

# Renal Diabetic - Sack Lunches

## GOOD Choices:



1. Meats- Roast Beef, turkey, chicken with no skin, egg salad with no pickles, turkey salad, chicken salad, tuna (canned in water) salad. Add mayonnaise if dry, keep at 40°F or lower.
2. Send cold or room temperature food, send eating utensils, sealed containers or bags, non-leak, make 1- 2 hours ahead of time, refrigerate, insulated lunch bag/cooler, napkin.
3. Dessert- Low sugar cookie, cake or unsalted crackers- vanilla wafers, graham crackers, shortbread, unsalted pretzels, angel food cake, uniced plain cake or cupcake.
4. Fresh Fruits- apple, grapes, pineapple. Canned Fruits- unsweet applesauce, fruit cocktail, peaches, pears, pineapple.
5. Carrot sticks if patient can chew.
6. Juice/Drink- 1 cup/8 oz. 100% fruit juice-apple, grape, or cranberry; diet lemonade, unsweet tea, Diet- Sprite, gingerale, lemon-lime, 7-Up, Orange.
7. Send Phosphate Binders to be given with meals-Phoslo, Calcium Acetate, Renagel, or others as prescribed.



## BAD Choices:

1. Meats- Bologna, cheese, peanut butter, ham, ham salad, pimento cheese, grilled cheese, tomato, bacon, BLT, Fried Chicken, hotdogs, pizza with salami, sausage, pepperoni. pizza.
2. Foods that should be served hot. Foods that should be served cold and are at room temperature, no utensil, containers that leak, no napkin, salt, mustard and ketchup to add.
3. Dessert-Peanut butter cup, raisins, salted nuts/popcorn, chocolate candy, figs, candied fruits, baked clay/cornstarch/ pica, dried fruits, ice cream, sherbet, pudding, iced cakes, brownies.
4. Fresh Fruits- Banana, melons, fresh peach, orange, dried fruits. Juices- orange, grapefruit, fruit pies, cobblers, puddings, kiwi, papaya.
5. Tomato or V-8 Juice.
6. Cola sodas, dry cereal with milk, tomato salad (1 slice tomato is ok). Jerky, chocolate/sugar candies, dill/ sweet pickles, salty snack foods, olives.
7. Snuff or chewing tobacco. Not having the phosphate binder to take at lunch time with meal.

