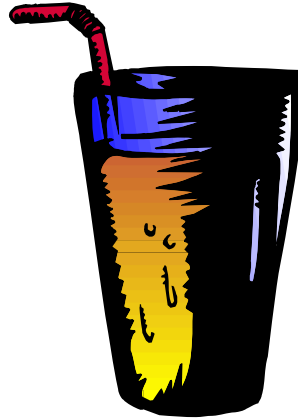
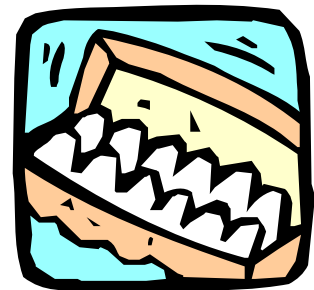
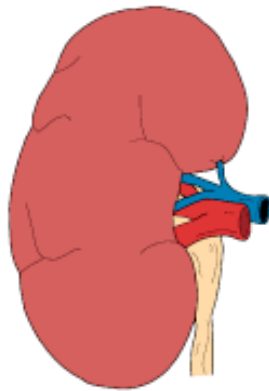
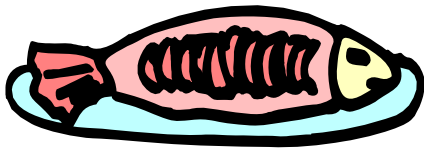




Renal



Fluid Restriction





Acute Renal Disease



What is it?

- *Abrupt decline in renal function, waste retention
- due to circulatory, glomerular, tubular deficiency from injury, shock, sepsis, anesthesia use, cardiac transplantation, burns, transfusions, antibiotics, nephrotoxicity
- Cause in children-** hemolytic uremic syndrome (HUS) caused by E Coli bacteria with a need for dialysis, transfusion, treatment of diarrhea



Signs and Symptoms:

- *Weakness, anorexia, headache, dyspnea, nausea, fatigue, itching, drowsiness, poor vision

Medications:

- ***Antacids/Maalox/Gelusil, Mylanta-** monitor mineral/electrolyte content
- ***Diuretics** with potassium- monitor for diarrhea or itching
- ***Insulin-** for TPN, hyperglycemia, hypoglycemia
- ***Kayexalate-** take several hours apart from calcium/antacids, monitor for constipation, anorexia
- ***Sorbitol-** given to increase fluid loss through GI tract, monitor for diarrhea, bloating, flatulence

Facts:

- *Excretes < 500 ml. of urine/day, 600 ml./day required for elimination of solute wastes
- ***Renal Failure occurs in 3 Stages- Oliguric, Diuretic, Recovery**
- Oliguric/10** days- excretes < 500 ml./day, abnormal fluid/electrolyte homeostasis
- Diuretic-** gradually increases urine output to several liters/day
- Recovery-** 3 months to 1 year, some loss of function is permanent, acute may be reversible, mortality is 50 to 70%, toxic accumulation is fatal
- ***Dialysis if necessary if other treatments fail-** pulmonary edema, hyperkalemia, uremia from malignant hypertension/seizures, pericarditis, heart failure



What can I do?



- *See your Physician- maintain minerals, fluids, electrolytes
- *See RD for help as needed *See FFF RD on line for help
- ***Adequate Calories-** control catabolism, weight loss, use HBV protein at .8/kg weight
- need essential amino acids-** 50% carbohydrates, 30% fat, 20% protein
- Nepro or Suplena is tube feeding, TPN- monitor hyperglycemia, hyperlipidemia
- ***Control/supplement-** phosphorus, folate, Vitamin A, B6, C, K, zinc, chromium, potassium, restrict sodium, add carnitine



Glomerulonephritis, Acute

What is it?

