



Food List

Diabetes and Kidney Care Food Guide

The **Diabetes and Kidney Care (DKC) Food Guide** was developed by Registered Dietitians at Orillia Soldiers' Memorial Hospital (OSMH); the Diabetes Education Centre and the Regional Kidney Care Program Simcoe/Muskoka.

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The **DKC Food Guide** consists of a Poster, a Food List and the Educator's Guide.

- The **Poster** is intended for use by the person with diabetes and chronic kidney disease (CKD) in conjunction with a dietitian specialized in diabetes management and/or CKD.
- The **Food List** provides nutrient data on the key nutrients as well as a Glycemic Index (GI) ranking, if available, and is intended for use by the healthcare professional as well as the person with diabetes and CKD.
- The **Educator's Guide** describes diabetes and CKD, the key nutrients, how to work with the DKC Food Guide, as well as special issues related to diabetes and CKD. It is intended for use by healthcare professionals. Further more inclusive comprehensive information is available elsewhere, however the information provided in the **DKC Food Guide** gives a working knowledge of the basics in assisting people who have both diabetes and kidney disease.

The **Food List** and the **Educator's Guide** are available at the OSMH Internet www.osmh.on.ca
For further information contact OSMH; Diabetes Education Centre or the Kidney Care Program
Telephone (705)325-2201

This information is intended for use with a healthcare professional specializing in diabetes management and/or chronic kidney disease and for no other purpose.

The following list includes nutrient values for carbohydrate (CHO), fibre, available CHO, potassium, phosphorus, sodium, fat and protein for the food listed in the DKC Food Guide, plus some additional foods; the reference used, the Canadian Nutrient File (CNF) or if not available, either the United States Department of Agriculture (USDA) food database or an alternate source is identified; and the GI for the food if available.

CARBOHYDRATE CONTAINING FOOD

Grains & Starches: *Lower in phosphorus, potassium and sodium*

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus < 70 mg*, potassium < 200 mg* (with many < 35 mg) and sodium < 250 mg*.

* Some exceptions apply, refer to the list below.

Grains & Starches	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Bread products										
Bagel, white	½ small 3-inch	18.4 (0.8)	17.6	35	33	184	0.6	3.6	18406 USDA	74
	¼ large 4-inch	17.5 (0.8)	16.7	33	32	175	0.5	3.5	18406 USDA	74
Bread:										
60% whole wheat	1 slice	18 (2.1)	15.9	110	65	121	1.9	2.9	3737	n/a
Cracked wheat	1 slice	17.3 (1.9)	15.4	62	54	188	1.4	3	4062	48-58
Light rye	1 slice	16.9 (2)	14.9	58	44	231	1.2	3	4065	69
Sourdough	1 slice	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
White	1 slice	17.7 (0.8)	16.9	35	35	238	1.2	2.7	4066	72
Crackers, soda, unsalted	7	15.2 (0.7)	14.5	28	21	161	2.5	2	4040	74
Croutons, white, plain	¾ cup	17.5 (1.2)	16.3	29	27	166	1.6	2.8	3885	n/a
Dinner roll, white	1 small	14.3 (0.9)	13.4	38	33	148	2.1	2.4	4073	n/a
English muffin, white	½	13.1 (0.8)	12.3	37	38	132	0.5	2.2	3900	61
Hamburger bun, white	½	10.6 (0.5)	10.1	20	14	103	0.9	2.1	3985	62
Hotdog bun, white	½	10.6 (0.5)	10.1	20	14	103	0.9	2.1	3985	62
Melba toast, white	4	15.3 (1.3)	14	40	39	4	0.6	2.4	4038	70
Pita bread, white	½ 6-inch	16.7 (0.7)	16.0	36	29	161	0.4	2.7	18041 USDA	59
Tortilla/wrap, corn flour	6-inch dia	12.1 (1.4)	10.7	40	82	3	0.7	1.5	18449 USDA	n/a
Tortilla/wrap, white flour	6-inch dia	15.4 (0.9)	14.5	46	37	191	2.3	2.3	18364 USDA	n/a
Cereal/breakfast foods										
Cereal, cold:										
Corn Bran, Quaker®	¾ cup	22.3 (4.1)	18.2	45	26	244	1.1	1.8	1477	75
Corn Flakes®	¾ cup	17.1 (0.5)	16.6	21	9	143	0.2	1.4	1242	72-92
Rice Krispies®	⅔ cup	14.5 (0.2)	14.3	20	24	189	0.1	1.2	1265	82
Special K®	¾ cup	12.8 (0.2)	12.6	25	33	158	0.2	2.7	1267	69
Cereal, hot, cooked:										
Cream of Wheat	1 cup	13.4 (0.5)	12.9	21	25	1	0.2	0.2	1398	n/a
Pancake, homemade	1 4-inch	10.8 (0.5)	10.3	50	60	167	3.7	2.4	3935	67
Waffle, homemade	1 4-inch	16.5 (0.7)	15.8	80	95	256	7	4	4000	78
Grains, cooked										
Barley	½ cup	23 (2)	21	77	45	2	0.4	1.9	4486	33
Bulgur	½ cup	17.8 (2.7)	15.1	65	38	5	0.2	3	4489	48
Couscous, white	½ cup	19.2 (0.7)	18.5	48	18	4	0.1	3.1	4490	62-71
Pasta, white	½ cup	20.9 (0.9)	20	23	40	1	0.5	3.5	4507	32
Rice, white	⅓ cup	15.6 (0)	15.6	19	24	0.7	0.2	1.5	4523	48-55
Vegetables										
Corn:										
Frozen kernels	½ cup	16.7 (1.7)	15	202	68	1	0.6	2.2	2392	59
Off the cob, boiled	½ cup									
On the cob, boiled	1 small / 5½-inch	18.7 (2.1)	16.6	194	69	1	1.3	3	2068	48
Potato cut into ⅛-inch pieces, double boiled	½ cup	16.5 (1.2)	15.3	*100-200	34	4	0.1	1.4	2422	n/a

