



Renal Meal Suggestions

For best outcomes for kidney health with room service dining, please be sure to do these five things:

1. Eat three times a day
2. Aim for 700-800 milligrams (mg) sodium and 700-800 mg potassium in each meal. The diet clerk will help you with your meal order to make sure your choices fit within your diet order.
3. Choose a protein source at each meal.
4. Limit milk products to a ½ cup per meal.
5. Call 3-1111 to order your meals. The diet clerk who answers your call will verify your name, date of birth and diet ordered by your doctor.

To speak with a Dietetic Technician, Registered about your menu options, please let your RN know.





Renal Breakfast Suggestions

Option 1: Rice porridge, green onion garnish, scrambled egg, hash brown triangle, white roll, jelly packet, strawberry yogurt, graham crackers

(Sodium 432mg, Potassium 610mg)

Option 2: Oatmeal with brown sugar, hard-boiled egg, bran muffin, apple slices, 2 strips of bacon

(Sodium 567 mg, Potassium 639 mg)

Option 3: Two pancakes with syrup, scrambled eggs, vanilla yogurt
(Sodium 799mg, Potassium 595mg)

Option 4: Corn Flakes, soy milk, egg and cheese breakfast sandwich, pineapple chunks (Sodium 827mg, Potassium 468mg)

Option 5: Granola, strawberry yogurt, bran muffin, hard-boiled egg
(Sodium 393mg, Potassium 742mg)

Option 6: Scrambled eggs, 2 strips of bacon, hashbrown triangle, ketchup (Sodium 657mg, Potassium 389mg)

Option 7: Scrambled eggs, Beyond sausage vegan patty, flour tortilla, salsa, apple slices (Sodium 711mg, Potassium 413mg)

Renal Lunch and Dinner Suggestions

Option 1: Chicken tenders (2 pieces), mashed potatoes (dairy-free), gravy (vegetarian), vanilla cream puffs (3 pieces)
(Sodium 794mg, Potassium 623mg)

Option 2: Teriyaki chicken, jasmine rice, steamed carrots, vanilla pudding (sugar-free), sliced apples (Sodium 687mg, Potassium 658mg)

Option 3: Turkey burger on a pretzel bun, lettuce, red onion, mustard, ketchup, side salad, Ranch dressing, Pineapple
(Sodium 667mg, Potassium 730mg)

Option 4: Chicken breast, pinto beans, jasmine rice, flour tortilla, salsa, sour cream (Sodium 657mg, Potassium 389mg)

Option 5: Seared salmon, jasmine rice, side salad, balsamic dressing, lemon wedge, chocolate chip cookie (Sodium 510mg, Potassium 873mg)

Option 6: Meatloaf, mashed potatoes (dairy-free), gravy (vegetarian), green beans, white roll, margarine (Sodium 612mg, Potassium 887mg)

Option 7: Spaghetti, meat sauce, bread roll, margarine, vanilla ice cream
(Sodium 507mg, Potassium 617mg)