*Inflamed glomeruli- antigen-antibody trapped

*Uremia- accumulation of waste in the blood (normally eliminated in urine)

*Oliguria/Anuria- small amount of urine formation

Signs and Symptoms:

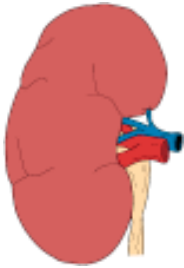
*Edema, scarring

*Decrease in urine volume, urine smell on breath/sweat, vomiting, itching, convulsions, yellowish-brown skin tone, rust-colored urine

Medications:

*Antihypertensive- evaluate individually

*Diuretics/Lasix- reduces edema, wastes potassium, elevated BUN with dehydration



Facts:

*Can result from untreated streptococcal infection
-normally resolve in 3-12 months

*Kidneys have lost their filtering ability- severe kidney disease, temporary poisoning

What can I do?

*See your Physician

-Reduce blood pressure, edema, spare protein, improve renal functioning
-children- avoid growth retardation

*Essential Amino Acids included, dialysis to remove waste if needed

*See RD for help as needed *See FFF RD on line for help

*Oliguria- restrict fluids- 550 to 750 ml/day

*Uremia- High Protein, stress HBV Protein- Eggs, Milk, Meats, Omega 3 Fatty Acids

*Restrict Sodium (Na)- 1,000 mg. or 1-2 gm.day, Restrict Potassium/Phosphorus
-400 to 500 mg. day, increase Vitamin D3, Iron, Calcium, Multivitamin daily

*High Calorie Diet to prevent Protein breakdown, Low Protein/Phosphorus

*Anorexia- with ascites

Glomerulonephritis, Chronic



What is it?

*Loss of renal tissue, kidney function, lost filtering ability, can't concentrate urine
-excess urine to rid body of wastes- protein/blood lost in urine

Vascular changes- blood pressure rises, chronic renal failure may be a result

*Proteinuria decrease- improved prognosis

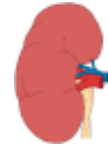
Hypertension- delays improvement



Signs and Symptoms:

*No symptoms for years, then protein/blood cells in the urine

*Nausea, vomiting, difficulty in breathing, fatigue, itching, fluid retention (edema),
high blood pressure is common



Facts:

*Protein Restriction- .4 to .6 gm/kg of body weight slows progression
of renal disease with or without diabetes

*Children with uremia- need Vitamin D3 for growth, appetite

*Fluids- better controlled with sodium restriction rather than just restricting fluids

*Controlling blood pressure and restricting sodium helps

*Kidney Failure- must be treated with transplantation or dialysis



What can I do?

*See your Physician



-Control hypertension, proteinuria, urinary tract infections, edema, breakdown of
protein, growth failure in children

*See RD for help as needed *See FFF RD on line for help

*Essential calorie intake essential to prevent Protein Calorie Malnutrition

*Dialysis- Push Protein if getting clearance, low albumin increases mortality rate

-80 to 100 grams/day, BUN 50-100 better Protein intake, 1.3 to 1.5 gm./kg.

-Creatinine- don't address, use protein supplement with meals

*Pre Dialysis- Restrict Protein, Sodium, Phosphorus, may restrict Potassium, Fluids

*Goal to get albumin up

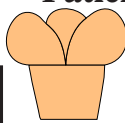
*Restrict Sodium, Potassium, Phosphorus, Fluids as MD prescribes

Renal Diet Plan Patient:

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

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Bread or Starch Group: 1 sl. French, Italian, Raisin, Light Rye, Sourdough, White, 1/2 Bagel, Bun, Danish/Sweet Roll, English Muffin, Pita Bread, 1 oz. Roll, Doughnut, Muffin, Bran or Whole Wheat), Pancake, 6" Torilla (flour), Angel Food Cake, 2 Tortilla (Corn) 1/2c Cream of Rice, Wheat or Farina, Pasta, Malt-O-Meal, Grits, Rice, Corn, Oatmeal, Oat Bran, Green Peas, Winter Squash, Sweetened Jello 3/4 c. Cereals as Puffed Wheat, Rice, Rice Krispies, Corn Flakes, Cornmeal-cooked, 1 1/2 c. Popped Popcorn no fat 3 crackers Graham, Melba, RyKrisp, Vanilla or Sugar Wafers, Sandwich Type, Shotrbread, 1/8 slice Fruit Pie, 1 1/2 oz. Cake
Avoid: Salted Nuts, Chips, Waffles, Pretzels, Ready to Eat Cereals, Saltines, Crackers with salty tops

Fruit Group: Fresh Fruit is Best!!!

