

The Fridge List

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Every day, for everyone

1. **Sodium first.** Read the label. 140 mg or less a serving is low. More than 460 mg is high.
2. **Cook plain food.** Fresh or plain frozen meat, fish, vegetables, rice, pasta. Season with herbs, garlic, lemon, vinegar, pepper.
3. **Look for "phos"** in the ingredient list. If you see it, choose another brand.
4. **Modest protein.** A portion of meat, poultry or fish the size of a deck of cards (3 ounces).
5. **Water** in place of dark colas and sweet drinks.

Only if my potassium is high, or has been high

Choose foods under 200 mg a portion, and keep to the portion.

Lower: Apple, blueberries, grapes, strawberries, cabbage, cauliflower, cucumber, green beans, lettuce, white rice, pasta, white bread

Higher: Banana, orange juice, raisins, prunes, avocado, potato, sweet potato, cooked spinach, tomato sauce, milk, yogurt, most beans

Only if my doctor says my phosphorus is high

- No added phosphate ("phos" on the ingredient list).
- No dark colas.
- Smaller portions of milk, yogurt and cheese.

Ask first

- **Salt substitutes and "lite" salt:** not unless my doctor says so.
- **Ibuprofen, naproxen and other anti-inflammatory painkillers:** not unless my doctor says so.
- **Herbal products, supplements, "kidney cleanse" teas:** ask my doctor or pharmacist.
- **Star fruit:** never.

Get help right away

Call 911 for chest pain, a pounding or irregular heartbeat, shortness of breath, sudden muscle weakness, confusion or fainting.

My doctor: _____ **Phone:** _____

My pharmacy: _____ **Phone:** _____

My Numbers Card

THE MEASURED PLATE

My Numbers			
	Today's result	Last time	What my doctor said
Date			
eGFR			
Stage (3a or 3b)			
Urine albumin (uACR)			
Potassium			Normal / High / Low
Phosphorus			Normal / High
Bicarbonate			
Blood pressure			My target:
A1C (if diabetic)			
Weight			

My lanes (tick what applies):

☐ Sodium lane (everyone)

☐ Potassium lane (only if my potassium is high or has been high)

☐ Phosphorus lane (only if my phosphorus is high)

My protein amount, from my doctor: _____ grams a day

My sodium limit, from my doctor: _____ mg a day

Questions for next time:

1. _____

2. _____

3. _____

Questions for My Doctor

THE MEASURED PLATE

You do not need to ask all of these. Pick the ones that matter to you, and write the answers down.

1. What is my eGFR today, and what was it a year ago?

2. Is my potassium normal? Do I need to limit high-potassium foods?

3. Is my phosphorus normal?

4. How much protein should I eat each day?

5. How much sodium should I aim for each day?

6. Are any of my medicines affected by what I eat? Should I avoid salt substitutes?

7. Which pain medicine is safe for me?

8. Do I need to limit how much I drink?

9. Can you refer me to a kidney dietitian?

Shopping List: Week 1

THE MEASURED PLATE

Everything the seven sample days of week 1 use. Rice, pasta, cereals, beans and meat are cooked amounts. Tick what you already have.

Vegetables

- ☐ Broccoli, cooked ½ cup
- ☐ Cabbage, green, cooked ½ cup
- ☐ Carrots, cooked ½ cup
- ☐ Carrots, raw 2 medium
- ☐ Cauliflower, cooked ½ cup
- ☐ Corn, fresh or frozen, cooked 1 cup
- ☐ Cucumber, raw 2 cups slices
- ☐ Garlic, raw 3 cloves
- ☐ Green beans, fresh or frozen, cooked 3 cups
- ☐ Lettuce, iceberg 4 cups
- ☐ Lettuce, romaine 1 cup
- ☐ Onion, raw ¾ cup chopped
- ☐ Pepper, bell, green, raw ½ cup chopped
- ☐ Pepper, bell, red, raw ½ cup chopped
- ☐ Potato, boiled, without skin 1 cup
- ☐ Summer squash or zucchini, cooked ½ cup

Fruits

- ☐ Apple, with skin 3 medium
- ☐ Applesauce, unsweetened 1 cup
- ☐ Banana 1 medium
- ☐ Blueberries 1 cup
- ☐ Grapes 1 cup
- ☐ Lemon juice 4 tablespoons
- ☐ Orange 2 medium
- ☐ Peaches, canned in juice ½ cup

