1 (0.3) | 5.8 | 90 | 9 | 1 | 0.1 | 0.5 | 1691 |

MEAT & ALTERNATIVES: Lower in phosphorus, potassium and sodium

This category provides per serving: trace amounts of CHO*, approximately 7 g protein, phosphorus < 100 mg*, potassium < 200 mg* and sodium < 250 mg. These are fresh, unprocessed food containing lower amounts of phosphorus, potassium and sodium compared to other meat and alternatives food.

* Some exceptions apply, refer to the list below.

| Meat & Alternatives | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|----------------------------------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Beef, fish, pork, poultry | | | | | | | | | |
| Beef, cooked, lean | 1 oz | 0 (0) | 0 | 92 | 58 | 16 | 1.1 | 9.4 | 5996 |
| Chicken, cooked, no skin | 1 oz | 0 (0) | 0 | 68 | 62 | 15 | 0.6 | 8.5 | 893 |
| Duck: | | | | | | | | | |
| Wild, cooked, no skin | 1 oz | 0 (0) | 0 | 72 | 58 | 19 | 3.2 | 6.7 | 665 |
| Domesticated with skin, roasted | 1 oz | 0 (0) | 0 | 116 | 89 | 34 | 16.2 | 10.8 | 663 |
| Egg: | | | | | | | | | |
| Whites | 2 | 0.5 (0) | 0.5 | 88 | 7 | 103 | 0 | 6.7 | 126 |
| Whole | 1 large | 0.6 (0) | 0.6 | 63 | 86 | 62 | 5.3 | 6.3 | 130 |
| Fish: | | | | | | | | | |
| Cod, cooked | 1 oz | 0 (0) | 0 | 155 | 67 | 27 | 0.2 | 6.8 | 3139 |
| Haddock, cooked | 1 oz | 0 (0) | 0 | 120 | 72 | 26 | 0.3 | 7.3 | 3199 |
| Perch, cooked | 1 oz | 0 (0) | 0 | 103 | 77 | 24 | 0.3 | 7.4 | 3035 |
| Salmon, cooked | 1 oz | 0 (0) | 0 | 125 | 93 | 17 | 1.2 | 6.7 | 3193 |
| Shellfish, shrimp, cooked | 1 oz | 0 (0) | 0 | 56 | 42 | 69 | 0.3 | 6.4 | 3212 |
| Tuna, canned, drained | ¼ cup | 0 (0) | 0 | 75 | 52 | 16 | 0.3 | 8.1 | 3131 |
| Ground meat, lean, cooked | 1 oz | 0 (0) | 0 | 124 | 72 | 26 | 3 | 9.2 | 4998 |
| Pork, lean, cooked | 1 oz | 0 (0) | 0 | 120 | 72 | 17 | 1.1 | 9.6 | 1970 |
| Other | | | | | | | | | |
| Cheese: | | | | | | | | | |
| Brie | 1 oz | 0.1 (0) | 0.1 | 38 | 47 | 157 | 6.9 | 5.2 | 20 |
| Cheddar | 1 oz | 0.3 (0) | 0.3 | 25 | 128 | 155 | 8.3 | 6.2 | 119 |
| Goat | 1 oz | Tr | Tr | 7.8 | 77 | 111 | 6.6 | 5.4 | 98 |
| Mozzarella | 1 oz | 0.8 (0) | 0.8 | 25 | 141 | 142 | 4.8 | 7.4 | 111 |
| Peanut butter | 2 tbsp | 6.3 (1.8) | 4.5 | 210 | 116 | 6 | 16 | 8.1 | 3414 |
| Tofu, silken, soft | 2/3 cup | 4.4 (0.2) | 4.2 | 270 | 93 | 8 | 4.1 | 7.2 | 4910 |

MEAT & ALTERNATIVES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: trace amounts of CHO*, approximately 7 g protein, phosphorus \geq 100 mg, potassium \geq 200 mg and/or \geq 250 mg sodium. Note the Legumes are also included in the Grains & Starches food group due to the carbohydrate content; GI references for these foods are available in the Grains & Starches food group.