Breakfast: Lunch: Supper: Snack:

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1/2 c. Apple Juice, Applesauce, Mango, Nectars, Blackberries, Cherries, Papaya, Blueberries, Fruit Cocktail, Grapefruit Juice, Grape/ Lemon Juice, Peaches & Pears (canned), Pineapple, Plums -/fresh/ canned rhubarb, rasp/Strawberries, 1 c. watermelon, cranberry juice, 1 apple, fresh peach, tangerine, 15 Grapes 2 T. Raisins 1/2 small Grapefruit, Lemon
High Potassium (K)- Apricots, Bananas, Kiwi, Cantaloupe, Dried Fruit, Honeydew Melon, Oranges, Figs, Pear-fresh, Prunes/Prune Juice, Nectarine, Dates, Orange Juices

Milk Group:

Breakfast: Lunch: Supper: Snack:

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1/2 c. Skim/1/2 %/1%/nonfat/whole/lowfat/ chocolate, 1/4 c. Evaporated/Sw.Cnd. milk, 1/2 c. plain nonfat yogurt/plain lowfat yogurt, 1 c. Sherbet, 3 T. cream cheese, 1/4c. Sour Cream, 1/2 c. NonDairy Creamer, *High Sodium: Buttermilk*

Healthy Meal Plan: 3 Meals a Day, Bedtime Snack,

Limit Potassium/Phosphorus/Salt

Used for Renal or Kidney Problems

Vegetable Group:

Breakfast: Lunch: Supper: Snack:

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1/2c. *Low Potassium(K)*-Alfalfa Sprouts, Green Beans, Bean Sprouts, Cabbage-raw, Chard, Celery, Cucumber, Endive, Escarole, Lettuce (1 c.), Peppers, Water Chestnuts, Watercress *Medium (K)*-Artichoke, Broccoli, Cabbage-cooked, Carrots, Cauliflower, Celery, Corn, Collards, Eggplant, Kale, Greens, Snow Peas, Onions, Mushrooms(canned or raw), Radishes, Spinach, Summer Squash, Turnips, *High Potassium:* Beets, Asparagus Spears (5), Avocado (1/4), Brussel Sprouts, Celery or Mushrooms cooked, Kohlrabi, Okra, Parsnips, Chili Peppers, Pumpkin, Rutubugas, Tomato-raw, sauce

Meat Group:

Breakfast: Lunch: Supper: Snack:

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1 oz. or as stated- Beef- or Pork-any cuts- Lamb & Veal-Chops, Roast, Leg, Poultry-Chicken, Turkey, Cornish Hen, Duck, Goose, Fish-Crab, Lobster, Scallops, Shrimp, Clams, Tuna, Oysters, Rabbit, Squirrel, Pheasant, Egg-Whole, Low-Chol., Organ Meat or 2 oz Chitterlings, Wild Game.

AVOID: bran cereal/muffins, Grape-Nuts, rye-dark, Granola cereal/bars, boxed, frozen, canned meals, entrees, side dishes, black beans, soybeans, split peas, pumpernickel/whole wheat/oatmeal bread, whole wheat crackers/cereals, Bacon, Ham, Sausage, Salmon, Sardines, Processed Meats, Luncheon Meats, Potted Meats, Canned Meats, Vienna Sausage, Jerky, hotdogs, corned beef, cheese, peanut butter, gravies for meats

Fat Group:

Breakfast: Lunch: Supper: Snack:

