



**AAKP Nutrition Counter**  
A reference for Kidney Patients



Item	Abbreviation	Value	General Daily Allowance**
Sodium	Na	mg = milligrams	1,500 - 2,000mg**
Phosphorus	Phos	mg = milligrams	800 – 1,000 mg**
Potassium	K	mg = milligrams	2,000 mg**
Protein	Protein	g = grams	**
Calories	Calories	kcal = kilocalories	**
Carbohydrates	Carbs	g = grams	**
Fat	Fat	g = grams	**
Saturated Fat	Sat. Fat	g = grams	**
Ounce	oz	oz = ounces	
Fluid Ounce	fl. oz	fl. oz = fluid ounces	
Tablespoon	Tbsp	Tbsp = Tablespoon	
Teaspoon	tsp	tsp = teaspoon	

*\*data not available (please do not read as zero)*

*\*\*In the Key above are general daily allowances that most individuals with kidney disease may be required to follow. This information is not intended to replace medical and nutritional information provided by your physician and/or dietitian. Since each patient is different and requires varying dietary guidelines, please ensure to consult a physician or dietitian before beginning any diet modification.*

### Originally edited by

Peggy Harum, RD, CSR, LD

*Certified Specialist in Renal Nutrition, Miami, Florida*

### Reviewed by

2005 - Maria Karalis, MBA, RD, LD

*Nutrition Consultant for ikidney.com*

2012 - Stacey Phillips, MS, RD

*Clinical and Renal Dietitian*

### References:

2005 - *Bowes & Church's Food Values of Portions Commonly Used, Eighteenth Edition, 2005, Revised by Jean A. T. Pennington PhD, RD & Judith Spungen Douglass, MS, RD, published by Lippincott Williams & Wilkins, Baltimore and Philadelphia.*

2012 - *USDA National Nutrient Database, <http://ndb.na.usda.gov/>.*

*Nutritional analysis of products was provided by respective franchise corporations.*

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Alcohol, 80 proof	3 fl oz	1	2	3	0	0	0	0	193
Almonds, dry roasted	1 oz	0	212	139	6.3	15	1.1	6	170
Apple	1 medium	1	195	20	0.5	0.3	0	25	95
Apple juice	4 oz	5	125	8.5	0.3	0.15	0	14	57
Applesauce, sweetened	1/2 cup	2	85	7	0.2	0.2	0	20	77
Apricots, canned in light syrup	1 cup	10	331	31	1.3	0.1	0	40	151
Apricots, plain	1 cup	2	401	36	2.2	0.6	0	17	74
Artichoke, boiled	1 medium	72	341	88	3.4	0.4	0.1	14	64
Asparagus, canned	1 cup	695	416	104	5.2	1.6	0.4	6	46
Asparagus, frozen, boiled	1 cup	5	308	88	5.3	0.8	0.2	3	32
Avocado, California	1/4 cup	5	92	31	1.1	8.9	1.2	5	96
Avocado, Florida	1/4 cup	1	292	23	1.2	5.5	1.1	5	69
Bacon, Pork, cooked, smoked or cured	3 med. slices	554	136	128	8.9	10	3.3	0	130
Bacon, Turkey, cooked	3 med. slices	754	130	152	9.8	9.2	2.7	1	126
Bagel, Plain	1 medium	470	79	91	10.5	1.7	0.4	53	270
Banana	1 medium	1	422	26	1.3	0.4	0.1	27	105
Barbeque Sauce	2 small packets	151	32	4	0	0.3	0.1	2	14

