

## ✓ Foods To Eat Daily

**Choose plant-based proteins more often.** Some examples are tofu, edamame, soy beverage, legumes, unsalted pecans and walnuts, soy nuts, and peanut or almond butter.



**Choose at least 2 servings of fruits and 3 servings of vegetables per day.**



**Include whole grains in all your meals and snacks,** such as brown rice, barley, quinoa, whole grain breads, rolled or steel-cut oats, and unsalted whole grain or whole wheat crackers (e.g., Wheat Thins, Triscuits).



**Choose 1-2 servings of low-fat milk (skim, 1% and 2%) and milk products,** such as low-fat yogurt (0%, 1% and 2% M.F.) and lower-fat cheese (less than 20% M.F.).



**Increase intake of healthy fats,** such as fatty fish, nuts and seeds, nut butter, canola oil, grapeseed oil, avocado oil, olive oil, corn oil, peanut oil, flaxseed oil, non-hydrogenated margarine (soft tub margarine), and low-fat mayonnaise and salad dressings.



**Use lower-fat cooking methods,** such as broiling, steaming, stir-frying and sautéing.



**Make water your drink of choice.** Talk to your dietitian about your fluid needs.



## ✓ Foods To Eat Often

**Have fatty fish at least 3 times a week.** Examples include salmon, mackerel, anchovies, herring and trout. If you are unable to eat fish, ask your health care provider about taking a fish oil supplement.



**Choose eggs and lean poultry (without skin) often.**



**Eat a small portion (2–3 oz) of lean meats.** Examples include pork or beef tenderloin, lean ground beef and lean goat or game meats. Speak with your dietitian about your protein needs.



## ✓ Other Tips

**Read the Nutrition Facts table on packaged foods.**

✓ Check the serving size.

✓ Choose foods with:

**Less saturated fat**

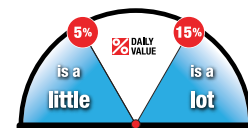
**Less trans fat**

**More fibre**

**Less sugar**

**Less sodium**

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)			
<b>Calories 110</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 0 g			0 %
Saturated / saturés 0 g			0 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 26 g			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 22 g			22 %
<b>Protein / Protéines</b> 2 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg			0 %
Potassium 450 mg			13 %
Calcium 30 mg			2 %
Iron / Fer 0 mg			0 %
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			



Note: 5% or less is a little, 15% or more is a lot



## Foods To Avoid Or Limit

**High-fat meats**, such as fatty cuts of meat (e.g., briskets, ribs, prime rib, rib steak, pork belly, pork bones and oxtail), barbequed or roasted meats, chicken or duck feet, organ meats, and processed meats (e.g., sausages and luncheon meat).



**High-fat dairy products**, such as homogenized milk, regular cheese or yogurt, heavy or whipping cream, and sour cream.



**Deep-fried foods**, such as french fries, chips, fried chicken, deep-fried fish, deep-fried squid, deep-fried tofu, deep-fried dim sum (e.g., bean curd rolls, spring rolls and sesame balls), French toast, and sweet and sour pork.



**Saturated and trans fats**, such as butter, lard, shortening, chicken fat, poultry skin, gravy, hydrogenated or partially hydrogenated oils, palm oil, coconut oil, and coconut milk.



**Fast food and restaurant foods**, such as burgers and pizza.



**High-fat, high-sugar foods**, such as ice cream, chocolate, sweet and cream buns, donuts, cakes, cookies, and pastries (such as croissants).



### Alcohol



*Note: This handout does not replace consultation with your kidney dietitian or health care provider.*