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Unsaturated-Good- 1t. Margarine, Mayo, Oil-(canola, corn, olive, soybean, safflower, peanut, sunflower), 2t. Low Calorie mayonnaise/6 hickory/cashews, 10 almonds/peanuts, 5 pecan halves, 2 brazel, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado, *High Sodium:* 2t. Tarter Sauce, 1 T. Salad Dressing; *Saturated-Bad*-1 t.-butter/solid shortening, 2 T. coconut, chitterlings, 1T. cream cheese/sour cream/coffee creamer, 1 sl. bacon**May have drinks with Sugar, Desserts as RD/MD approves.*

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Breakfast: **Lunch:** **Supper:** **Snack:**

High Calorie Group: 1 c. Carbonated Beverages, Kool-Aid, Limeade, Lemonade, Cranberry Juice Cocktail, Tang, Fruit Flavored Drinks, Water, Ice, Decaffeinated Coffee & Tea
Frozen Desserts- 1/2 c. Fruit Juice or Sorbet,
1 Bar or 3 oz.- Popsicle or Juice Bar
 (Fluids: 240 cc = 1 cup = 8 oz.) **All Unsweet**

Sample Menu for 80 Gram Protein:

Breakfast: 1/2 c. Nondairy Milk
Lunch & Supper: 3 oz. Meat-Salt Free
 1 c. Oatmeal/2 Eggs 3/4 c. Salt Free Potatoes
 1/2c. Applesauce/1Veg. 1/2 c. Green Beans
 Fats added as needed 1/2 c Pears/1/4 c. Milk

Bedtime Snack:

1/2 c. Milk & 3 Graham Crackers

Grams of Protein:

	<u>40</u>	<u>50</u>	<u>60</u>	<u>70</u>	<u>80</u>	<u>90</u>	<u>100</u>
Dairy	0	1	1	1	2	2	2
Non-Dairy	2	1	1	1	1	1	1
Meat	4	5	6	7	8	9	10
Starch	3	3	4	5	6	7	7
Veg.	3	3	3	4	3	4	5
Fruit	3	3	3	3	3	3	3

Breakfast: Add Coffee, Unsweet Jelly,

1 slice Low Protein Bread

Lunch/Supper: Add Salad Dressing,

Unsweet Hard Candy/Jelly, Low Protein Bread, Italian Water Ice, Butter

“Dialyze Vegetables”: Method to reduce Sodium (Na+) and Potassium (K+) in beets, carrots, potatoes, & rutabagas.

1. Peel and eye fresh vegetables, slice 1/8 inch thick and place in cold water
2. Soak for 2 hours, use 12 times the amount of water to vegetable.
3. Cook with 6 times the amount of water to vegetable and cook until vegetable or starch is done and rinse with warm water.
4. Place small portion in bag & freeze.

Method to reduce Na and K in greens, cauliflower, mushrooms and squash

1. Thaw at room temperature in a strainer and rinse for a few seconds.
2. Soak for 2 hours, use 12 times the amount of water to vegetable in water.
3. Cook until done and rinse with water.

Miscellaneous Foods (use in moderation/

Unswet): Hard candy, Gum, Fondant, Cranberry Sauce or Relish, Cornstarch, Jelly, Jam, Sugar, Honey, Spices without Salt, 1 T. Chocolate Syrup-Unsweet

Foods to Avoid: Biscuits, Cornbread, MSG, Breaded Foods, Pizza, Salted Snack Foods, Ham, Sausage, Peanut Butter, Pickled Foods, Pickles, Hotdog, Soy Sauce, Salt, Bacon, Reduced or Fat Free Salad Dressing, Deli Meats, Cheese, Potted Meats, Vienna Sausage, Corned Beef, Sauerkraut, Potato Chips, Salted Snack Foods, Soups, Broths, Cottage Cheese, Salmon, Sardines

Renal

1800 Calorie

80 Gram Protein

Patient: _____

Healthy Meal Plan:

1-Eat 3 Meals a Day.

2-Do Not Skip Meals!

3-Limit Sodium, Potassium, and Phosphorus

4-Red-High Sodium (Na)

Green-High Potassium (K)

5-Used Fats in moderation,

AVOID SWEETS

6-Watch Portion Sizes

7-Dialyze Vegetables to reduce Na and K-see back for details.