* Some exceptions apply, refer to the list below.

| Meat & Alternatives | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|----------------------------------|------------------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Beef, fish, pork, poultry | | | | | | | | | |
| Bacon, peameal, cooked | 1 oz | 0 (0) | 0 | 117 | 89 | 464 | 2.5 | 7.3 | 10131 USDA |
| Deli meat, mock chicken | 2 slices / ~ 2 oz | 1.2 (0) | 1.2 | 130 | n/a | 536 | 12.9 | 6.8 | 1212 |
| Fish, breaded | 1 oz - Check Nutrition Facts | 15.4 (0.5) | 14.9 | 291 | 156 | 484 | 11.2 | 13.3 | 4576 |
| Ham | 2 slices / ~ 2 oz | 1.1 (0.4) | 0.7 | 160 | 86 | 730 | 5.1 | 9.3 | 1149 |
| Organ meat, liver, cooked | 1 oz | 1.5 (0) | 1.5 | 100 | 138 | 11 | 1.3 | 7.5 | 2657 |
| Sausage, pork | Check Nutrition Facts | | | | | | | | |
| Weiner | 1 | 1.5 (0) | 1.5 | 58 | 60 | 428 | 11 | 4.2 | 1185 |
| Legumes | | | | | | | | | |
| Beans: | | | | | | | | | |
| Baked, canned, pork, tomato | ½ cup | 25 (7.4) | 17.6 | 394 | 155 | 584 | 1.2 | 6.9 | 3375 |
| Baked, homemade | ½ cup | 29 (7.4) | 21.6 | 479 | 146 | 564 | 6.9 | 7.4 | 3247 |
| Black, canned | ½ cup | 20.1 (5.9) | 14.2 | 301 | 119 | 0.7 | 0.5 | 7.5 | 3377 |
| Black-eyed, canned | ½ cup | 16 (3.9) | 12.1 | 203 | 82 | 354 | 0.6 | 5.6 | 3284 |
| Kidney, canned | ½ cup | 21 (7.3) | 13.7 | 346 | 123 | 394 | 0.5 | 7.1 | 3265 |
| Kidney, red, boiled | ½ cup | 21.3 (6.2) | 15.1 | 377 | 133 | 2 | 0.5 | 8.1 | 3382 |
| Northern, canned | ½ cup | 29.1 (6.8) | 22.3 | 486 | 188 | 6 | 0.6 | 10.2 | 3261 |
| Pinto, boiled | ½ cup | 22 (7.6) | 14.4 | 367 | 124 | 0.6 | 0.5 | 7.6 | 3270 |
| Refried, canned | ½ cup | 20.3 (6.8) | 13.5 | 447 | 148 | 598 | 1.6 | 7.2 | 3314 |
| White, canned | ½ cup | 14.7 (3.3) | 11.4 | 628 | 126 | 7 | 0.4 | 10.1 | 3276 |
| Lentils, cooked | ½ cup | 22 (4.5) | 17.5 | 386 | 189 | 2 | 0.4 | 9.4 | 3393 |
| Peas: | | | | | | | | | |
| Chickpeas, boiled | ½ cup | 23.8 (4) | 19.8 | 252 | 146 | 2 | 0.4 | 9.4 | 3390 |
| Split peas, boiled | ½ cup | 21.9 (3) | 18.9 | 375 | 103 | 2 | 0.4 | 8.6 | 3395 |
| Other | | | | | | | | | |
| Cheese slice, processed | 1 slice | 3.6 (0) | 3.6 | 140 | 377 | 798 | 12.3 | 9.8 | 94 |
| Cottage cheese | ¼ cup | 1.7 (0) | 1.7 | 52 | 80 | 250 | 0.6 | 7.7 | 107 |
| Hummus | ⅓ cup | 15.1 (6.3) | 8.8 | 241 | 186 | 400 | 10.4 | 8.3 | 4870 |

FATS: Lower in phosphorus, potassium and sodium

This category provides per serving: approximately 5 g fat*, phosphorus < 5 mg*, potassium < 10 mg* and < 55 mg sodium*. All fats are higher in calories. For heart health: choose fats in limited amounts, choose unsaturated fats more often, avoid or limit trans fat and reduce saturated fat intake that usually comes from animal sources.

* Some exceptions apply, refer to the list below.

| Fats | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|---|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Butter | 1 tsp | 0 (0) | 0 | 1 | 1 | 29 | 4.1 | 0 | 118 |
| Cream cheese | 1 tbsp | 0.4 (0) | 0.4 | 18 | 15 | 44 | 5.1 | 1.1 | 28 |
| Cream cheese, low fat | 1 tbsp | 1.2 (0) | 1.2 | 38 | 23 | 72 | 2.3 | 12 | 5563 |
| Lard, shortening | 1 tsp | 0 (0) | 0 | 0 | 0 | 0 | 4.3 | 0 | 455 |
| Margarine | 1 tsp | 0 (0) | 0 | 2 | 1 | 52 | 3.9 | Tr | 6009 |
| Margarine, calorie reduced | 2 tsp | 0 (0) | 0 | 2 | 2 | 92 | 3.8 | 0.4 | 6075 |
| Mayonnaise, light | 1 tbsp | 1.3 (0) | 1.3 | 6 | 6 | 107 | 5.2 | Tr | 5332 |
| Oil, canola or olive | 1 tsp | 0 (0) | 0 | 0 | 0 | 0 | 4.6 | 0 | 451 |
| Salad dressing, homemade, no added salt | 2 tsp | 0.3 (0) | 0.3 | Tr | Tr | Tr | 5.4 | Tr | 428 |