- ☐ Pear 1 medium
- ☐ Pears, canned in juice ½ cup
- ☐ Pineapple, canned in juice ½ cup
- ☐ Pineapple, raw ½ cup
- ☐ Raspberries ½ cup
- ☐ Strawberries 1 cup

Grains

- ☐ Bread, white 16 slices
- ☐ Bread, whole wheat 2 slices
- ☐ Egg noodles, cooked 1 cup
- ☐ Farina (hot wheat cereal), cooked with water 1 cup
- ☐ Graham crackers 8 squares
- ☐ Hamburger bun 1 bun
- ☐ Oatmeal, regular, cooked with water 2 cups
- ☐ Pita bread, white 2 small
- ☐ Puffed rice cereal 2 cups
- ☐ Rice, brown, cooked 1 cup
- ☐ Rice, white, cooked 2½ cups
- ☐ Shredded wheat cereal, spoon-size 1 cup
- ☐ Spaghetti, cooked 3½ cups
- ☐ Tortilla, corn 2 tortillas (6 inch)

Meat, poultry, fish, eggs

- ☐ Beef, ground, 85% lean, cooked 3 ounces
- ☐ Chicken breast, roasted, no skin 6 ounces
- ☐ Cod, baked 3 ounces
- ☐ Egg, whole, cooked 4 large
- ☐ Salmon, Atlantic, cooked 3 ounces

- ☐ Tuna, light, canned in water, no salt added 3 ounces
- ☐ Turkey breast, roasted, no skin 3 ounces

Beans, lentils, nuts, seeds, tofu

- ☐ Hummus 4 tablespoons
- ☐ Lentils, cooked ½ cup
- ☐ Peanut butter 2 tablespoons

Milk, yogurt, cheese and substitutes

- ☐ Butter, unsalted 8 teaspoons
- ☐ Cheese, Parmesan, grated 1 tablespoon
- ☐ Cheese, Swiss 1 ounce
- ☐ Milk, 2% 1½ cups

Snacks, sweets, condiments, sauces

- ☐ Honey 4 tablespoons
- ☐ Jam or jelly 4 tablespoons
- ☐ Ketchup 1 tablespoon
- ☐ Mayonnaise 4 tablespoons
- ☐ Olive oil 12½ tablespoons
- ☐ Popcorn, air-popped, unsalted 9 cups
- ☐ Rice cakes, plain, unsalted 2 cakes
- ☐ Vanilla wafers 20 cookies

Drinks

- ☐ Coffee, brewed 2 cups
- ☐ Cranberry juice cocktail ½ cup
- ☐ Orange juice ½ cup
- ☐ Tea, black, brewed 3 cups

Shopping List: Week 2

THE MEASURED PLATE

Everything the seven sample days of week 2 use. Rice, pasta, cereals, beans and meat are cooked amounts. Tick what you already have.

Vegetables

- ☐ Asparagus, cooked ½ cup
- ☐ Broccoli, cooked ½ cup
- ☐ Cabbage, green, cooked 1½ cups
- ☐ Carrots, cooked ½ cup
- ☐ Cauliflower, cooked 1 cup
- ☐ Corn, fresh or frozen, cooked ½ cup
- ☐ Cucumber, raw 1 cup slices
- ☐ Garlic, raw 2 cloves
- ☐ Green beans, fresh or frozen, cooked 2½ cups
- ☐ Lettuce, iceberg 2 cups
- ☐ Lettuce, romaine 1 cup
- ☐ Mixed vegetables, frozen, cooked 1 cup
- ☐ Onion, raw ¾ cup chopped
- ☐ Peas, green, fresh or frozen, cooked ½ cup
- ☐ Pepper, bell, green, raw ½ cup chopped
- ☐ Potato, boiled, without skin 1 cup
- ☐ Sweet potato, baked 1 medium
- ☐ Tomato, raw 2 medium
- ☐ Tomatoes, canned ½ cup

Fruits

- ☐ Apple, with skin 2 medium
- ☐ Applesauce, unsweetened ½ cup
- ☐ Banana 1 medium
- ☐ Blueberries ½ cup
- ☐ Grapes 2½ cups
- ☐ Lemon juice 3 tablespoons

- ☐ Orange 2 medium
- ☐ Peaches, canned in juice 1 cup
- ☐ Pear 1 medium
- ☐ Pears, canned in juice ½ cup
- ☐ Pineapple, raw ½ cup
- ☐ Strawberries 1 cup