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Beans, black, canned	1/2 cup	511	903	258	18	0.4	0.1	51	278
Beans, garbanzo, canned	1/2 cup	198	248	126	8	2.5	0.3	25	148
Beans, green, canned	1/2 cup	166	85	15	0.9	0	0	3	18
Beans, lima, canned	1 cup	409	987	224	11.8	0.6	0.1	41	212
Beans, soy, cooked	1/2 cup	209	461	220	15	8	1.1	9	155
Beans, baked, canned	1/2 cup	436	450	121	7	3.8	1.3	26	157
Beans, refried	1/2 cup	453	443	145	8	6.5	1.7	24	181
Beef, ground, 10% fat	3 oz	58	283	172	22.2	10	4	0	185
Beef, top sirloin, broiled, fat removed	3 oz	52	272	176	23.2	4.8	1.8	0	143
Beer, most varieties	12 oz	14	97	50	1.7	0	0	13	155
Beets, canned slices	1/2 cup	165	126	14	0.8	0.12	0	6	26
Biscuit	1 medium	275	55	136	2.2	3.5	1	14	97
Blackberries	3/4 cup	1	175	24	1.5	0.5	0	10	46
Blackeyed peas, canned	1/2 cup	256	374	46	2.8	0.3	0	18	86
Blueberries	3/4 cup	1	85	13	0.8	0.4	0	16	63
Bologna, pork and beef	1 slice	272	56	27	3.1	7.8	2.9	1	86
Bread, rye	1 slice	211	53	40	2.8	1	0.2	16	83

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Bread, white	1 slice	123	26	26	2	0.9	0.2	13	69
Bread, whole wheat	1 slice	132	69	57	3.7	0.9	0.2	12	69
Broccoli, raw	1/2 cup	15	139	29	1.3	0.2	0	3	15
Broccoli, frozen, cooked	1 cup	20	294	96	5.7	0.2	0	10	52
Brownie	2" square	51	61	32	1.7	4.7	1.1	21	129
Brussels Sprouts	1 cup	22	342	61	3	0.3	0	8	38
Brussels Sprouts, frozen, boiled	1 cup	23	446	87	5.6	0.6	0.1	13	65
Butter	1 Tbsp	101	3	3	0.1	11.5	7.3	0	102
Butter, unsalted	1 Tbsp	2	3	3	0.1	11.5	7.3	0	102
Cabbage	1/2 cup	6	60	9	0.5	0	0	2	9
Cake, chocolate, icing low fat	1/12 piece of 8" cake	273	104	75	2.1	10.9	1.8	34	236
Cake, poundcake, fat free	1 slice of 12" loaf	95	20	27	1	0.2	0	11	52
Candy, Butterfinger	2.16 oz	140	134	59	3.3	11.5	5.8	45	280
Candy, Hershey's Bar, almonds	1.45 oz	30	182	108	3.7	14.1	7.3	22	216
Candy, Hershey's Bar, no nuts	1.55 oz	35	164	92	3.4	13	8.1	26	235
Candy, M&M's (plain)	1.69 oz	29	125	70	2	10.1	6.3	34	236
Candy, Milky Way	2.1 oz	102	74	40	2.4	10.3	7.2	43	274

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Candy, Reese's Peanut Butter Cups	1.6 oz	161	154	72	4.6	13.7	4.8	25	232
Candy, York Peppermint Patty	1.5 oz	12	71	40	1	3.9	2.3	34	154
Candy, Snickers (original)	2 oz	136	184	108	4.3	13.6	5.2	35	280
Cantaloupe	1 cup	25	417	23	1.3	0.3	0	13	53
Carrot	1 large	50	230	25	0.7	0.2	0	7	30
Cauliflower	1/2 cup	8	160	24	1	0.2	0	3	13
Caviar, black or red	1 Tbsp	240	29	57	3.9	2.9	0.7	1	40
Celery	1 large stalk	32	166	15	0.4	0.1	0	2	10
Cereal, bran flakes	3/4 cup	246	206	169	3.2	0.7	0.1	27	108
Cereal, Cheerios	1 cup	171	183	130	3.4	1.8	0.3	22	110
Cereal, Corn Flakes	1 cup	202	22	10	1.9	0.2	0	24	101
Cereal, Cream of Wheat, prepared	1/2 cup	15	18	16	1.6	0.2	0	11	55
Cereal, Raisin Bran	1 1/3 cup	319	424	264	6.3	1.9	0.3	57	240
Cheese, American	1 oz	461	78	146	5.1	7.4	4.5	2	95
Cheese, brie	1 cubic inch	107	26	32	3.5	4.7	3	0	57
Cheese, cheddar	1 oz	176	28	145	7.1	9.4	6	0	114
Cheese, cottage	4 oz	382	109	167	11.7	4.5	1.8	4	103