* The potassium value was obtained from www.davita.com and is variable based on the variety of potato. Otherwise, the nutrient values are from the CNF and some leaching of other nutrients may occur.

GRAINS & STARCHES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus \geq 70 mg, potassium \geq 200 mg and sodium \geq 250 mg. However, the levels are variable. In some cases a food is included under the Higher in phosphorus, potassium and/or sodium banner as a comparable food choice listed in the green banner is significantly lower in phosphorus, potassium and/or sodium. Example: white bread versus whole wheat bread. Note the Legumes are also included in the Meat & Alternatives food group due to the protein content.

* Some exceptions apply, refer to the list below.

Grains & Starches	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Bread Products										
Bread:										
100% whole wheat	1 slice	16.1 (2.4)	13.7	88	80	184	1.5	3.4	4067	52-72
Pumpnickel	1 slice	16.6 (2.3)	14.3	73	62	235	1.1	3	3711	58
Crackers:										
Multigrain, Triscuit®	6	19.5 (2.9)	16.6	97	93	169	4	3	18235 USDA	n/a
Soda, salted top	7	15.6 (0.7)	14.9	35	21	231	1.9	2	3872	74
Croutons, commercial	¾ cup	20.1 (1.6)	18.5	58	44	392	5.8	3.4	3886	n/a
Cereal/breakfast foods										
Cereal, cold:										
Bran Flakes ®	¾ cup	18.7 (3.4)	15.3	127	113	206	0.5	2.7	1232	65
Raisin Bran ®	½ cup	23.4 (3.4)	20	167	94.5	184	0.5	2.5	1372	61
Shredded Wheat ®	1 biscuit	20.9 (3.5)	17.4	92	83	1	0.6	3	1279	67-83
Cereal, hot, cooked:										
Oatmeal, instant	¾ cup	15.4 (2.1)	13.3	87	103	187	1.5	3.2	1414	67
Oatmeal, large flakes	¾ cup	14.4 (2.2)	12.2	82	93	1	1.5	3	1465	38-52
Pancake, from mix	1 4-inch	13.6 (0.5)	13.1	65	123	231	0.9	1.9	3931	67
Waffle, commercial	1 4-inch	15.1 (0.9)	14.2	48	156	292	2.7	2.3	3998	78
Grains, cooked										
Pasta, whole grain	½ cup	19.6 (2.1)	17.5	33	66	2	0.4	3.9	4457	n/a
Pasta, packaged mixes	½ cup	22.9 (2.7)	20.2	45	39	606	3	2.7	4427	51
Rice, brown	⅓ cup	15.8 (1.0)	14.8	30	57	3	0.6	1.8	4497	48-55
Soup, canned										
Mushroom, with water	1 cup	8.5 (0)	8.5	77	34	820	7.4	2	1063	n/a
Mushroom, with milk	1 cup	16.0 (0.5)	15.5	288	168	983	13	6.5	5260	n/a
Pea	½ cup	17.2 (2.7)	14.5	202	128	518	2.8	6.7	5266	66
Tomato, with water	1 cup	16.9 (1.2)	15.7	289	36	701	0.72	2	1128	38-52
Tomato, with 2% milk	¾ cup	17.8 (1)	16.8	360	120	602	3.4	4.9	5267	38
Legumes										
Beans:										
Baked, canned, pork/tomato	½ cup	25 (7.4)	17.6	394	155	584	1.2	6.9	3375	33
Baked, homemade	½ cup	29 (7.4)	21.6	479	146	564	6.9	7.4	3247	33
Black, canned	½ cup	20.1 (5.9)	14.2	301	119	0.7	0.5	7.5	3377	30
Black eyed, canned	½ cup	16 (3.9)	12.1	203	82	354	0.6	5.6	3284	33
Kidney, canned	½ cup	21 (7.3)	13.7	346	123	349	0.5	7.1	3265	25-29
Kidney, red, boiled	½ cup	21.3 (6.2)	15.1	377	133	2	0.5	8.1	3382	25-29
Northern, canned	½ cup	29.1 (6.8)	22.3	486	188	6	0.6	10.2	3261	n/a
Pinto, boiled	½ cup	22 (7.6)	14.4	367	124	0.6	0.5	7.6	3270	14-39
Refried, canned	½ cup	20.3 (6.8)	13.5	447	148	598	1.6	7.2	3314	n/a
White, canned	¼ cup	14.7 (3.3)	11.4	314	63	4	0.2	5	3276	n/a
Lentils, cooked	½ cup	22 (4.5)	17.5	386	189	2	0.4	9.4	3393	n/a
Peas:										
Chickpeas, boiled	½ cup	23.8 (4)	19.8	252	146	6	2.2	7.7	3390	n/a
Split peas, boiled	½ cup	21.9 (3)	18.9	375	103	2	0.4	8.6	3395	25

