



Food Fitness First, Inc.®

Weekly Renal Diabetes Menus





Using the Renal Diabetes Food Spiral®

20 RDFS Daily Factors

Welcome to your weekly menu for the Renal Diabetes FOOD SPIRAL®. According to your **Favorable Fitness Factor**® you are allotted 20 Factors a day. For your convenience we have broken down the week by day.



Abbreviations:

Art. Sw.-Artificial Sweetener, Bk.- Baked, Ch- Cheese, Cuc- Cucumbers, c.-cup, Drg.- Dressing, FF- Fat Free, Gr.-Grilled, Lg.-Large, LS- Low Sodium, Marg.-Margarine, NSA - No Sugar Added, sl.-Slice, SF-Sugar Free, T.-Tablespoon, t.-teaspoon, Tom.- Tomato, Veggies- Vegetables, w/-with, and WW- Whole Wheat.



Other “GO” foods - 0 Factors- Watch the Serving Size:

Spices (Allspice, Anise, Chili Powder, Cinnamon, Garlic Powder, Ginger, Nutmeg, Oregano, Paprika, Pepper (Black, Red, White- use only a Dash of all Spices), Non-Stick Cooking Spray, Hot Sauce, Lemon Juice, Lime Juice, Vinegar, and others listed in the Renal Diabetes FOOD SPIRAL® book.



Limit to 2 T. per day, 3 each per day or as described below:

Candy (3 pieces Sugar Free), Gum (3 Sticks Sugar Free), Jelly (2 T. per Day), Non-Dairy Creamer (2 T. per day), and Sugar Substitutes (Equal®, Nutrisweet®, Splenda®, nsprkle sweet®, stevia®, sugar twin®, sweet-1®, sweet-10®, and sweet and low®).



Limited Foods:

RED or STOP FOODS to use less often- Bacon, Coconut, Coconut Oil, Butter, Commercial Salad Dressings, Cream Cheese, Lard, Nut Butters, Seeds, Shortening, and Sour Cream. (Use only 1 or Less Serving per Day).

Serving Size of most Beverages- Be Careful with the Servings of Coffee, Dairy, Milk, Tea, and talk with your doctor or dietitian to see if you are on limited fluids. (1/2 cup is a normal serving size).

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Using the Renal Diabetes FOOD SPIRAL®

Monday - 20 Renal Diabetes Daily Factors

Breakfast (6)

2G	1 c. Pineapple, Fresh
1Y	1 slice WW Bread
1Y	1/2 c. Multi-Grain Oatmeal, LS, Cooked
1G	1/2 c. Scrambled Egg Whites w/1 T. Red, Yellow,&Green Peppers
0G	1 T. Apple Jelly, Diet
0Y	1 t. Margarine
0G	1 t. Artificial Sweetener
0G	1 T. Non-Dairy Creamer
0G	1/2 c. Coffee, Freshly Brewed
1G	1/2 c. Almond Milk

Lunch (6)

2G	4 oz. Fresh Ground Beef, Unsalted, Low Sodium
0G	1 T. Diet Strawberry Preserves or Jelly
1Y	1/2 c. Macaroni Salad w/1 t. Mayonnaise, 1 t. Peppers, 1t. Onions, and 1 t. Celery
1G	1 c. Lettuce w/3 T. Vinegar & 2t. Canola Oil
1Y	1 Roll, Whole Grain
0Y	1 t. Corn Oil
1G	1/2 c. Grapes, Raw
0G	1/2 c. Diet Gingerale®

Dinner (6)

2G	4 oz. Grilled Steak, Low Sodium
0G	1 T. Grape Jelly, Diet
1G	1/2 c. Corn or 1 Small Ear Corn on the Cob, Unsalted
0Y	1 t. Sunflower Oil
1G	1/2 c. Sauteed Mushrooms with Onions, Peppers & 2 t. Olive Oil
1G	1/2 c. Steamed Carrots with Dill
1G	1/2 c. Fresh Berries (Strawberries & Blueberries)
0G	1/2 c. Diet 7-Up®

Snack (2)

1G	1/2 c. Rice or Almond Milk
1G	1 Serving/1 oz. - Nature Valley® Toasted Oats Granola
0G	1/2 c. Diet Sprite®
0G	3 pieces Gum- Sugar Free

NOTES: 20 FACTORS IS A GOAL or \leq 2 GRAMS (2,000 mg.) of Na/Sodium and \leq 1,000 MG. of PO₄/Phosphorus. LS- Low Sodium, T.-Tablespoon, c.-cup, oz.- ounce, t.-teaspoon, w-with, & SF- Sugar Free.



