



**Protein & Electrolyte Controlled Diet  
(Renal/Kidney or Liver disease)**

The Protein & Electrolyte Controlled diet may be prescribed for patients with liver or renal (kidney) disease, including those patients receiving dialysis.

1. Liver failure patients usually have protein, sodium and fluid restrictions.
2. Protein Restrictions vary for renal (kidney) disease depending on severity of disease. Generally people who are on dialysis need increased protein amounts and people who are not on dialysis need limited protein amounts.
3. Renal (kidney) disease patients often have potassium and phosphorus guidelines in addition to the protein, sodium and fluid restrictions.
  - a. Phosphorus – noted to be in most foods, but some contain more than others. Milk, cheese, yogurt, ice cream, pudding, nuts, dried beans, corn, peas and cola tend to be some higher food sources. Some people are also asked to take phosphorus binding pills.
  - b. Potassium – also noted in many foods, but higher amounts are found in bran, dried beans, chocolate, nectarines, bananas, oranges & orange juice, tomatoes, milk & potatoes. Soaking finely cut up potatoes can help to lower the potassium content and make them allowable for occasional eating. Salt substitutes are very high in Potassium DO NOT USE THEM. However Herb based seasoning like Mrs. Dash are okay.

<b>Food Classification</b>	<b>Allowed</b>	<b>Avoid or Extremely Limited</b>
<b>Milk (Substitute)</b>  Allowed _____ ounces per day	Vitamite® Non-Dairy Creamer, Mocha Mix®, Coffee Mate®, Coffee Rich®	Whole, low fat or skim milk, chocolate milk, buttermilk, custard, pudding, milk products containing nuts or chocolate yogurt, ice cream, ice milk, whipping cream, half & half, cream soups.
<b>Protein</b>  Allowed _____ ounces per day	Beef, lamb, pork, rabbit, veal, chicken, turkey, fish, clams, codfish, flatfish, haddock, halibut, lobster, scallops, shrimp, unsalted canned tuna or salmon, eggs *Cottage cheese(*Allowed 1 ounce 1 time per week only), peanut butter, cheese (limit these-they are high in phosphorus)	Bacon, cold cuts, bologna, salami, dried or corned beef, frankfurters, frozen pot pies, TV dinners, ham sausage, pastrami, smoked salmon, sardines, liver
<b>Starch</b>  Allowed _____ Servings per day  <b>Bread</b> Serving Size = 1 slice <b>Hot Cereal</b> Serving size = 1/2 cup <b>Cold cereal</b> Serving size = 3/4 cup	White, wheat, French, Italian, Vienna, matzo, dinner roll, muffin, English muffin, bagel, flour tortilla Cream of what, cream of rice All cold cereals – except those containing bran, whole grains or nuts Pasta - macaroni, noodles, rice Melba toast, unsalted crackers, Graham crackers (3 squares), unsalted tortilla chips (1 oz)	Corn tortillas, whole wheat bread, biscuits Oatmeal, instant cooked cereals, brown rice Bran, Raisin Bran, granola or whole grain cereals, Cheerios, Total, Life Potatoes* - unless soaked as described below under “Vegetables” Any salted crackers, potato chips, pretzels, salted corn chips Any pastry or dessert containing

<p><b>Pasta, Rice</b> Serving Size = ½ cup  <b>Crackers</b> Serving Size = 2-5</p>	<p><b>Snacks</b> – people with diabetes should check with the dietitian          Unsalted pretzels, matzoh, fruit pies, vanilla wafer, coffee cake (no nuts), rice cake, Pop tart (no chocolate), raised donut-sugar or glazed, *coffee cake (no nuts), *fruit muffins, *French toast, *pancakes, *waffles          (*allowed, but high phosphorus)</p>	<p>chocolate, butts or cream filling          Trail Mix, cake donuts</p>
<p><b>Vegetables</b>          Allowed _____          Servings per day          Serving size = ½ cup</p>	<p>Asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collards, cucumber, eggplant, green &amp; wax beans, red &amp; green peppers, leeks, lettuce, kale, mushrooms, okra, onion, parsley, radishes, summer squash, turnips, zucchini, corn, peas</p> <p>*Potatoes are allowed up to 2 times a week if peeled, sliced and soak in large amount of room temperature water for &gt;4 hours then rinsed and prepared as desired.</p>	<p>Artichokes, avocado, bamboo shoots, cactus, chard, dried beans (kidney, lentils, lima, navy, pinto, soy), spinach, pickles, pumpkin, potatoes, sweet potatoes, rutabagas, sauerkraut, seeds, succotash, tomato, tomato juice, tomato sauce, V8 juice</p>
<p><b>Fruit</b>          Allowed _____          Servings per day          Serving size = ½ cup</p>	<p>Apple, applesauce, apricot (1), blackberries, blueberries, boysenberries, cherries, coconut, cranberries, cranberry sauce, figs (2), fruit cocktail, grapefruit (1/2), grapes, kumquats, lemon, lime, mandarin oranges, peaches, pears, pineapple, plums, prunes (2), raspberries, rhubarb, strawberries (5), tangerine (1), watermelon</p> <p>Juices: apple, cranberry, cranapple, grape, pineapple, peach nectar, pear nectar, apricot nectar, grapefruit.</p>	<p>Bananas, cantaloupe, casaba melon, dates, dried fruits, honeydew melon, kiwi, mango, nectarine, oranges, papaya, persimmons, pomegranate, star fruit</p> <p>Juices: Orange and prune</p>
<p><b>Fats</b>          Allowed _____          Servings per day          Serving size = 1 tsp.</p>	<p>Margarine, salt-free butter, oil, mayonnaise, cream cheese, shortening, low-sodium salad dressing</p>	<p>Bacon, salt pork, olives, nuts, regular salad dressing</p>
<p><b>Fluids</b>          Allowed _____          ounces per day          (_____cc)</p>	<p>Daily amounts should be individualized.</p>	
<p><b>Soup</b>          COUNT AS part of the allowed FLUID</p>	<p>Homemade with allowed vegetables and starches</p>	<p>Canned soups, packaged soups, bouillon cubes or granules, potassium containing low-sodium soups or broths</p>

**Sources:**

-Simplified Diet Manual, 10<sup>th</sup> Edition

-DaVita Dietitian Team, Patient Education Handout, copyright 2005

-Grocery List suggestions for Dialysis Patients <http://www.scribd.com/doc/6943821/grocery-list-GroceryListHD>