Grains & Starches	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Vegetables										
Corn:										
Canned	½ cup	16.3 (1.6)	14.7	117	42	258	0.8	2.3	2070	46
Canned, cream style	¼ cup	12.3 (0.9)	11.4	90	35	193	0.3	1.2	2389	n/a
Potato:										
Canned	½ cup	12.9 (0.9)	12	218	26	209	0.2	2.3	2425	n/a
French fries, restaurant	10 strips	17 (1.6)	15.4	240	32	140	4.1	1.7	6518	75
Dehydrated with milk, water, margarine	½ cup	17.9 (1.4)	16.5	172	69	191	5.3	2.4	2176	79
Scalloped, homemade with margarine	½ cup	14 (2.5)	11.5	489	82	434	4.8	3.7	6524	n/a

GRAINS & STARCHES: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), potassium \geq 200 mg, phosphorus < 70 mg and sodium < 250 mg.

Grains & Starches	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Vegetables										
Potato:										
Baked	½ cup	14.5 (1.5)	13	369	47	10	0.08	1.8	5706	78-111
	½ medium	18.5 (2)	16.5	476	62	12	0.1	2.3	5706	78-111
Baked, flesh only	½ cup	14 (1.4)	12.6	252	32	3	0.1	1.3	2419	n/a
No skin, boiled, drained	½ cup / ½ medium	16.5 (1.2)	15.3	274	34	4	0.1	1.4	2422	61-74
French fries, no salt	10 strips	19.8 (1.6)	18.2	366	46	108	8.3	2	2185	76
Hash browns, frozen	2 patties	16.2 (1.2)	15	252	42	20	6.7	1.8	2431	n/a
Sweet potato, baked	1/3 cup	14.6 (2.3)	12.3	335	38	25	0.1	0.2	2241	60

FRUITS: Lower in phosphorus, potassium and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), phosphorus < 15 mg*, potassium < 200 mg and trace amounts of sodium.

* Some exceptions apply, refer to the list below.

Fruits	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Fruits										
Apple	1 medium	19.1 (2.6)	16.5	148	15	1	0.2	0.4	1696	34
Applesauce, unsweetened	½ cup	14.6 (1.5)	13.1	97	9	3	0.1	0.2	1700	n/a
Blueberries	1 cup	22.2 (4)	18.2	118	18	2	0.5	1.1	1705	53
Canned fruit, extra light syrup	½ cup	15.1 (1.4)	13.7	135	16	5	0.1	0.5	1553	56
Clementine	1 large	13.3 (2)	11.3	197	24	1.5	0.2	0.9	5956	n/a
Cranberry sauce	1 tbsp	13.5 (0.4)	13.1	9	2	10	Tr	Tr	1539	n/a
Grapefruit	½ medium	13.1 (2)	11.1	166	22	0	0.2	1	1562	25
Grapes	15	13.5 (0.9)	12.6	144	10	1	0.6	0.5	1718	43
Mandarin orange	1 large	16 (2.2)	13.8	199	24	2	0.4	1	9218 USDA	n/a
Mango	½ medium	17.6 (1.9)	15.7	161	11	2	0.3	0.5	1603	51
Pear	1 small	21.5 (4.2)	17.3	165	15	1	0.2	0.6	1731	41
Pineapple	¾ cup	15.5 (1.7)	13.8	141	10	2	0.2	0.7	1734	66
Tangerine	1 large	13.1 (1.8)	11.3	163	20	2	0.3	0.8	1623	n/a
Juice										
Apple	½ cup	15.3 (0.1)	15.2	156	9	4	0.1	0.1	1495	42
Cranberry	½ cup	16.3 (0.1)	16.2	103	17	3	Tr	0.1	5593	52

FRUITS: Higher in potassium - Lower in phosphorus and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, potassium \geq 200 mg, phosphorus $<$ 15 mg* and trace amounts of sodium. Note many foods above 15 mg phosphorus are still included in this group as it would be impractical to categorize so many fruits in the *Higher in phosphorus, potassium and/or sodium* banner.

* Some exceptions apply, refer to the list below.

Fruits	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Fruits										
Apricot:										
Fresh	4	15.6 (3.1)	12.5	362	32	Tr	0.5	2	1498	57
Dried	6 halves	17.4 (1.2)	16.2	388	33	3	0.1	1	1702	n/a
Banana	1 small 6-inch	23.1 (1.8)	21.3	362	22	1	0.3	1.1	1704	46
	½ large 8-inch	15.5 (1.2)	14.3	247	15	0.5	0.2	0.7	1704	46
Cantaloupe	1 cup diced	13.5 (1.1)	12.4	440	25	27	0.3	1.4	1721	65
Dried fruit:										
Prunes	2 tbsp	14.3 (1.7)	12.6	329	17	1	0.1	0.5	1742	29
Raisins	1 tbsp	14.5 (0.7)	13.8	138	19	2	Tr	0.5	1745	64
Honeydew	1 cup diced	16.3 (1.4)	14.9	410	20	31	0.3	1	1605	n/a
Kiwi	2 medium	22.2 (4.6)	17.6	474	52	4	0.8	1.7	1585	47-58
Nectarine	1 medium	14.4 (2.3)	12.1	273	35	0	0.4	1.4	1611	43
Orange	1 medium	15.4 (2.3)	13.1	237	18	0	0.2	1.2	1722	40
Papaya	1 small	14.9 (2.7)	12.2	391	8	5	0.2	0.9	1628	60
Pumpkin, boiled, mashed	1 ½ cups	19 (4.4)	14.6	893	117	4.5	0.3	2.8	2442	66
Juice										
Orange	½ cup	13.2 (0.3)	12.9	250	14	1	0.4	1.1	1620	46
Prune	⅓ cup	15.7 (0.9)	14.8	249	23	Tr	Tr	0.5	1673	n/a

MILK & ALTERNATIVES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus \geq 110 mg, potassium \geq 200 mg and/or sodium \geq 250 mg.

