



RENAL/DIALYSIS

Consider choosing these foods most often:

Milk (fat free 1%), Yogurt (low-fat), Cheese (low fat, low-sodium)



Poultry, Fish (lean cuts), Eggs, Seafood, unsalted Nuts



Cabbage, Carrots, Cauliflower, Cucumbers, Eggplant, Green/Yellow/Wax Beans, Lettuce, Turnips



Apples, Berries, Cherries, Grapes, Plums; canned fruit with no added sugar



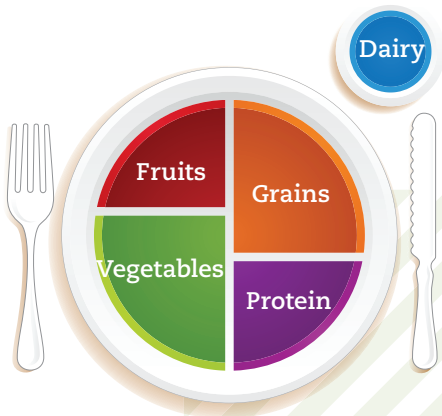
Fresh breads without phosphorus ingredients, or white bread; unsalted Crackers, Pasta, Oatmeal, Corn- or Rice-based cereals





Hartford HealthCare

- Visit www.HHCHealth.org for more information.
- Check your **MyChart** account (www.mychart.com) to review your medical information, and ask your provider any questions you have about your care.
 - Visit www.MyPlate.gov for more nutrition information.
 - Try to make half your plate fruit/vegetables,
 - Vary your veggies (*eat the rainbow!*)
 - Make half your grains whole grains
 - Choose low-fat dairy most often; try alternative milks (*i.e. soy, oat*)



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