



# Renal Diet



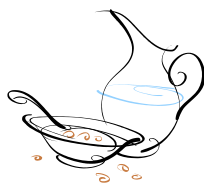
Your doctor has prescribed a renal diet which is necessary when your kidneys are not working properly. This diet limits the sodium (700 mg of sodium per meal), potassium and phosphorus which can build up in the blood and become harmful. Protein and fluid may be restricted as well.

Our suggestions when ordering your meals from the At Your Request® menu for your special diet are listed below. \*\*Multiple diet restrictions may limit the foods allowed\*\*

## Breakfast

### Cereals/Sides

Grits	Corn Flakes
Cream of Wheat	Frosted Flakes
Rice Krispies	Turkey Sausage
Special K	Froot Loops



### Entrees

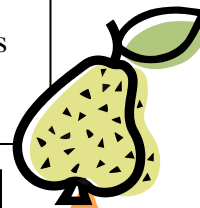
Scrambled/Low Cholesterol/Hard Boiled Omelet with Choice of:  
Onion/Green Pepper/Mushroom/  
Reduced Sodium Cheese  
French Toast  
Buttermilk Pancake

### Bakery

Bagel	English Muffin
White Bread	Muffin: Blueberry, Plain

### Fruit

Pear Halves  
Peach Slices  
Apple  
Applesauce



## Lunch/Dinner

### Entrees

Hamburger	BBQ Chicken
Grilled Chicken Sandwich	Pot Roast
Crispy Baked Tilapia	Roast Turkey
BBQ Pulled Pork	Meatloaf
Blackened Chicken Breast	Chicken Parmesan
Teriyaki Glazed Chicken	
Deli: Turkey, Egg Salad, Roast Beef	

### Soup/Salad

Garden Salad  
Coleslaw  
Garden Vegetable  
Chicken Noodle  
Vegetable Broth  
LS Beef Broth  
LS Chicken Broth



### On the Side

Carrots	Dinner Roll
Corn	Rice
Green Beans	Peas
Yellow Squash	



### Beverages

Juices: Apple/Grape/Cranberry  
Milk: Skim/ 2% / Whole /Lactaid  
Coffee/Decaf  
Tea: Hot/Decaf  
Iced Tea  
Sodas: Ginger ale/ Lemon-lime/ Sugar-free Lemon-lime/ Lemonade/  
Sugar-free Lemonade/ Orange Soda

### Desserts

Cookies: Sugar/Vanilla Wafers  
Gelatin  
Popsicles  
Sherbet: Lime/Orange  
Lemon Fruit Ice  
Angel Food Cake  
Apple Pie