* Some exceptions apply, refer to the list below.

Milk & Alternatives	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Buttermilk	1 cup	12.4 (0)	12.4	391	230	272	2.3	8.6	124	n/a
Chocolate milk	½ cup	13.8 (0.7)	13.1	225	136	81	1.3	4.3	4711	n/a
Custard, no sugar added	½ cup	16 (0)	16	220	168	91	6.8	7.5	6226	n/a
Evaporated milk	½ cup	14.7 (0)	14.7	423	264	147	2.7	9.8	153	n/a
Milk:										
1%	1 cup	12.9 (0)	12.9	387	245	113	2.5	8.7	63	n/a
2%	1 cup	12.9 (0)	12.9	361	237	121	5.1	8.5	61	n/a
Homo	1 cup	12.4 (0)	12.4	340	217	111	8.4	8.1	113	n/a
Skim	1 cup	12.8 (0)	12.8	404	261	109	0.2	8.7	114	n/a
Skim milk powder	4 tbsp	9.4 (0)	9.4	307	177	99	0.1	6.3	115	n/a
Pudding, no sugar added, fat free, vanilla	Check Nutrition Facts									
Soy beverage	1 cup	12.8 (1.3)	11.5	321	143	142	5	11.6	3402	40
Yogurt, unflavoured, artificially sweetened	¾ cup	14.6 (0)	14.6	344	211	115	0.4	7.5	5301	36

OTHER CHOICES: Lower in phosphorus, potassium and sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO)*, phosphorus < 70 mg*, potassium < 200 mg and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

Other Choices	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Cake, white, unfrosted	30 g	16.9 (0.5)	16.4	44	34	100	4.6	1.7	3759	68
Cookies, arrowroot, social tea	3	14.5 (0.3)	14.2	18	21	78	2.7	1.4	3803	64
Jam, jelly, honey	1 tbsp	17.7 (0)	17.7	11	1	1	Tr	0.1	4294	n/a
Muffin, homemade, low fat, plain, berry	½ small	11.6 (0.5)	11.1	35	41	126	3.1	1.9	3920	64
Popcorn, air popped, no added salt	3 cups	19.7 (3.9)	15.8	75	90	3	1.1	3.3	4110	55
Pretzels, unsalted	30 twists	14.3 (0.5)	13.8	26	20	52	0.6	1.6	4386	n/a
	30 sticks	15.8 (0.4)	15.4	28	24	56	0.7	1.8	4386	n/a
Rice Dream:										
Classic, original®	½ cup	13 (0)	13	28	28	50	1.3	0.5	J. of Renal Nutrition March 2009	n/a
Enriched®	½ cup	13 (0)	13	60	75	53	1.3	0.5	J. of Renal Nutrition March 2009/ www.tastethedream.com	n/a
Sorbet	½ cup	23.8 (2.6)	21.2	75	31	36	1.6	0.9	4165	n/a
Sugar:										
Brown	3 tsp	13.6 (0)	13.6	48.3	3	5.4	0	0	4317	n/a
White	3 tsp	12.7 (0)	12.7	0	0	0	Tr	0	4318	n/a
Syrup:										
Maple	1 tbsp	13.4 (0)	13.4	43	0.5	3	Tr	0	6175	n/a
No sugar added	2 tbsp	15.9 (1)	14.9	0	0	6	Tr	0.2	5522	n/a

OTHER CHOICES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: 1 carbohydrate choice (approximately 11 to 20 g available CHO), phosphorus ≥ 70 mg, potassium ≥ 200 mg and/or ≥ sodium 250 mg. These may also provide more phosphorus, potassium and/or sodium than the homemade version, or tend to be higher in fat, added sugar and/or added phosphate and consequently are included here.

Other Choices	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF	GI
Chocolate bar									Check Nutrition Facts	33
Chocolate cake									Check Nutrition Facts	38
Frozen desserts									Check Nutrition Facts	n/a
Granola bar	1 - Check Nutrition Facts	18.8 (1.3)	17.5	91	64	78	4.8	2.1	4102	61
Ice cream	½ cup	18 (0.5)	17.5	151	80	61	8.4	2.7	4163	40
Muffin:										
Bran, commercial or from mix	½ small	18.8 (2.8)	16	60	71	178	1.6	1.9	3928	64
Carrot	½ small	14.5 (0.5)	14	121	68	232	7.9	3.9	6631	62
Wheat bran from mix	½ small	15.2 (0)	15.2	103	230	330	6.5	4.5	6610	60
Popcorn, microwave	3 cups	24.7 (4.5)	20.2	94	105	342	13.3	3.9	6348	55
Pretzels, salted	30 twists	14.3 (0.6)	13.7	26	20	309	0.6	1.6	4394	n/a