6-X = Eat all You Want!

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Breakfast: Lunch: Supper: Snack:

1 1 1 0

Fruit Group: *Fresh Fruit is Best* 1/2 c. Apple Juice, Applesauce, Mango, Apricot Nectar, Fruit Cocktail, Blackberries, Cherries, Blueberries, Cranberries, Gooseberries, Grapefruit Juice, Grape Juice, Lemon Juice, Papaya, Papaya or Peach Nectar, Peaches/Pears (canned), Pear Nectar, Pineapple & Plums (Canned or fresh), Rhubarb, Raspberries, Strawberries 1 c. Watermelon or Cranberry Juice, 1 small Apple, Fresh Peach, Tangerine, 15 Grapes 2 T. Raisins 1/2 small Grapefruit, Lemon **Avoid:** *Apricots, Bananas, Cantaloupe, Dried Fruit, Kiwi, Honeydew Melon, Oranges/Juice, Pear-fresh, Figs, Prunes/Juice, Nectarine, Dates*

Breakfast: Lunch: Supper: Snack:

1 Non-dairy 1 Dairy 0 1 Dairy

Milk Group: 1/2 c. (nonfat, low-fat, whole), Buttermilk (cultured), Chocolate, Light Cream, Half and Half, Ice Milk, Ice Cream, Yogurt, Nondairy Frozen Topping/Creamer, Ice Cream, Yogurt, Pudding, 1 c. Low Protein Milk, Sherbet 3 T. Cream Cheese, Sour Cream, 1/4 c. Evaporated/Sweetened Condensed/Custard

NonDairy Milk Substitutes:

1/2 cup nondairy frozen dessert topping, liquid non-dairy creamer, unsaturated

Breakfast: Lunch: Supper: Snack:

2 1 2 1

Bread or Starch Group: 1 sl. French, Italian, Raisin, Light Rye, Sourdough, White, 1/2 Bagel, Bun, Danish/Sweet Roll, English Muffin, Pita Bread, 1 oz. Roll, Doughnut, Muffin, Bran or Whole Wheat), Pancake, 6" Torilla (flour), Angel Food Cake, 2 Tortilla (Corn) 1/2c Cream of Rice, Wheat or Farina, Pasta, Malt-O-Meal, Grits, Rice, Corn, Oatmeal, Oat Bran, Green Peas, Potatoes, Winter Squash, Sweetened Jello 3/4 c. Cereals as Puffed Wheat, Rice, Rice Krispies, Corn Flakes, Cornmeal-cooked, 1 1/2 c. Popped Popcorn no fat 3 crackers Graham, Melba, RyKrisp, Vanilla/Sugar Wafers, Sandwich Type, Shotrbread, 1/8 slice Fruit Pie, 1 1/2 oz. Cake

Avoid: *Salted Nuts, Chips, Waffles, Pretzels, Ready to Eat Cereals, Saltines, Crackers with salty tops*

Breakfast: Lunch: Supper: Snack:

2 2 2 1

Fat Group: Unsaturated-Good Saturated-Bad- Unsaturated-1 t. -Margarine, Mayonnaise, Oil- (canola, corn, olive, peanut, safflower, soybean, sunflower), 1 T.-Reduced or Low Calorie Mayonnaise, Salad Dressing, 1 1/2 t. Tartar Sauce Saturated- 1 t.-Butter, Solid Shortening, 2T. Coconut, 1T. Powdered Coffee Creamer

--Use unsaturated Fats
***Wheat Starch Bread, Beverages, & Fat are all unlimited**

Breakfast: Lunch: Supper: Snack:

1 1 1 0

Vegetable Group: 1/2c. Low Potassium (K)-Alfalfa Sprouts, Bamboo Shoots, Beans, Bean Sprouts, Cabbage-raw, Chard, Celery, Cucumber, Endive, Escarole, Lettuce (1 c.), Peppers, Watercress Water Chestnuts, Medium (K)-Artichoke, Celery, Cabbage-cooked, Carrots, Cauliflower, Broccoli, Collards, Radishes, Eggplant, Kale, Greens, Mushrooms(canned or raw), Snow Peas, Corn, Spinach, Summer Squash, Turnips, Onions, High Potassium: Beets, Asparagus Spears (5), Avocado (1/4), Brussel Sprouts, Celery or Mushrooms cooked, Kohlrabi, Okra, Parsnips, Chili Peppers, Pumpkin, Rutubugas, Tomato-raw, sauce, etc.

