



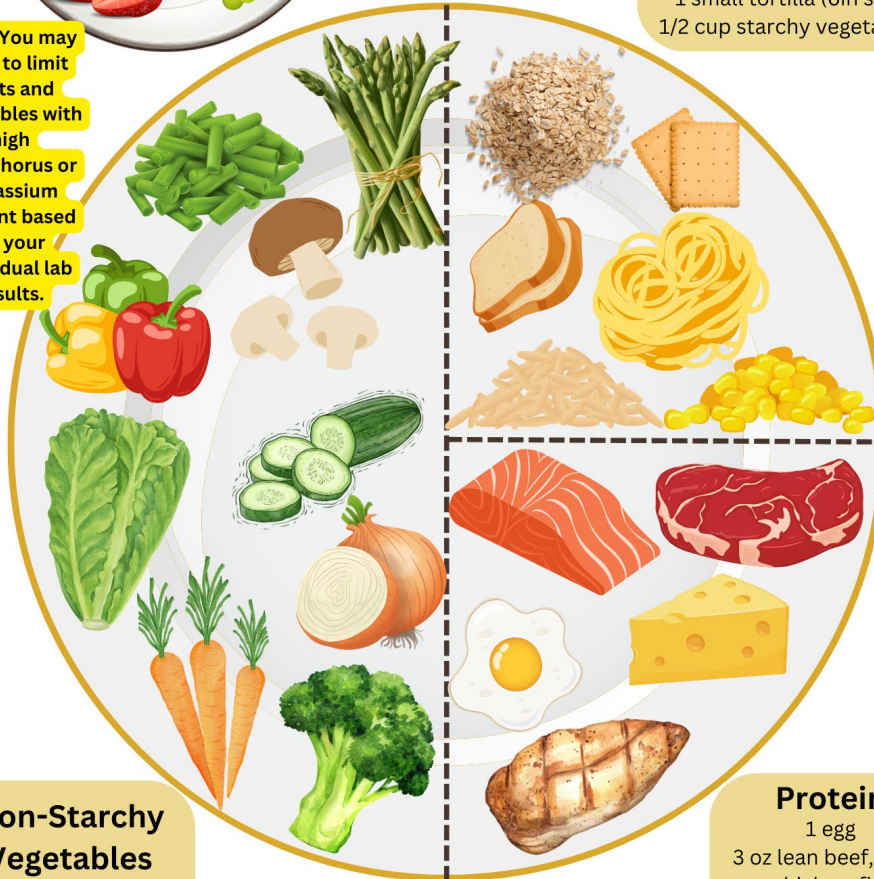
Fruits

- 1 small fresh fruit
- 1 cup melon or berries
- 1/2 cup canned/frozen fruit
- 17 grapes
- 1/2 cup unsweetened fruit juice

Starches

- 1 slice of bread
- 1/3 cup pasta or rice
- 1/2 English muffin or bun
- 1/2 cup cooked cereal
- 1/2-3/4 cup ready to eat cereal
- 4-6 unsalted crackers
- 1 small tortilla (6in size)
- 1/2 cup starchy vegetables

Note: You may need to limit fruits and vegetables with high phosphorus or potassium content based on your individual lab results.



Non-Starchy Vegetables

- 1/2 cup cooked or 1 cup raw serving
- aim for 2-3 servings daily

Note: You may require less protein (about 1/2 the palm of your hand if you are not on dialysis). Discuss your protein needs with your dietitian or physician.

Protein

- 1 egg
- 3 oz lean beef, pork, chicken, fish (size of the palm of hand)
- 1oz of cheese (2 dice)