Grains

- ☐ Bran flakes cereal ¾ cup
- ☐ Bread, white 9 slices
- ☐ Bread, whole wheat 2 slices
- ☐ Couscous, cooked 1 cup
- ☐ Egg noodles, cooked 1 cup
- ☐ English muffin, plain 1 muffin
- ☐ Farina (hot wheat cereal), cooked with water 1 cup
- ☐ Graham crackers 8 squares
- ☐ Hamburger bun 1 bun
- ☐ Oatmeal, regular, cooked with water 1 cup
- ☐ Rice, brown, cooked 1 cup
- ☐ Rice, white, cooked 4½ cups
- ☐ Shredded wheat cereal, spoon-size 1 cup
- ☐ Spaghetti, cooked 3 cups
- ☐ Tortilla, corn 2 tortillas (6 inch)

Meat, poultry, fish, eggs

- ☐ Beef, ground, 85% lean, cooked 3 ounces
- ☐ Chicken thigh, roasted, no skin 3 ounces
- ☐ Cod, baked 3 ounces
- ☐ Egg, whole, cooked 5 large
- ☐ Pork chop, loin, cooked 3 ounces

- ☐ Tilapia, cooked 3 ounces
- ☐ Tuna, light, canned in water, no salt added 3 ounces
- ☐ Turkey breast, roasted, no skin 3 ounces

Beans, lentils, nuts, seeds, tofu

- ☐ Chickpeas, cooked from dry ½ cup
- ☐ Lentils, cooked ½ cup
- ☐ Peanut butter 1 tablespoon

Milk, yogurt, cheese and substitutes

- ☐ Butter, unsalted 9 teaspoons
- ☐ Cheese, Parmesan, grated 3 tablespoons
- ☐ Milk, 2% 1½ cups

Snacks, sweets, condiments, sauces

- ☐ Honey 2 tablespoons
- ☐ Jam or jelly 3 tablespoons
- ☐ Mayonnaise 3 tablespoons
- ☐ Olive oil 14½ tablespoons
- ☐ Popcorn, air-popped, unsalted 6 cups
- ☐ Rice cakes, plain, unsalted 4 cakes
- ☐ Vanilla wafers 15 cookies

Drinks

- ☐ Coffee, brewed 3 cups
- ☐ Cranberry juice cocktail ½ cup
- ☐ Orange juice ½ cup
- ☐ Tea, black, brewed 3 cups

Foods That Fit Every Lane

THE MEASURED PLATE

These foods are in the “everyday” sodium lane, the “lower” potassium lane and the “lower” phosphorus lane at the portion shown, and are not product types that usually carry added phosphate. The portion is part of the answer: a larger amount can move a food out of a lane.

Vegetables

Cabbage, green, cooked (½ cup)
Cabbage, green, raw (1 cup shredded)
Carrots, cooked (½ cup)
Carrots, raw (1 medium)
Cauliflower, cooked (½ cup)
Celery, raw (1 medium stalk)
Collard greens, cooked (½ cup)
Corn, fresh or frozen, cooked (½ cup)
Cucumber, raw (½ cup slices)
Eggplant, cooked (½ cup)
Garlic, raw (1 clove)
Green beans, canned, no salt added, drained (½ cup)
Green beans, fresh or frozen, cooked (½ cup)
Kale, cooked (½ cup)
Kale, raw (1 cup)
Lettuce, iceberg (1 cup)
Lettuce, romaine (1 cup)
Mixed vegetables, frozen, cooked (½ cup)
Mushrooms, raw (½ cup slices)
Mustard greens, cooked (½ cup)
Okra, cooked (½ cup)
Onion, raw (¼ cup chopped)
Peas, green, fresh or frozen, cooked (½ cup)
Pepper, bell, green, raw (½ cup chopped)
Pepper, bell, red, raw (½ cup chopped)
Radishes, raw (½ cup slices)
Snow peas, cooked (½ cup)

Spinach, raw (1 cup)
Turnip greens, cooked (½ cup)
Turnips, cooked (½ cup)