Breakfast: Lunch: Supper: Snack:

2 Eggs 3 oz. 3 oz. 0

Meat Group: 1 oz. or as stated- Beef- or Pork-any cuts- Lamb & Veal-Chops, Roast, Leg, Poultry-Chicken, Turkey, Cornish Hen, Duck, Goose, Fish-Crab, Lobster, Scallops, Shrimp, Clams, Tuna, Oysters, Rabbit, Squirrel, Pheasant, Egg-Whole, Low-Chol., Organ Meat or 2 oz Chitterlings, Wild Game, **AVOID:** bran cereal/ muffins, Grape-Nuts, rye-dark, Granola cereal/ bars, boxed, frozen, canned meals, entrees, side dishes, black beans, soybeans, split peas, pumpernickel/whole wheat/oatmeal bread, whole wheat crackers/cereals, Bacon, Ham, Sausage, Salmon, Sardines, Processed Meats, Luncheon Meats, Potted Meats, Canned Meats, Vienna Sausage, Jerky



Kidney



What and where is it?

- *2 reddish brown kidney bean shaped organs
- *Back of the abdominal cavity, along body's main arteries and veins
- ***Filter blood**- remove waste and excess sodium
- *Organ maximum plus capacity in youth and decline with age, minor illness can cause kidney failure, at 70 kidneys are at 50% efficiency of age 40, continues to decline with age
- ***Structure**- consist of outer and inner region
 - Renal cortex** - outer rim
 - Renal medulla** - renal pyramids - urine making units (nephrons-filtering units), collecting tubules, collecting ducts, open into calyces (cavities)
- *3 pints a minute flow through the kidneys
- *All the blood in the body is filtered by the kidneys in 10 minutes
- ***Urea**- waste from breakdown of proteins in liver, creatine is waste from muscle action

Who does it affect?

- ***Decreases urine output**- kidneys let go of 3 pints of urine from every 4,400 pints of blood

Hormones:

- ***Renin and angiotensin** - control blood pressure
- ***Erythropoietin** - stimulates red blood cell (RBC) production in bone marrow, raising blood oxygen levels (every second 2 million RBC's die but replaced at the same rate)





High Biological Value (Protein)



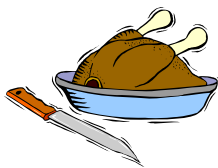
What is it?

*Forms an important part of enzymes, body fluids, hormones

*Builds, repairs and maintenance of tissue

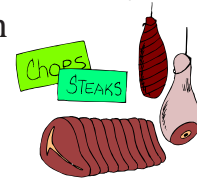
*Supplies energy, 1 gram of protein = 4 calories

*Helps build- blood, forms antibodies against infection, supplies body with
-amino acids building blocks needed for growth



Information:

*Most complete protein - Egg



*Meat - Beef, chicken, lamb, pork, veal, fish, milk, are complete protein
-contain all 8 essential amino acids, your body cannot make

*Others - cheese, peanut butter, dried peas and beans, missing 1 essential amino acid
-nuts, dairy products, some vegetables

*20% of daily calories- from protein recommended

*Important for- maintaining healthy bones, muscles, tendons, blood, skin, hair,
internal organs

*EXCESS PROTEIN- converted to fat, can cause weight gain in some people

*Protein- releases amino acids by action on enzymes secreted by the pancreas
-absorbed by the intestines, metabolized by the liver

-Amino Acids-1- Basic Building Blocks- make up all hormones, cells, and
neurotransmitters- relay messages in the nervous system

-2-converted into Glucose/Sugar- done by the liver through gluconeogenesis

-glucose- main fuel that the body uses for energy requirements



What do I need to do?