FOOD THAT CONTAINS FEW OR NO CARBOHYDRATES

VEGETABLES: Lower in phosphorus, potassium and sodium

This category provides per serving: < 5 g available CHO*, phosphorus < 40 mg*, potassium < 200 mg* and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

Vegetables	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Vegetables									
Asparagus	6 spears	3.7 (1.8)	1.9	202	49	13	0.2	2.2	1991
Beans:									
Green	½ cup	4.9 (2.1)	2.8	91	18	1	0.2	1.2	11053 USDA
Yellow	½ cup	4.9 (2.1)	2.8	187	24	2	0.2	1.2	11724 USDA
Cabbage	½ cup	3.5 (1.3)	2.2	77	12	6	0.3	0.8	2362
Carrots, boiled	½ cup	6.8 (2.2)	4.6	194	25	48	0.2	0.6	2381
Cauliflower	½ cup	2.7 (1.8)	0.9	93	21	10	0.3	1.2	2046
Celery	1 stalk 5-inch	0.5 (0.3)	0.2	44	4	14	Tr	0.1	2386
Cucumber	½ cup	2.3 (0.5)	1.8	92	15	1	0.1	0.4	2363
Eggplant	½ cup	2.5 (1.5)	1	100	11	1	0.1	0.4	2088
Leeks	½ cup	4.2 (0.5)	3.7	48	9	5	0.1	0.5	2397
Lettuce	1 cup	1.7 (0.7)	1	82	12	6	0.1	0.5	2398
Mesclun mix	1 cup	2.2 (1.1)	1.1	213	24	22	0.2	1.2	6616
Mixed vegetables	½ cup	8.2 (2.1)	6.1	111	32	35	0.2	2.4	2159
Mushrooms, raw	½ cup	1.2 (0.5)	0.7	116	32	2	0.2	0.6	2399
Mustard greens, raw	1 cup	2.9 (2)	0.9	209	25	15	0.1	1.6	2126
Onion	½ cup	8.6 (1.2)	7.4	122	23	3	0.1	0.8	2401
Parsnips, boiled	¼ cup	7 (1.4)	5.6	151	26	4	0.2	0.1	2407
Peas, green	¼ cup	6.1 (1.9)	4.2	47	33	31	0.1	2.2	2412
Peppers:									
Bell	½ cup	4.8 (1.1)	3.7	166	20	2	0.2	0.8	2484
Jalapeno	½ cup	2.8 (1.3)	1.5	102	15	0	0.3	0.6	n/a
Radish	½ cup	2.1 (1)	1.1	143	12	24	0.1	0.4	2443
Spinach, raw	1 cup	1.2 (0.7)	0.5	177	16	25	0.1	0.9	2213
Tomato:									
Raw	2½-inch dia	1.8 (0.6)	1.2	108	11	3	0.2	0.4	2460
Cherry	5	3.4 (1)	2.4	200	20	5	0.2	0.8	2460
Turnip, white fleshed, cooked	½ cup	4.2 (1.6)	2.6	146	21	14	0.1	0.6	2262
Zucchini, raw	½ cup	2 (0.7)	1.3	156	23	6	0.1	0.7	2225

VEGETABLES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: < 5 g available CHO*, phosphorus ≥ 40 mg, potassium ≥ 200 mg and/or sodium ≥ 250mg.

* Some exceptions apply, refer to the list below.

Vegetables	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Vegetables									
Tomato products:									
Canned	½ cup	8.3 (1.4)	6.9	279	27	298	0.3	1.2	2463
Sauce	¼ cup	3.5 (1)	2.5	214	17	339	0.1	0.9	2465
Vegetables, mixed, canned	½ cup	9.2 (4.9)	4.3	179	48	290	0.3	1.8	2270
Juice									
V-8	½ cup	5 (1)	4.0	235	n/a	241	0	2	31008 USDA
Tomato	½ cup	5.5 (0.9)	4.6	294	23	346	0	1	2464
Vegetable	½ cup	5.8 (0.7)	5.1	247	22	345	0.1	0.8	2473

VEGETABLES: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: < 5 g available CHO*, potassium ≥ 200 mg, phosphorus < 40 mg* and sodium < 250 mg.

* Some exceptions apply, refer to the list below.

Vegetables	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Vegetables									
Beets	½ cup	9.3 (1.6)	7.7	207	19	186	0.1	1	2020
Bok choy	½ cup	1.6 (0.9)	0.7	333	26	31	0.1	1.4	2039
Broccoli:									
Cooked	½ cup	5.9 (2)	3.9	241	55	34	0.3	2	2375
Frozen, spears, boiled	½ cup	5.4 (2.3)	3.1	180	55	24	0.1	3.1	2026
Brussels sprouts	½ cup	5.9 (3)	2.9	262	46	18	0.3	2.1	2379
Carrots, raw	½ cup	6.5 (1.7)	4.8	217	24	47	0.1	0.6	2380
Mushrooms, cooked	½ cup	2.1 (1)	1.1	226	60	7	0.2	2	5958
Rutabaga, yellow fleshed, cooked	½ cup	10.5 (2.2)	8.3	391	67	24	0.3	1.6	11436 USDA
Spinach, cooked	½ cup	3.6 (2.3)	1.3	443	53	67	0.3	2.8	2214
Squash, winter, cooked	½ cup	9.6 (1.9)	7.7	473	21	1	0.4	1	2306
Swiss chard, cooked	½ cup	3.8 (1.9)	1.9	508	31	165	0.1	1.7	2053
Tomato products, no added salt:									
Canned	¼ cup	5.6 (1.9)	3.7	237	21	7	0.1	0.8	5557
Paste	¼ cup	12.3 (2.9)	9.4	658	54	64	0.3	2.8	2258
Zucchini, cooked	½ cup	3.7 (1.3)	2.4	241	38	3	0.1	0.6	2226
Juice									
Tomato, no added salt	½ cup	5.4 (0.5)	4.9	294	23	13	0.1	1	6287
Vegetable, no added salt	½ cup	5.9 (1)	4.9	247	22	89	0.1	0.8	5586