Fruits

Apple, with skin (1 medium)
Applesauce, unsweetened (½ cup)
Apricots, raw (2 fruits)
Blackberries (½ cup)
Blueberries (½ cup)
Cherries, sweet (½ cup)
Cranberries, dried, sweetened (¼ cup)
Cranberry sauce, canned (¼ cup)
Figs, dried (2 fruits)
Fruit cocktail, canned in juice (½ cup)
Grapefruit (½ fruit)
Grapes (½ cup)
Lemon juice (1 tablespoon)
Mandarin oranges, canned in juice (½ cup)
Mango (½ cup)
Peaches, canned in juice (½ cup)
Pears, canned in juice (½ cup)
Pineapple, canned in juice (½ cup)
Pineapple, raw (½ cup)
Plum (1 fruit)
Raspberries (½ cup)
Strawberries (½ cup)
Tangerine (1 fruit)
Watermelon (1 cup cubes)

Foods That Fit Every Lane (continued)

THE MEASURED
PLATE

Grains

Barley, pearled, cooked (½ cup)
Bread, white (1 slice)
Couscous, cooked (½ cup)
Crackers, saltine (5 crackers)
Crackers, saltine, unsalted tops (5 crackers)
Egg noodles, cooked (½ cup)
Farina (hot wheat cereal), cooked with water (½ cup)
Graham crackers (2 squares)
Oatmeal, regular, cooked with water (½ cup)
Pasta, whole wheat, cooked (½ cup)
Puffed rice cereal (1 cup)
Rice, white, cooked (½ cup)
Shredded wheat cereal, spoon-size (1 cup)
Spaghetti, cooked (½ cup)
Tortilla, corn (1 tortilla, 6 inch)

Meat, poultry, fish, eggs

Egg white, cooked (1 large)
Egg, whole, cooked (1 large)

Beans, lentils, nuts, seeds, tofu

Chia seeds (1 tablespoon)
Flaxseed, ground (1 tablespoon)
Hummus (2 tablespoons)
Pecans (1 ounce)

Milk, yogurt, cheese and substitutes

Butter, salted (1 teaspoon)
Butter, unsalted (1 teaspoon)
Cheese, cream (1 tablespoon)
Cheese, Parmesan, grated (1 tablespoon)
Cream, heavy (1 tablespoon)
Half-and-half (1 tablespoon)
Ice cream, vanilla (½ cup)
Margarine, tub (1 teaspoon)

Milk, evaporated (2 tablespoons)
Sherbet, orange (½ cup)
Sour cream (1 tablespoon)

Snacks, sweets, condiments, sauces

Chocolate chip cookies (2 cookies)
Chocolate, dark (1 ounce)
Chocolate, milk (1 bar, 1.5 ounces)
Garlic powder (1 teaspoon)
Gelatin dessert (½ cup)
Hard candy (3 pieces)
Honey (1 tablespoon)
Jam or jelly (1 tablespoon)
Maple syrup (1 tablespoon)
Mayonnaise (1 tablespoon)
Mustard, yellow (1 teaspoon)
Olive oil (1 tablespoon)
Popcorn, air-popped, unsalted (3 cups)
Pretzels, unsalted (1 ounce)
Rice cakes, plain, unsalted (2 cakes)
Sugar cookies (2 cookies)
Sugar, white (1 teaspoon)
Tortilla chips, salted (1 ounce)
Vanilla wafers (5 cookies)
Vinegar (1 tablespoon)

Drinks

Apple juice (½ cup)
Coffee, brewed (1 cup)
Cranberry juice cocktail (½ cup)
Ginger ale (12 fluid ounces)
Grape juice (½ cup)
Lemon-lime soda (12 fluid ounces)
Lemonade (1 cup)
Root beer (12 fluid ounces)
Tea, black, brewed (1 cup)
Water, tap (1 cup)

Sodium Day Tracker

THE MEASURED PLATE

Date _____ My sodium limit _____ mg a day

Low

140 mg or less in a serving

In between

141 to 460 mg

High

more than 460 mg

Salt you add

¼ teaspoon is 580 mg

Food	Amount	Sodium (mg)	Running total
Breakfast			
Lunch			
Dinner			
Snacks and drinks			
Total for the day			

Label Check Cards

THE MEASURED PLATE

Cut out a card and keep it in your wallet or with your shopping list.

Label check

- 1 Serving size**
Every number is for one serving.
- 2 Sodium**
140 mg or less is low. More than 460 mg is high.
- 3 Potassium, if yours is high**
Under 200 mg a serving is lower.
- 4 Ingredients**
Look for the letters “phos”. If you see them, choose another brand.

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