

Special occasion foods for chronic kidney disease

Eat and Enjoy	Food (fluid ml)	Amount per serve	Sodium level	Potassium level	Phosphate level	Carb 15 gram serves	
2 Low + 1 Moderate or All Low	Drinks						
	Lemonade ½ can	175 ml	Low	Low	Low	1½	
	Diet Coke ½ can	175 ml	Low	Low	Moderate	Free	
	Wine, Std drink	135 ml	Low	Low	Low	Free*	
	Beer ½ can	175 ml	Low	Low	Low	½	
	Milo	1 tsp	Low	Low	Low	½	
	Cocoa powder	1 tsp	Low	Moderate	Low	Free	
	Sweet Foods						
	Nougat candy	20 g	Low	Low	Low	1½	
	Marshmallow	½ cup, 50 g	Low	Low	Low	3	
	Boiled lollies	5 lollies	Low	Low	Low	1	
	Jelly 115 ml	½ cup	Moderate	Low	Low	1½	
	Cream	1 Tbsp	Low	Low	Low	Free	
	Shortbread biscuit	1 finger	Low	Low	Low	1	
	Popcorn	1 cup	Low	Low	Low	½	
	Pavlova	1 slice	Low	Low	Low	3	
	Apple Pie	1 slice	Moderate	Low	Low	2	
	Ice-cream 30 ml	2 scoops	Low	Low	Moderate	1	
	Licorice Allsorts	3 pieces	Low	Low	Low	1	
	White chocolate	25g	Low	Low	Moderate	1	
	Milk chocolate	25 g	Low	Low	Moderate	1	
	Savoury Foods						
	Cranberry Sauce	1 tbsp	Low	Low	Low	½	
	Apple sauce	1 tbsp	Low	Low	Low	½	
	Gravy	1 tbsp	Low	Low	Low	Free	
	Sushi Roll small, 9 cm long	¼ roll (2 cm)	Low	Low	Low	½	
	Sausage Roll	1 party size	Moderate	Low	Low	½	
	Tomato sauce	1 tbsp	Moderate	Low	Low	Free	
	Enjoy small Amounts 2 Moderate + 1 Low or 1 High + 2 Low or 3 Moderate or 1 High + 1 Moderate + 1 Low	Sweet Foods					
		Cake (Plain or Choc)	1 small slice	Moderate	Low	High	2
		Christmas Cake	1 slice	Moderate	Low	Moderate	3
		Black Forest Cake	1 slice	Moderate	Low	Moderate	3
		Hot cross bun	1 bun	Moderate	Moderate	Moderate	3

	Food	Amount per serve	Sodium level	Potassium level	Phosphate level	Carb 15 gram serves
	Crab	0.5 cup	Moderate	Low	Moderate	Free
	Salami	1 slice	High	Low	Low	Free
	Pretzels	30g	High	Low	Low	1½
	Mixed nuts	30g	Low	Moderate	Moderate	Free
	Quiche	1 party size	Moderate	Low	Moderate	1½
	Meat pie	1 party size	Moderate	Moderate	Moderate	1
	Potato crisps	20g bag	Moderate	High	Low	1
Enjoy very very small amounts occasionally 3 High or 2 High + 1 Moderate or 1 Low+ 2 High or 2 Moderate + 1 High	Savoury Foods					
	Pizza	1 slice	High	Moderate	Moderate	1½
	Filled Taco	1 taco	High	Moderate	Moderate	1
	Ham or bacon	2 slices	High	Moderate	High	Free
	1 burger	1 burger	High	High	High	2½
	Prawns/Lobster	100g	High	High	High	Free
	Oysters cooked	100g	Moderate	High	High	Free

Sodium

Recommended daily limit = 1800-2300 mg¹
Recommended mid-meal limit² = 575 mg

Low = 0–120 mg per serve³
Moderate = 120–350 mg per serve³
High = 350 – 1000 mg per serve³
Very High = >1000mg³

Potassium

Recommended daily limit = 2000-4000mg¹
Recommended mid-meal limit² = 500-1000mg

Low = 0 – 120 mg per serve
Moderate = 121 – 250 mg per serve⁴
High = > 251 mg per serve⁴

Phosphate

Recommended daily limit = 800 – 1000 mg
Recommended mid-meal limit² = 200 – 250 mg

Low = 0 – 50 mg per serve
Moderate = 50 – 150 mg per serve
High = > 150 mg per serve

Carbohydrate (Carb)

People who have diabetes needing to count carbohydrate intake may find this helpful.

1 carb serve = 15 grams carbohydrate

1. Evidence based practice guidelines for the nutritional management of chronic kidney disease. 2005. Australia & New Zealand
2. Recommended mid-meal limit = 25% daily total
3. Beard, T. 2004. Salt Matters. Lothian Books: South Melbourne.
4. Stewart, R. 2007. Handbook of Nutrition and Dietetics. Griffith University School of Public Health: Gold Coast.

ADDITIONAL NOTES FROM YOUR DIETITIAN