Using the Renal Diabetes FOOD SPIRAL®

Tuesday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1Y	1 Peach, Small, with Skin
2Y	2 slice Wheat Bread or Cracked Wheat Bread, Reduced Calories & High Fiber
1G	1/2 c. Scrambled Egg Whites
1Y	1/2 c. Grits, LS, cooked
0G	2 t. Canola Oil
0G	1 T. Honey, Jam, Jelly, or Preserves- Sugar Free
1Y	1/2 c. Soy Skim Milk
0G	1 T. Artificial Sweetener
0G	1 T. Creamer, Non-Dairy

Lunch (6)

2G	4 oz. Pork or Beef, Fresh, Unsalted, Low Sodium
0G	1 T. Raspberry Jam-SF
1G	1/2 c. Pasta Salad w/1 t. Mayo, 1 T. Celery and 1 T. Onions, 1 t. Red Peppers, unsalted
0G	1 Lettuce Leaf
0Y	1 t. Sunflower Oil
1G	1/2 c. Corn, fresh
2G	1/2 c. Blueberries & 1/2 c. Pineapple, Raw
0G	1/2 c. Lemonade, Unsweet

Dinner (6)

2G	4 oz. Turkey, Low Sodium
0G	1 T. Cranberry Sauce-SF
1G	1/2 c. Brown Rice w/ Peppers, Unsalted
0G	2 t. Canola Oil
1G	1 c. Lettuce with 1 T. Vinegar and 2 t. Olive Oil
1G	1/2 c. Apple Salad with 1 small Apple, 1/4 t. Mayonnaise and 1 T. chopped Celery
1Y	1 Whole Grain Roll
0G	1/2 c. Sprite® Diet

Snack (2)

1Y	2 Graham Crackers
1G	1/2 c. Rice or Almond Milk
0G	1/2 c. Lemonade, Unsweet
0G	4 pieces Cinnamon Candy- Sugar Free

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Using the Renal Diabetes FOOD SPIRAL®

Wednesday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1R	1 T. Avocado
1G	1/2 c. Blueberries
1Y	2 Scrambled Eggs
1G	1/2 c. Multi Grain Oatmeal, Cooked
1G	1 oz. Sun Country Granola w/Almonds, Quaker®
0G	2 t. Canola Oil
1G	1 c. Almond Milk
0G	1 T. Jelly, Unsweet
0G	1 T. Artificial Sweetener
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee, Freshly Brewed, Weak

Lunch (6)

2G	4 oz. Hamburger, Unsalted
0G	1 T. Apple Butter, Diet
1G	1/2 c. Sautéed Peppers and Onions
1Y	1/2 c. Broccoli, Steamed
0G	2 t. Olive Oil
1Y	1 Roll, Whole Wheat
1G	1/2 c. Raspberries (Fresh or Frozen without Sugar)
0G	1/2 c. Limeade, Unsweet

Dinner (6)

2G	4 oz. Pork Chop, Grilled, Unsalted
0G	1 T. Apricot Preserves, Diet
1G	1/2 c. Green Beans
0Y	1 t. Margarine
1G	1/2 c. Cauliflower, Steamed, Unsalted
1Y	1 Roll, Whole Wheat
1G	1 Tangerine
0G	1/2 c. Gingerale®, Diet

Snack (1)

1G	1 1/2 c. Popcorn, popped with Canola or Olive Oil, Unsalted
0G	4 pieces Butterscotch Candy- Sugar Free
0G	1/2 c. Lemonade, Unsweet
1R	1 T. Nuts or 1 t. Nut Butter

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Using the Renal Diabetes FOOD SPIRAL®

Thursday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1Y	2 Boiled or Poached Eggs, Unsalted
1Y	1/2 c. Cranberry Juice
1G	1/2 c. Multi -Grain Oatmeal, Unsalted
0G	1 T. Honey, Jam, Jelly, or Preserves- Sugar Free
1Y	1 Slice Whole Grain Bread
1Y	1/2 c. Grapefruit Sections
0Y	1 t. Corn Oil
1G	1 c. Almond Milk
0G	1/2 c. Coffee, Freshly Brewed, Weak

Lunch (6)

2G	4 oz. Shrimp, Boiled, Unsalted
0G	1 slice Lemon Wedge
1G	1/2 c. Whole Grain Pasta, Unsalted
1G	1/2 c. Green Bean with Canned Water Chestnuts
0G	2 t. Canola Oil
1Y	1 Whole Grain or White Roll
1G	1/2 c. Green & Purple Grapes
0G	1/2 c. Crush® Grape, Diet

Dinner (6)

2G	4 oz. Pork Chop, Grilled, Unsalted
0G	1 T. Peach Marmalade- Sugar Free
1G	1/2 c. Steamed Cabbage, Unsalted
1G	1/2 c. Corn with Peppers
1G	1/2 c. Strawberries
1Y	1 WW Roll
0G	1 t. Whipped Topping- Lite
0G	2 t. Hazelnut Oil
0G	1/2 c. Capri Sun®, Diet

Snack (2)

0G	15 Jelly Beans- Sugar Free
1G	1 Apple
0G	1/2 c. Limeade, Unsweet, Homemade or 1/2 c. Crush® Orange
1R	1 T. Peanut Butter

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Using the Renal Diabetes FOOD SPIRAL®

