



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



Entrees

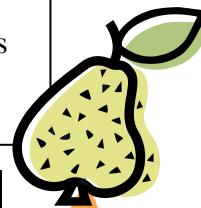
Scrambled/Low Cholesterol/Hard Boiled Omelet with Choice of:
 Onion/Green Pepper/Mushroom/
 Reduced Sodium Cheese
 French Toast
 Buttermilk Pancake

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
Glazed Pork Loin	Meatloaf
Blackened Chicken Breast	Chicken Parmesan
Deli: Turkey, Egg Salad	

Soup/Salad

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



On the Side

Carrots	Dinner Roll
Corn	Rice
Green Beans	Zucchini
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
 Graham Crackers
 Gelatin
 Popsicles
 Sherbet: Lime/Orange
 Lemon Fruit Ice
 Angel Food Cake
 Apple Pie