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cheese, cream	1 Tbsp	47	20	15	0.9	5	2.8	1	50
Cheese, feta	1.33 oz	316	24	128	5.4	8	5.7	2	100
Cheese, mozzarella	1 oz	178	22	101	6.3	6.35	3.7	1	85
Cheese, Swiss	1 oz	54	22	161	7.7	7.9	5	2	108
Cherry juice (tart)	1.2 oz	20	280	*	1	0	*	27	110
Cherries	1 cup	0	342	32	1.6	0.3	0	25	97
Chicken, dark meat, coated, fried	3 oz	347	202	152	22.5	7	2	0	159
Chicken, dark meat, roasted, no skin	3 oz	347	202	152	22.5	7	1.9	0	159
Chicken, light meat, coated, fried	3 oz	374	160	129	18.3	9.9	2.6	7	195
Chicken, light meat, roasted, no skin	3 oz	282	218	123	15.6	3.4	0.8	0	97
Clams, breaded, fried	9 small	375	283	173	13	10.7	2	12	199
Clams, moisture cooked	19 small	897	665	298	30	2.3	0.2	6	175
Cocoa, sweetened, powder	1 oz. packet	150	202	89	1.9	1.1	0.7	24	113
Coconut	1/2 cup	8	142	45	1.3	13.4	11.9	6	142
Coconut, dried	1 oz	10	154	58	2	18.3	16.2	7	187
Coffee, instant	1 tsp	0	35	3	0.1	0	0	0	2
Coffee, regular brewed	6 fl oz	7	54	5	0.2	0	0	0	4

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Coffeerich, liquid	1 Tbsp	6	18	12	0.4	2.9	1.8	1	29
Collards, chopped, boiled	1 cup	85	427	46	5	0.7	0	12	61
Cookies, vanilla wafers	6 wafers	110	39	23	1.6	7	1.8	26	170
Cool Whip	1/4 cup	14	19	14	0.6	2.5	2.1	4	42
Couscous, plain	1 cup	8	91	35	6	0.3	0	36	176
Corn, boiled	1 ear	3	158	47	2	0.5	0	59	14
Corn, canned	1/2 cup	3	195	67	2.5	0.5	0	20	83
Cornbread	2.1 oz	463	76	224	4.3	6	1.6	29	187
Crab, blue, moisture cooked	3 oz	336	220	199	15.2	0.6	0.2	0	71
Crab, blue, raw	3 oz	249	280	195	15.4	0.9	0.2	0	74
Crackers, graham, plain or honey	2 crackers	67	19	15	1	1.4	0.2	11	59
Crackers, melba toast	1 piece	30	10	10	0.6	0.2	0	4	20
Crackers, saltines	4 crackers	134	19	13	1	1	0.2	9	51
Crackers, saltines, fat free, low sodium	6 crackers	215	34	34	3.2	0.5	0	25	118
Crackers, wheat	4 crackers	73	17	21	0.7	1.4	0.2	5	36
Crackers, whole wheat	4 crackers	170	31	27	1	1.5	0	10	68
Cranberries	1 cup	2	85	13	0.4	0.1	0	12	46



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cranberry juice cocktail	8 oz	5	35	3	0	0.3	0	34	137
Cream, half and half	1 Tbsp	6	20	14	0.4	1.7	1	1	20
Croutons	1 cup	209	37	34	3.6	2	0.5	22	122
Cucumber, no peel	1 large	6	381	59	1.7	0.5	0	6	34
Dates, dried	1 date	0	47	4	0.2	0	0	5	20
Egg	1 large	71	69	99	6.3	4.8	1.6	0	72
Egg substitute, liquid	1/4 cup	119	128	43	6	0	0	1	29
Egg, white only	1 large	55	54	5	3.6	0	0	0	17
Eggplant, boiled	1 cup	1	122	11	0.8	0.2	0	9	35
English muffin, plain	1 muffin	206	62	52	5	1	0.4	25	129
Figs, dried	2 figs	2	114	11	0.6	0.4	0	11	42
Fish, flounder, cooked	3 oz	309	167	263	13	2	0.5	0	73
French toast	1 slice	292	79	82	4.4	3.6	1	19	126
Fruit juice bar	2.5 fl oz	3	41	5	0.9	0	0	16	67
Fruit punch, from concentrate	8 oz	12	32	2	0.2	0	0	29	114
Gatorade, fruit flavor	8 oz	95	37	24	0	0	0	16	63
Gelatin, aspartame	1/2 cup	56	1	80	1	0	0	5	23

