



My Individualized Diet

I can eat ____ servings of carbohydrates/day
 I can eat ____ servings of protein/day
 I can eat ____ servings of fat/day
 I can eat ____ serving(s) of high-phosphorus foods/day
 I can eat ____ mg of sodium/day
 I can drink ____ cups (C) of fluid/day

My potassium prescription includes:
 ____ C of high-potassium foods/day
 ____ C of medium- and low-potassium foods/day

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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High-Phosphorus Foods

(foods with more than 130 mg phosphorus/serving)

The following foods count as 1 serving of high-phosphorus food:

- 1 ounce (oz) cheese
- ¼ C cottage cheese
- 1 C milk, yogurt, ice cream, or pudding
- 1 C soy milk
- ½ C dried beans or peas
- ¼ C nuts
- 2 Tablespoons (Tbsp) peanut butter
- 1 small muffin or biscuit
- 1 small waffle or pancake
- 2-inch square of cake
- ½ C bran cereal, granola, or oatmeal
- 8-fl-oz cola, cocoa, or beer

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Instructions: Cut on dotted lines. If you use a paper cutter, align using guidelines along paper's edge.



Estimating Protein and Fat Choices

3 protein choices:

- A piece of cooked meat, poultry, or fish that is the size of a deck of cards

1 protein choice:

- 1 ounce (oz) cheese
- ½ cup (C) dried beans or peas
- 1 egg or ¼ C egg substitute
- ¼ C firm tofu or ½ C soft tofu
- 1 C milk or yogurt
- ¼ C nuts

1 fat choice:

- 1 teaspoon (tsp) butter or margarine
- 2 tablespoons (Tbsp) gravy
- 1 tsp oil
- 1 Tbsp salad dressing
- 2 Tbsp sour cream

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Estimating Carbohydrate Choices

1 carbohydrate choice:

- Half of a small bagel
- 1 slice of bread
- Half of a hamburger bun
- Half of a sweet roll
- 1 small doughnut
- Half of an English muffin
- ½ cup (C) cooked cereal
- ½ C pasta
- ½ C rice
- 3 graham crackers
- 1½ C popcorn
- ¾ ounce (oz) pretzels
- 9 corn chips
- 4 sugar wafer cookies
- 10 vanilla wafer cookies
- 1 small muffin
- 2-inch square of cake
- 1 small waffle

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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High-Sodium Foods

(foods with more than 300 mg sodium/serving)

- Bacon
- Luncheon meats
- Buttermilk
- Meal-starter kits
- Canned meats and fish
- Pasta sauces
- Canned vegetables
- Pickles and olives
- Cheese
- Quick-cooking oats
- Chips, pretzels, and salted nuts
- Salted crackers
- Flavoring packets for making noodle or rice side dishes
- Sauerkraut
- Hot dogs and sausages
- Soup
- Ketchup, BBQ sauce, tartar sauce, and mustard
- Soy sauce, taco sauce, teriyaki sauce, and Worcestershire sauce
- Tomato and vegetable juices

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Low-Potassium Fruits and Vegetables

(foods with less than 120 mg potassium/serving)

Low-potassium fruits:

- Apples and applesauce
- Blackberries
- Blueberries
- Canned peaches
- Canned pears
- Cranberries
- Fruit cocktail
- Grapes
- Lemons and limes
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Low-potassium vegetables:

- Cabbage, raw
- Canned beets
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Green beans
- Lettuce
- Mushrooms
- Onions
- Radishes
- Wax beans

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Medium-Potassium Fruits and Vegetables

(fruits and vegetables with 120–250 mg potassium/serving)

Medium-potassium fruits:

- Cherries
- Peach, fresh
- Figs
- Pear, fresh
- Orange, fresh
- Grapefruit

Medium-potassium vegetables:

- Asparagus
- Peas
- Broccoli
- Peppers
- Cabbage, cooked
- Rhubarb
- Celery
- Turnips
- Mixed vegetables
- Zucchini

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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High-Potassium Fruits and Vegetables

(fruits and vegetables with more than 250 mg potassium/serving)

High-potassium fruits:

- Apricots
- Banana
- Cantaloupe
- Dates
- Honeydew
- Kiwi
- Mango
- Nectarine
- Orange juice
- Prunes
- Raisins
- Papaya

High-potassium vegetables:

- Artichoke
- Avocado
- Beets, fresh
- Brussels sprouts
- Parsnips
- Potatoes
- Pumpkin
- Spinach
- Sweet potatoes
- Tomato
- Winter squash
- Yams

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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