SOME FRUITS: Lower in phosphorus, potassium and sodium

This category provides per serving: approximately 6 g or less available CHO*, phosphorus < 15 mg*, potassium < 200 mg and trace amounts of sodium.

* Some exceptions apply, refer to the list below.

Fruits	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Fruits									
Apricot, fresh	1 small	3.9 (0.7)	3.2	91	8.0	0.3	0.1	0.5	1498
Blackberries	½ cup	7.3 (4.1)	3.2	123	17	1	0.4	1.1	1515
Cherries	6	6.5 (0.8)	5.7	91	8.4	0	0.1	0.4	1531
Cranberries	½ cup	6.1 (2.3)	3.8	43	7	1	0.1	0.2	1538
Cranberry sauce with sweetener	2 tbsp	6.5 (1.5)	5	n/a	n/a	0	0	0	www.splenda.ca
Peach:									
Slices	½ cup	8.5 (1.7)	6.8	170	18	0	0.2	0.8	1728
Whole	1 small-2" dia	7.5 (1.5)	6	150	16	0	0.2	0.7	1728
Plum	1 small	7.5 (1.1)	6.4	104	11	0	0.2	0.5	1740
Raspberries	½ cup	7.8 (4.2)	3.6	98	19	1	0.4	0.8	1747
Strawberries	½ cup sliced	6.7 (2)	4.7	134	21	1	0.3	0.6	1749
Watermelon	½ cup diced	6.1 (0.3)	5.8	90	9	1	0.1	0.5	1691

MEAT & ALTERNATIVES: Lower in phosphorus, potassium and sodium

This category provides per serving: trace amounts of CHO*, approximately 7 g protein, phosphorus < 100 mg*, potassium < 200 mg* and sodium < 250 mg. These are fresh, unprocessed food containing lower amounts of phosphorus, potassium and sodium compared to other meat and alternatives food.

* Some exceptions apply, refer to the list below.

Meat & Alternatives	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Beef, fish, pork, poultry									
Beef, cooked, lean	1 oz	0 (0)	0	92	58	16	1.1	9.4	5996
Chicken, cooked, no skin	1 oz	0 (0)	0	68	62	15	0.6	8.5	893
Duck:									
Wild, cooked, no skin	1 oz	0 (0)	0	72	58	19	3.2	6.7	665
Domesticated with skin, roasted	1 oz	0 (0)	0	116	89	34	16.2	10.8	663
Egg:									
Whites	2	0.5 (0)	0.5	88	7	103	0	6.7	126
Whole	1 large	0.6 (0)	0.6	63	86	62	5.3	6.3	130
Fish:									
Cod, cooked	1 oz	0 (0)	0	155	67	27	0.2	6.8	3139
Haddock, cooked	1 oz	0 (0)	0	120	72	26	0.3	7.3	3199
Perch, cooked	1 oz	0 (0)	0	103	77	24	0.3	7.4	3035
Salmon, cooked	1 oz	0 (0)	0	125	93	17	1.2	6.7	3193
Shellfish, shrimp, cooked	1 oz	0 (0)	0	56	42	69	0.3	6.4	3212
Tuna, canned, drained	¼ cup	0 (0)	0	75	52	16	0.3	8.1	3131
Ground meat, lean, cooked	1 oz	0 (0)	0	124	72	26	3	9.2	4998
Pork, lean, cooked	1 oz	0 (0)	0	120	72	17	1.1	9.6	1970
Other									
Cheese:									
Brie	1 oz	0.1 (0)	0.1	38	47	157	6.9	5.2	20
Cheddar	1 oz	0.3 (0)	0.3	25	128	155	8.3	6.2	119
Goat	1 oz	Tr	Tr	7.8	77	111	6.6	5.4	98
Mozzarella	1 oz	0.8 (0)	0.8	25	141	142	4.8	7.4	111
Peanut butter	2 tbsp	6.3 (1.8)	4.5	210	116	6	16	8.1	3414
Tofu, silken, soft	2/3 cup	4.4 (0.2)	4.2	270	93	8	4.1	7.2	4910

MEAT & ALTERNATIVES: Higher in phosphorus, potassium and/or sodium

This category provides per serving: trace amounts of CHO*, approximately 7 g protein, phosphorus ≥ 100 mg, potassium ≥ 200 mg and/or ≥ 250 mg sodium. Note the Legumes are also included in the Grains & Starches food group due to the carbohydrate content; GI references for these foods are available in the Grains & Starches food group.

* Some exceptions apply, refer to the list below.