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Gelatin, sugar	1/2 cup	98	1	30	1.6	0	0	19	80
Grapes	1 cup	2	176	9	0.6	0.3	0.1	16	62
Grape juice	8 oz	13	263	35	1	0.3	0	38	152
Grapefruit	1/2 medium	0	178	10	0.8	0.1	0	10	41
Grapefruit juice	8 oz	2	400	37	1.2	0.3	0	23	96
Gravy, beef, canned	1/4 cup	326	47	17	2.2	1.4	0.7	3	31
Gravy, chicken, canned	1/4 cup	252	65	17	1.2	3.4	0.8	3	47
Guacamole, with tomatoes	1/2 cup	234	458	49	2	11.6	1.6	9	134
Guava	1 medium	1	229	22	1.4	0.5	0.2	8	37
Ham, lean, roasted	3 oz	908	298	188	17.8	7.2	2.4	0	142
Honey, strained	1 Tbsp	1	11	1	0	0	0	17	64
Honeydew	1 cup	31	388	19	0.9	0.2	0	15	61
Hot Dog, beef	1 link	461	58	63	5.1	13.6	5.6	1	147
Hot Dog, pork	1 link	620	201	130	9.7	18	6.6	0	204
Hot Dog, turkey	1 link	485	176	77	5.5	7.8	1.8	2	100
Ice Cream, Vanilla	1/2 cup	53	131	69	2.3	7.3	4.5	16	137
Jam	1 Tbsp	6	15	4	0.1	0	0	14	56

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Jelly	1 Tbsp	6	15	4	0	0	0	14	56
Ketchup	1 Tbsp	167	57	5	0.3	0.1	0	4	15
Kiwifruit	1 medium	2	215	23	0.8	0.4	0	10	42
Lamb, leg, lean, roasted	3 oz	55	277	168	22.5	10.6	4.3	0	191
Lamb, loin, lean, broiled	3 oz	65	278	167	21.4	19.6	8.4	0	269
Lamb, loin, lean, roasted	3 oz	54	209	153	19.2	20	8.7	0	263
Lemon	1 medium	1	80	9	0.6	0.2	0	5	17
Lemon juice	2 Tbsp	6	31	3	0.1	0.1	0	2	6
Lemonade, from concentrate	8 oz	10	37	5	0.2	0.1	0	26	99
Lentils, boiled	1 cup	4	731	356	17.9	0.8	0.1	40	230
Lettuce, iceberg	1 cup	6	80	11	0.5	0.1	0	2	8
Lettuce, romaine	1 cup	4	116	14	0.6	0.1	0	2	8
Lime	1 medium	1	68	12	0.5	0.1	0	7	20
Liver, beef, panfried	3 oz	62	284	393	21.5	3.8	1.2	4	142
Lobster, moisture cooked	3 oz	413	196	157	16.2	0.7	0.2	0	76
Macaroni and cheese	1 cup	477	276	215	10.5	2.4	0.8	48	258
Mango	1 medium	3	564	47	2.8	1.3	0.3	50	202