FATS: Higher in phosphorus, potassium and/or sodium

This category provides per serving: approximately 5 g fat*, phosphorus \geq 5 mg, \geq 10 mg potassium and/or \geq 55 mg sodium. Some exceptions apply, refer to the list below.

| Fats | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|-------------------------------|-------------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Bacon, cooked | 1 strip / 8 g | 0.1 (0) | 0.1 | 47 | 44 | 192 | 3.2 | 3 | 5407 |
| Cheese spread, processed | 1 tbsp | 1.6 (0) | 1.6 | 36 | 135 | 252 | 3.3 | 2.5 | 95 |
| Nuts: | | | | | | | | | |
| Almond, dry roasted | 6-8 / 1/3 oz | 2.1 (1.38) | 0.7 | 80 | 56 | 0 | 5.7 | 2.4 | 2536 |
| Cashew, oil roasted, unsalted | 7 / 1/3 oz | 3.3 (0.4) | 2.9 | 66 | 56 | 1 | 5 | 1.8 | 2547 |
| Cashew, oil roasted, salted | 7 / 1/3 oz | 3.1 (0.3) | 2.8 | 66 | 56 | 32 | 5 | 1.8 | 2628 |
| Peanut, unsalted | 9 / 1/3 oz | 2 (1) | 1 | 87 | 46 | 2.3 | 6.1 | 3.2 | 3396 |
| Peanut, oil roasted, no salt | 9 / 1/3 oz | 2.2 (1.1) | 1.1 | 96 | 48 | 0.7 | 6.1 | 3.5 | 3363 |
| Peanut, oil roasted, salted | 9 / 1/3 oz | 1.9 (0.9) | 1 | 88 | 48 | 39 | 6.4 | 3.4 | 3398 |
| Pistachio | 15 / 1/3 oz | 2.9 (1.1) | 1.8 | 108 | 50 | 1 | 4.8 | 2.3 | 2588 |
| Walnut, unsalted | 5 halves / 1/3 oz | 1.2 (0.6) | 0.6 | 37 | 29 | 10.3 | 5.5 | 1.3 | 2590 |
| Seeds: | | | | | | | | | |
| Sesame, toasted, shelled | 1 tbsp | 2.1 (1.4) | 0.7 | 33 | 63 | 3 | 3.9 | 1.4 | 2522 |
| Pumpkin/squash, roasted | 1 tbsp | 2.1 (0.9) | 1.2 | 114 | 169 | 2 | 7.1 | 4.3 | 2517 |
| Sunflower, dry roasted | 1 tbsp | 2 (0.9) | 1.1 | 69 | 94 | Tr | 4.1 | 1.6 | 2527 |
| Salad dressing, bottled | 2 tsp | 1.7 (0) | 1.7 | 7 | 2 | 89 | 4.7 | Tr | 533 |

FATS: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: approximately 5 g fat, potassium \geq 10 mg, phosphorus $<$ 5 mg* and $<$ 55 mg sodium.

* Some exceptions apply, refer to the list below.

| Fats | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|---------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|---------------|
| Avocado | 1/6 medium | 2.9 (2.3) | 0.6 | 163 | 18 | 2 | 4.8 | 1 | 1511 |

EXTRAS: Lower in phosphorus, potassium and sodium

This category provides per serving: less than 5 g available CHO, phosphorus $<$ 70 mg, potassium $<$ 200 mg* and sodium $<$ 250 mg.