Meat & Alternatives	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Beef, fish, pork, poultry									
Bacon, peameal, cooked	1 oz	0 (0)	0	117	89	464	2.5	7.3	10131 USDA
Deli meat, mock chicken	2 slices / ~ 2 oz	1.2 (0)	1.2	130	n/a	536	12.9	6.8	1212
Fish, breaded	1 oz - Check Nutrition Facts	15.4 (0.5)	14.9	291	156	484	11.2	13.3	4576
Ham	2 slices / ~ 2 oz	1.1 (0.4)	0.7	160	86	730	5.1	9.3	1149
Organ meat, liver, cooked	1 oz	1.5 (0)	1.5	100	138	11	1.3	7.5	2657
Sausage, pork	Check Nutrition Facts								
Weiner	1	1.5 (0)	1.5	58	60	428	11	4.2	1185
Legumes									
Beans:									
Baked, canned, pork, tomato	½ cup	25 (7.4)	17.6	394	155	584	1.2	6.9	3375
Baked, homemade	½ cup	29 (7.4)	21.6	479	146	564	6.9	7.4	3247
Black, canned	½ cup	20.1 (5.9)	14.2	301	119	0.7	0.5	7.5	3377
Black-eyed, canned	½ cup	16 (3.9)	12.1	203	82	354	0.6	5.6	3284
Kidney, canned	½ cup	21 (7.3)	13.7	346	123	394	0.5	7.1	3265
Kidney, red, boiled	½ cup	21.3 (6.2)	15.1	377	133	2	0.5	8.1	3382
Northern, canned	½ cup	29.1 (6.8)	22.3	486	188	6	0.6	10.2	3261
Pinto, boiled	½ cup	22 (7.6)	14.4	367	124	0.6	0.5	7.6	3270
Refried, canned	½ cup	20.3 (6.8)	13.5	447	148	598	1.6	7.2	3314
White, canned	½ cup	14.7 (3.3)	11.4	628	126	7	0.4	10.1	3276
Lentils, cooked	½ cup	22 (4.5)	17.5	386	189	2	0.4	9.4	3393
Peas:									
Chickpeas, boiled	½ cup	23.8 (4)	19.8	252	146	2	0.4	9.4	3390
Split peas, boiled	½ cup	21.9 (3)	18.9	375	103	2	0.4	8.6	3395
Other									
Cheese slice, processed	1 slice	3.6 (0)	3.6	140	377	798	12.3	9.8	94
Cottage cheese	¼ cup	1.7 (0)	1.7	52	80	250	0.6	7.7	107
Hummus	⅓ cup	15.1 (6.3)	8.8	241	186	400	10.4	8.3	4870

FATS: Lower in phosphorus, potassium and sodium

This category provides per serving: approximately 5 g fat*, phosphorus < 5 mg*, potassium < 10 mg* and < 55 mg sodium*. All fats are higher in calories. For heart health: choose fats in limited amounts, choose unsaturated fats more often, avoid or limit trans fat and reduce saturated fat intake that usually comes from animal sources.

* Some exceptions apply, refer to the list below.

Fats	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Butter	1 tsp	0 (0)	0	1	1	29	4.1	0	118
Cream cheese	1 tbsp	0.4 (0)	0.4	18	15	44	5.1	1.1	28
Cream cheese, low fat	1 tbsp	1.2 (0)	1.2	38	23	72	2.3	12	5563
Lard, shortening	1 tsp	0 (0)	0	0	0	0	4.3	0	455
Margarine	1 tsp	0 (0)	0	2	1	52	3.9	Tr	6009
Margarine, calorie reduced	2 tsp	0 (0)	0	2	2	92	3.8	0.4	6075
Mayonnaise, light	1 tbsp	1.3 (0)	1.3	6	6	107	5.2	Tr	5332
Oil, canola or olive	1 tsp	0 (0)	0	0	0	0	4.6	0	451
Salad dressing, homemade, no added salt	2 tsp	0.3 (0)	0.3	Tr	Tr	Tr	5.4	Tr	428

FATS: Higher in phosphorus, potassium and/or sodium

This category provides per serving: approximately 5 g fat*, phosphorus \geq 5 mg, \geq 10 mg potassium and/or \geq 55 mg sodium. Some exceptions apply, refer to the list below.

Fats	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Bacon, cooked	1 strip / 8 g	0.1 (0)	0.1	47	44	192	3.2	3	5407
Cheese spread, processed	1 tbsp	1.6 (0)	1.6	36	135	252	3.3	2.5	95
Nuts:									
Almond, dry roasted	6-8 / 1/3 oz	2.1 (1.38)	0.7	80	56	0	5.7	2.4	2536
Cashew, oil roasted, unsalted	7 / 1/3 oz	3.3 (0.4)	2.9	66	56	1	5	1.8	2547
Cashew, oil roasted, salted	7 / 1/3 oz	3.1 (0.3)	2.8	66	56	32	5	1.8	2628
Peanut, unsalted	9 / 1/3 oz	2 (1)	1	87	46	2.3	6.1	3.2	3396
Peanut, oil roasted, no salt	9 / 1/3 oz	2.2 (1.1)	1.1	96	48	0.7	6.1	3.5	3363
Peanut, oil roasted, salted	9 / 1/3 oz	1.9 (0.9)	1	88	48	39	6.4	3.4	3398
Pistachio	15 / 1/3 oz	2.9 (1.1)	1.8	108	50	1	4.8	2.3	2588
Walnut, unsalted	5 halves / 1/3 oz	1.2 (0.6)	0.6	37	29	10.3	5.5	1.3	2590
Seeds:									
Sesame, toasted, shelled	1 tbsp	2.1 (1.4)	0.7	33	63	3	3.9	1.4	2522
Pumpkin/squash, roasted	1 tbsp	2.1 (0.9)	1.2	114	169	2	7.1	4.3	2517
Sunflower, dry roasted	1 tbsp	2 (0.9)	1.1	69	94	Tr	4.1	1.6	2527
Salad dressing, bottled	2 tsp	1.7 (0)	1.7	7	2	89	4.7	Tr	533

