

Kidney Patient Diet Chart

Patient Details

Name: Pedro Parker

Age: 17

Date: December 11, 2023

Health Professional Details

Name: Dr. Stacy Gwen

Hospital/Clinic: Ingram Medical Clinic

Phone: 555-1234

Email: s.gwen.md@ingram.com

Dietary Goals

Specific Nutritional Goals

Manage potassium and phosphorus levels, avoid soy, ensure adequate calorie intake for age

Caloric Intake Per Day

2200 calories

Fluid Intake Limitation

1.5 liters /day

Nutrient Limits

Sodium	Potassium	Phosphorus	Protein
Less than 2000 mg/day	2000-2500 mg/day	800-1000 mg/day	60 grams/day

Other Nutrients

Calcium intake balanced with phosphorus levels

Include all meals and alternatives.

Breakfast

Food Item: Scrambled Eggs with Toast; 2 eggs, 2 slices of whole grain toast

Alternative: Oatmeal with Sliced Bananas; 1 cup cooked oatmeal, ½ banana

Lunch:

Food Item: Grilled Chicken Salad, 1 medium bowl

Alternative: Turkey Sandwich with Lettuce and Tomato, 2 slices of whole grain bread, 3 oz turkey breast

Dinner:

Food Item: Baked Salmon with Steamed Broccoli and Rice; 4 oz salmon, 1 cup broccoli, ½ cup cooked rice

Alternative: Beef Stew with Carrots and Potatoes; 1 cup stew with small portions of beef, carrots, and potatoes

Snacks:

Additional Recommendations, Reminders, and Notes

Dietary Supplements (if prescribed)

Vitamin D – 800 IU per day

Other Lifestyle Changes

Reduce salt in cooking, read labels for hidden say and high phosphorus/sodium ingredients.

Exercise Recommendations

Do 30 min/s a day light exercise

Other Notes

Monitor blood pressure regularly
Avoid OTC NSAIDs