Friday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1G	1/2 c. Scrambled Egg Whites, Unsalted
1G	1 oz. Banana Nut Crunch/Kraft®, Post®
1G	1/2 c. Almond Milk
1G	1/2 c. Raspberries
0G	1 T. Honey, Jam, Jelly, or Preserves-Diet
2Y	2 slices Wonder Light 9 Grain®
0Y	1 t. Corn Oil
0G	1/2 c. Coffee, Freshly Brewed, Weak

Lunch (6)

2G	4 oz. Grilled Fish or Shrimp, Unsalted
0G	1 t. Olive Oil Chives & 1 T. Apricot Nectar
0Y	1 t. Mayonnaise
1G	1 c. Lettuce & Veggie Salad w/Oil & Vinegar
1G	1 Apple, Small
0G	1 pack Ms. Dash
1Y	1 WW Roll
0G	2 t. Almond Oil
1G	1/2 c. Sherbet
0G	1/2 c. Ice Water with a slice of Lemon or Lime

Dinner (6)

2G	4 oz. Venison, Unsalted
0G	1 T. Apple Butter
1G	1/2 c. Green or English Peas
0G	1 Endive Leaf
1R	1 T. Avocado
1G	1/2 c. Steamed Rice, Unsalted
1G	1/2 c. Watermelon
0G	1/2 c. Sprite®

Snack (2)

1Y	2 Puffed Rice Cakes
0Y	1 t. Flax Seed Oil
0G	1/2 c. Citra®, Diet
0G	15 Life Savers®- Sugar Free
1G	1 Tangerine or 1 Plum

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Using the Renal Diabetes FOOD SPIRAL®

Saturday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1Y	2 Fried Eggs, Unsalted
1R	1 slice Bacon
1Y	1/2 c. Cream of Rice or Grits, Cooked
0Y	1 t. Sunflower Oil
1Y	1 slice Roman® Light White Bread
0G	1 T. Honey, Jam, Jelly, or Preserves-Diet
1G	1/2 c. Blueberries
1G	1/2 c. Rice or Almond Milk
0G	1/2 c. Coffee, Freshly Brewed, Weak

Lunch (6)

2G	4 oz. Roast Beef, Unsalted
0G	1 T. Brown Sugar Substitute & Honey Sauce
1G	1/2 c. Steamed Rice, Unsalted
1G	1/2 c. Sautéed Peppers and Onions
0G	2 t. Avocado Oil
1Y	1/2 c. Snow Peas
1G	1 Plum or 1 Apple
0G	1/2 c. Crush® Cherry, Diet

Dinner (6)

2G	4 oz. Bass or Catfish, Grilled, Unsalted
0G	1 Lemon Slice
1G	1/2 c. Pasta or Grits, Unsalted, Cooked
0G	2 t. Olive Oil
1G	1/2 c. Asparagus
1G	1 c. Lettuce with 1 T. Vinegar & Oil
1G	1/2 cup Pineapple, Raw
0G	1/2 c. Sprite®, Diet

Snack (1)

1Y	1 oz. Angel Food Cake
0G	1/2 c. Sprite®, Diet
0G	3 Sticks Chewing Gum, Sugar Free
1G	1/2 c. Rice or Almond Milk

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Using the Renal Diabetes FOOD SPIRAL®

Sunday - 20 Renal Diabetes Daily Factors

Breakfast (6)

1G	1/2 c. Rice Milk
1Y	1 oz. Puffed Wheat
1Y	1/2 c. Grits, Unsalted
1G	1/2 c. Scrambled Egg Whites, Unsalted
1R	1 slice Bacon
0G	2 t. Peanut Oil
0G	1 T. Honey, Jam, Jelly, or Preserves- Sugar Free
1Y	1 slice Mixed Grain Bread
0G	1/2 c. Coffee, Freshly Brewed, Weak

Lunch (6)

2G	4 oz. Roast Pork Loin, Unsalted or a Grilled Steak, Cooked
0G	1 T. Cranberry Sauce, Sugar Free
1G	1 c. Endive or Lettuce with 1 oz. Vinegar & Olive Oil
1G	1/2 c. Steamed Cabbage, Unsalted
0G	2 t. Grape Seed Oil
0G	1/2 c. Rice Milk
1G	1/2 c. Pineapple & Blueberries
0G	1/2 c. Crush® Pineapple, Diet

Dinner (6)

2G	4 oz. Fish Fillet, Unsalted with Parsley and Lemon Juice
0G	1 Lemon Slice
1Y	1/2 c. Grits, Unsalted
0G	2 t. Safflower Oil
1Y	1/2 c. Cole Slaw
1Y	1 Roll
1G	1/2 c. Grapes & Berries
0G	2 Marshmallows
0G	1/2 c. Sprite®, Diet

Snack (2)

1G	4 Vanilla Wafers
0G	1/2 c. Fanta® Strawberry, Sugar Free
1R	1 T. Peanut Butter
0G	4 pieces Sugar Free Candy

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