FATS: Higher in potassium — Lower in phosphorus and sodium

This category provides per serving: approximately 5 g fat, potassium \geq 10 mg, phosphorus $<$ 5 mg* and $<$ 55 mg sodium.

* Some exceptions apply, refer to the list below.

Fats	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Avocado	1/6 medium	2.9 (2.3)	0.6	163	18	2	4.8	1	1511

EXTRAS: Lower in phosphorus, potassium and sodium

This category provides per serving: less than 5 g available CHO, phosphorus $<$ 70 mg, potassium $<$ 200 mg* and sodium $<$ 250 mg.

* Some exceptions apply, refer to the list below.

Extras	Serving Size	CHO g (Fibre g)	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Reference CNF
Almond Breeze:									
Sweetened, original or vanilla	1/2 cup	4 (1)	3	90	50	75	1.25	0.5	J. of Renal Nutrition March 2009
Unsweetened, original or vanilla	1 cup	2 (1)	1	190	40	180	3	1	J. of Renal Nutrition March 2009
Unsweetened, chocolate	1 cup	3 (1)	2	230	40	180	3.5	2	J. of Renal Nutrition March 2009
Broth, no added salt	1/2 cup	1.5 (0)	1.5	109	38	38	Tr	Tr	5363
Coffee	1 cup	0 (0)	0	123	8	5	Tr	0.3	2873
Diet Jell-O	Check Nutrition Facts			Check for Additives			n/a		
Diet pop, clear i.e. Ginger ale		n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Ice	1 cube	0	0	0	0	1	0	0	2933
Jam, no added sugar	2 tsp	0.7 (0.3)	0.4	7	Tr	0	Tr	0	5523
La Grille, Clubhouse no added salt seasonings®	Check Nutrition Facts								www.clubhouse.ca
Lemon	1/4	2.9 (1.3)	1.6	39	4	1	0.1	0.3	1588
Lime	1/2	3.5 (1.0)	2.5	34	6	0.5	Tr	0.3	1593
Mrs. Dash®	1/4 tsp	0 (0)	0	10	n/a	0	0	0	www.mrsdash.com
Sweetener, artificial	1 packet	0 (0)	0	0	0	0	0	0	5975
Tea	1 cup	0.8 (0)	0.8	93	3	8	Tr	0	2909
Vinegar	1 tsp	0.3 (0)	0.3	1	0	0	0	0	14
Water	1 cup	0 (0)	0	3	0	8	0	0	2933

Other foods enjoyed:

Item	Serving Size	CHO (Fibre) g	Available CHO g	Potassium mg	Phosphorus mg	Sodium mg	Fat g	Protein g	Food Group

Nutrient information was obtained from:

- Canadian Nutrient File (CNF) <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp> or
- United States Department of Agriculture (USDA) Food Database <http://www.nal.usda.gov/fnic/foodcomp/search/> or
- If another source was used it is identified.

Glycemic Index (GI) information was obtained from:

- Glycaemic Index Testing, Inc. www.gitesting.com or
- Glycemic Index Foundation www.glycemicindex.com or
- Foster-Powell K, Brand Miller J. International Tables of Glycemic Index (Am J Clin Nutr 1995; 62:871S-93S).

The Manual of Clinical Dietetics Sixth Edition was used to determine the nutrient criteria for potassium, phosphorus and sodium.

The DKC Food Guide uses the following household measures, abbreviations and other information:

Household Measures		Abbreviations and Other Information	
Imperial	Metric		
		g = gram(s)	< = less than
1 teaspoon (tsp)	= 5 milliliters (mL)	mL = milliliter(s)	> = greater than
1 tablespoon (tbsp)	= 15 mL	tsp = teaspoon(s)	≤ = less than or equal to
¼ cup	= 60 mL	tbsp = tablespoon(s)	≥ = greater than or equal to
⅓ cup	= 75 mL	oz = ounce(s)	CHO = carbohydrate
½ cup	= 125 mL	n/a = no information available	Available CHO = total CHO – fibre
⅔ cup	= 150 mL	dia = diameter	GI = Glycemic Index
¾ cup	= 175 mL	Tr = trace	
1 cup	= 250 mL	Cooked or boiled means - measure AFTER cooking	
1 ounce (oz)	= 30 grams (g)	CNF = Canadian Nutrient File	
		USDA = United States Department of Agriculture Food Database	

Other Useful Resources:

- Canadian Diabetes Association
www.diabetes.ca
- Spice It Up! Giving Zest to Your Renal Diet
www.myspiceitup.ca
- Health Canada booklet: Nutrient Value of Some Common Foods
http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php
- Health Canada: Information on Food Labeling
www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php
- Dietitians of Canada
www.dietitians.ca
- The Kidney Foundation of Canada
www.kidney.ca