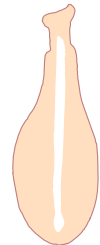
*See a Physician

*See a Registered Dietitian for help with Meal Planning

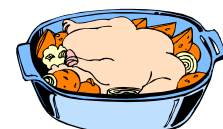
*See FFF Registered Dietitian for more help

-Need to- Broil, Boil, Bake, Roast, Stew, Grill or Stir Fry Meats

-All Meats are Saturated Fats- trim all fat off, remove skin



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Diabetes and Kidney Disease



Why is kidney disease caused by diabetes?

***Kidneys-** larger than normal, rate of filtering is almost normal or elevated, albumin leaks into the urine- better if blood pressure and diabetes under control, proteinuria with the kidneys progressively losing the ability to filter waste, large amounts of protein in the urine with high blood pressure, elevated BUN (Blood, Urea, and Nitrogen) and Creatinine levels, then comes ESRD (End Stage Renal Disease) with kidney failure

***High Blood Pressure-** increases changed of developing kidney disease, accelerates the process, needs to be < 140/90

***Other Factors-** heredity, diet, high blood pressure, other medical conditions

Facts:

***Diabetes-** most common cause of ESRD (End Stage Renal Disease)- 35-36%
-Hypertension- 28-30%

***African Americans and Native Americans-** develop at higher than average rates

***Estimated progression of ESRD-** 17 years for onset and 25 years
-if untreated high blood pressure- may develop in 5 to 10 years

-60% of Diabetes are NIDDM (Non-Insulin Dependent Diabetes Mellitus) who develop ESRD

***IDDM (Insulin Dependent Diabetes Mellitus)-** is more likely to lead the ESRD than NIDDM



What do I need to do?

***See your Physician**

-ask about antihypertensive medications

***See a Registered Dietitian for more information-**
decrease the amount of Protein in your diet

-Foods High in Protein- Meats, eggs, cheese, peanut butter, tofu, tempeh

***Keep blood sugar levels normal-** eat 3 meals and a bedtime snack daily, follow the diet plan prescribed by your Doctor, if questions ask a RD

***Keep your blood pressure under control**

***Take your medications as your Doctor has prescribed**

***Exercise as your Doctor has prescribed**



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Adding Calories - Renal Patients



What foods can I add to my diet?

*Sugar- beverages, fruits,

*Honey, Syrup, Jam, Jellies- breads, starches, vegetables

*Whipped topping, nondairy creamer- allowed desserts, beverage

*Candy- desserts, beverages

-jelly beans, hard candies, mints, gum drops, lollipops

*Frosting- cakes, cookies, breads

-cakes- angel food cake, yellow or white cake or cupcakes, coffee cake without nuts
pound cake

-pies- fruit tarts, lemon or lime meringue pie, use allowed fruit only

*Margarine- hot rolls, breads, starches, cooked cereals, vegetables, rice, noodles

*Fry Foods (margarine, oil)- use plain flours and meals

*Low Salt Gravies- add to your meats, vegetables, starches

*Salad Dressings, Mayonnaise- salads, vegetables, meats salads, pasta
salads, desserts, sandwiches

*Cream Cheese- salads, desserts, fruits, appetizers



Facts:

*Calories- to provide energy, prevent weight loss

*High Calorie Foods- Danish pastries, vanilla wafers, graham crackers, sugar
cookies, doughnuts, gingersnaps, marshmallows, oatmeal cookies, cream filled
vanilla cookies, pastries in toaster

-Beverages- Fruit punches, lemonade, limeade, gelatin, popsicles



What do I need to do?

**See your Physician*

**See a Registered Dietitian for more information-*

-heart, hyperlipidemia- limit fat, cholesterol

-diabetic- limited sugar



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