

YOUR FREE BONUS · FROM THE SUPER EASY RENAL DIET COOKBOOK AFTER 50

The Renal-Friendly Food List & Daily Tracker

What to put in your cart, what to skip — plus a printable page to track your sodium, potassium & phosphorus, day by day.

What's inside — three print-and-stick pages:

● The Food List

Six grocery groups, sorted enjoy · go easy · skip.

● The Daily Targets

A simple reference table by calorie level.

● The Daily Tracker

One page a day to log your own numbers.

Allison Monroe

baysidepress.com/monroe-renal-bonus

Please read first. This material is for general educational purposes only and is not medical advice. It does not diagnose, treat, cure, prevent, or reverse any disease. The sodium, potassium and phosphorus figures shown are **general renal-friendly targets** — conservative, and not official NKF or KDOQI thresholds. Your personal daily limits depend on your CKD stage, your lab results, and whether you are pre-dialysis or on dialysis. **Always confirm your own limits with your doctor or renal dietitian before changing your diet.**

What to put in your cart — and what to skip

The same renal-friendly choices behind the recipes in the book, opened up into a real grocery list you can take to the store. Sort by the dots: greens are everyday foods, amber means keep the portion small, terracotta means leave it on the shelf for now.

● **Enjoy** — everyday choices ● **Go easy** — small portions, watch the day ● **Skip / limit** — usually too high

● 1 • Lean Proteins

- Skinless chicken breast & thighs
- Turkey breast, lean ground turkey
- Cod, tilapia, salmon, shrimp
- Eggs & egg whites
- Canned tuna in water, low-sodium

Drain & rinse to cut sodium

● 2 • Lower-Potassium Vegetables

- Green beans, snap peas
- Bell peppers (all colors)
- Cucumber, lettuce, cabbage
- Zucchini & yellow squash
- Carrots (in moderation)
- Onion, garlic, fresh herbs

● 3 • Lower-Potassium Fruit

- Apples & unsweetened applesauce
- Berries (straw-, blue-, raspberries)
- Grapes, cherries
- Pears, pineapple
- Watermelon (small portions)

● 4 • Grains & Starches

- White rice, white pasta, couscous
- Cream of wheat / cream of rice
- White or sourdough bread
- Plain rice cakes, melba toast
- Air-popped popcorn

● 5 • Fats & Flavor

- Olive oil, unsalted butter
- Lemon & lime juice, vinegar
- Fresh dill, chives, parsley, basil
- Black pepper, cinnamon, paprika
- Salt-free herb blends

Not "lite salt" / potassium chloride — ask your doctor

● 6 • Go Easy — Smart Swaps

- Dairy — keep to small servings
Milk & cheese are high in phosphorus
- Tomatoes & potatoes
High potassium; small portions only
- Instead of oranges & bananas, try apples & berries
- Instead of whole-grain bread, try white or sourdough
- Nuts & seeds — a small handful at most

The “leave it on the shelf” list

None of these are forbidden forever — they’re simply the foods most likely to push your sodium, potassium or phosphorus over the line in one sitting. When in doubt, check the label and check with your care team.

● Highest in Sodium

- ✗ Table salt & salty seasoning blends
- ✗ Cured & processed meats (bacon, deli, ham)
- ✗ Canned soups & broths (unless low-sodium)
- ✗ Boxed mixes, frozen dinners, fast food
- ✗ Pickles, olives, soy & teriyaki sauce

● Highest in Phosphorus

- ✗ Dark colas & many bottled iced teas
- ✗ Processed cheese & cheese spreads
- ✗ Whole-grain & bran products
- ✗ Nuts, seeds, peanut butter
- ✗ Anything with “PHOS” on the label

● Highest in Potassium

- ✗ Bananas, oranges & orange juice
- ✗ Potatoes & sweet potatoes (large portions)
- ✗ Tomatoes, tomato sauce & paste
- ✗ Beans, lentils, dried fruit
- ✗ Avocado, spinach in large amounts

● The Hidden One: Additives

- ✗ Read for “phosphate” / “phos-” in the list
- ✗ “Enhanced” or “flavor-injected” meats
- ✗ Salt substitutes with potassium chloride
Can raise potassium dangerously — ask first

The one-minute rule at the store

Fresh and plain beats boxed and seasoned, every time. If a label lists more than about **200 mg sodium** per serving, or shows any “phos-” ingredient, put it back and look for a plainer version. Cook your own flavor with herbs, lemon and pepper — that’s the whole idea behind the recipes in the book.

Tip: shop the outside walls of the store first (produce, fresh meat) — that’s where the renal-friendly foods live.

General renal-friendly daily targets

A simple ballpark to compare your day against — nothing to memorize. Use it together with the tracker on the next page.

If your day is about...	Sodium	Potassium	Phosphorus
1,200–1,400 calories	1,500–2,000 mg	1,500–2,000 mg	700–900 mg
1,500–1,800 calories	1,800–2,300 mg	1,800–2,500 mg	800–1,000 mg
2,000–2,200 calories	2,000–2,300 mg	2,000–2,700 mg	900–1,000 mg

These are **general, conservative renal-friendly ranges** for orientation only — they are **not** official NKF or KDOQI limits, and they are not a prescription. Real limits vary a lot with your CKD stage, your lab numbers, and whether you are pre-dialysis or on dialysis. Many people are given a tighter sodium target (often around 1,500–2,000 mg) and a potassium or phosphorus target that is specific to them. **Your own doctor's numbers always win over this table.**

How to use it. Each recipe in the book already shows its sodium, potassium and phosphorus per serving. Add up the dishes you eat in a day on the tracker page, then compare your three totals with your doctor's limits (write those in the box at the top of the tracker). The table above is just a backup if you don't have your own numbers yet — which is exactly what the second bonus, *10 Questions to Ask Your Nephrologist*, helps you fix.

Reminder. General educational information, not medical advice. Nothing here diagnoses, treats, cures, prevents or reverses disease. Confirm your personal sodium, potassium and phosphorus limits with your doctor or renal dietitian before changing your diet.

Your daily sodium, potassium & phosphorus tracker

Print one copy for each day and stick it on the fridge. Fill in your doctor's limits once in the box below, then jot the numbers from each meal (they're on every recipe in the book). Add them up at the bottom and see how your day compares.

Date: _____ How I felt today: _____

My doctor's daily limits: Sodium _____ mg Potassium _____ mg Phosphorus _____ mg

Meal	Sodium mg	Potassium mg	Phosphorus mg
Breakfast <i>what I ate</i>			
Lunch <i>what I ate</i>			
Dinner <i>what I ate</i>			
Snack <i>what I ate</i>			
Drinks & extras <i>what I had</i>			
My day's total			
My doctor's limit <i>from the box above</i>			

Under your limit on all three? That's a renal-friendly day — well done. **Over on one?** No guilt: note which one, and tomorrow lean on the greens from the Food List and go easy on that mineral. Bring a few of these filled-in pages to your next appointment — they tell your care team more than any single meal ever could.

Make as many copies as you like — this page is yours to print again and again.