* Some exceptions apply, refer to the list below.

| Extras | Serving Size | CHO g (Fibre g) | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Reference CNF |
|--|-----------------------|-----------------|-----------------|---------------------|---------------|-----------|-------|-----------|----------------------------------|
| Almond Breeze: | | | | | | | | | |
| Sweetened, original or vanilla | 1/2 cup | 4 (1) | 3 | 90 | 50 | 75 | 1.25 | 0.5 | J. of Renal Nutrition March 2009 |
| Unsweetened, original or vanilla | 1 cup | 2 (1) | 1 | 190 | 40 | 180 | 3 | 1 | J. of Renal Nutrition March 2009 |
| Unsweetened, chocolate | 1 cup | 3 (1) | 2 | 230 | 40 | 180 | 3.5 | 2 | J. of Renal Nutrition March 2009 |
| Broth, no added salt | 1/2 cup | 1.5 (0) | 1.5 | 109 | 38 | 38 | Tr | Tr | 5363 |
| Coffee | 1 cup | 0 (0) | 0 | 123 | 8 | 5 | Tr | 0.3 | 2873 |
| Diet Jell-O | Check Nutrition Facts | | | Check for Additives | | | n/a | | |
| Diet pop, clear i.e. Ginger ale | | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a |
| Ice | 1 cube | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 2933 |
| Jam, no added sugar | 2 tsp | 0.7 (0.3) | 0.4 | 7 | Tr | 0 | Tr | 0 | 5523 |
| La Grille, Clubhouse no added salt seasonings® | Check Nutrition Facts | | | | | | | | www.clubhouse.ca |
| Lemon | 1/4 | 2.9 (1.3) | 1.6 | 39 | 4 | 1 | 0.1 | 0.3 | 1588 |
| Lime | 1/2 | 3.5 (1.0) | 2.5 | 34 | 6 | 0.5 | Tr | 0.3 | 1593 |
| Mrs. Dash® | 1/4 tsp | 0 (0) | 0 | 10 | n/a | 0 | 0 | 0 | www.mrsdash.com |
| Sweetener, artificial | 1 packet | 0 (0) | 0 | 0 | 0 | 0 | 0 | 0 | 5975 |
| Tea | 1 cup | 0.8 (0) | 0.8 | 93 | 3 | 8 | Tr | 0 | 2909 |
| Vinegar | 1 tsp | 0.3 (0) | 0.3 | 1 | 0 | 0 | 0 | 0 | 14 |
| Water | 1 cup | 0 (0) | 0 | 3 | 0 | 8 | 0 | 0 | 2933 |

Other foods enjoyed:

| Item | Serving Size | CHO (Fibre) g | Available CHO g | Potassium mg | Phosphorus mg | Sodium mg | Fat g | Protein g | Food Group |
|------|--------------|---------------|-----------------|--------------|---------------|-----------|-------|-----------|------------|
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Nutrient information was obtained from:

- Canadian Nutrient File (CNF) <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp> or
- United States Department of Agriculture (USDA) Food Database <http://www.nal.usda.gov/fnic/foodcomp/search/> or
- If another source was used it is identified.

Glycemic Index (GI) information was obtained from:

- Glycaemic Index Testing, Inc. www.gitesting.com or
- Glycemic Index Foundation www.glycemicindex.com or
- Foster-Powell K, Brand Miller J. International Tables of Glycemic Index (Am J Clin Nutr 1995; 62:871S-93S).

The Manual of Clinical Dietetics Sixth Edition was used to determine the nutrient criteria for potassium, phosphorus and sodium.

The DKC Food Guide uses the following household measures, abbreviations and other information:

| Household Measures | | Abbreviations and Other Information | |
|---------------------|----------------------|--|-----------------------------------|
| Imperial | Metric | | |
| | | g = gram(s) | < = less than |
| 1 teaspoon (tsp) | = 5 milliliters (mL) | mL = milliliter(s) | > = greater than |
| 1 tablespoon (tbsp) | = 15 mL | tsp = teaspoon(s) | ≤ = less than or equal to |
| ¼ cup | = 60 mL | tbsp = tablespoon(s) | ≥ = greater than or equal to |
| ⅓ cup | = 75 mL | oz = ounce(s) | CHO = carbohydrate |
| ½ cup | = 125 mL | n/a = no information available | Available CHO = total CHO – fibre |
| ⅔ cup | = 150 mL | dia = diameter | GI = Glycemic Index |
| ¾ cup | = 175 mL | Tr = trace | |
| 1 cup | = 250 mL | Cooked or boiled means - measure AFTER cooking | |
| 1 ounce (oz) | = 30 grams (g) | CNF = Canadian Nutrient File | |
| | | USDA = United States Department of Agriculture Food Database | |

Other Useful Resources:

- Canadian Diabetes Association
www.diabetes.ca
- Spice It Up! Giving Zest to Your Renal Diet
www.myspiceitup.ca
- Health Canada booklet: Nutrient Value of Some Common Foods
http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php
- Health Canada: Information on Food Labeling
www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php
- Dietitians of Canada
www.dietitians.ca
- The Kidney Foundation of Canada
www.kidney.ca