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Margarine	1 Tbsp	90	5	1	0	6.7	1.2	0	59
Marshmallows	4 regular	23	1	2	0.5	0	0	23	92
Matzo	1 matzo	0	31	25	2.8	0.4	0.1	23	111
Mayonnaise	1 Tbsp	105	1	4	0.1	4.9	0.7	4	57
Mayonnaise, light	1 Tbsp	101	6	5	0.1	5	0.8	1	49
Milk, almond, vanilla (Silk)	8 fl oz	150	60	*	1	2.5	0	16	90
Milk, coconut	8 fl oz	29	497	217	4.6	48.2	42.7	6	445
Milk, condensed	1 fl oz	49	142	97	3	3.3	2.1	21	123
Milk, evaporated, nonfat	1 fl oz	37	106	62	2.4	0	0	4	25
Milk, nonfat	8 fl oz	103	382	247	8.3	0.2	0	12	83
Milk, rice	8 fl oz	94	65	134	0.7	2.3	0	22	113
Milk, soy	8 fl oz	124	287	126	8	1.3	0.5	15	131
Milk, whole	8 fl oz	105	322	205	8	7.9	4.6	12	149
Milk, 2%	8 fl oz	115	342	224	8	4.8	3.1	12	122
Milk, 1%	8 fl oz	143	443	273	9.7	2.9	1.8	14	118
Molasses	1 Tbsp	7	293	6	0	0	0	15	58
Muffin, blueberry	2 oz	198	54	71	3	11	2	28	223

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Muffin, corn	1 medium	723	78	321	6.7	9.5	1.5	58	345
Muffin, plain	1 muffin	266	69	87	3.9	6.5	1.2	24	169
Mushrooms	1 cup	4	223	60	2.2	0.2	0	2	15
Mustard	1 tsp	57	7	5	0.2	0.2	0	0	3
Oatmeal, instant, cooked	1 cup	9	164	180	5.9	3.6	0.8	28	166
Oil, canola	1 Tbsp	0	0	0	0	14	1	0	124
Oil, olive	1 Tbsp	0	0	1	0	13.5	1.9	0	119
Oil, vegetable	1 Tbsp	0	0	0	0	13.6	11	0	117
Okra, frozen, cooked	1/2 cup	3	169	34	1.5	0.2	0	6	27
Olives, black	10 small	235	3	1	0.3	3.4	0.5	2	37
Olives, green	5 jumbo	210	6	1	0.1	2	0.3	1	20
Onions	1/2 cup	3	117	23	0.9	0	0	7	32
Orange	1 medium	1	232	32	1.3	0.2	0	18	69
Orange juice	8 oz	2	496	42	1.7	0.5	0	26	112
Oysters, raw	6 medium	318	504	486	28.4	6.9	1.5	15	243
Pancake, buttermilk	4"	198	55	53	2.6	3.5	0.7	11	86
Papaya	1 small	13	286	16	0.7	0.4	0.1	17	68

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Papaya nectar	8 oz	12	78	0	0.4	0.4	0.1	36	142
Pasta, cooked	2 oz	3	14	36	3	0.6	0	14	75
Peach	1 medium	0	285	30	1.4	0.4	0	14	58
Peach nectar	8 oz	17	100	15	0.7	0	0	35	134
Peaches, canned in light syrup	1/2 cup	6	91	14	0.5	0.1	0	14	52
Peanut Butter	2 Tbsp	147	208	115	8	16	3.4	6	188
Peanuts, dry roasted	1 oz	192	187	101	6.7	14	2	6	166
Pear	1 medium	2	212	20	0.7	0.2	0	28	103
Pear nectar	8 oz	10	32	8	0.3	0	0	39	150
Pears, canned	1/2 cup	2	56	9	0.4	0.1	0	15	58
Peas, green, canned	1/2 cup	229	131	78	3.7	0.6	0	13	72
Pecans, dry roasted	1 oz	0	120	83	2.7	21	1.8	4	201
Peppers, bell, green, red	1 medium	5	251	31	1.2	0.4	0	7	37
Peppers, chili, green, canned	1 cup	552	157	15	1	0.4	0	6	29
Pickle, dill	1 large	1181	124	16	0.8	0.2	0	4	16
Pie, apple, frozen	1/8 of 9"	251	81	30	2.4	13.8	4.7	43	296
Pie, cherry, frozen	1/8 of 9"	308	101	36	2.5	13.8	3.2	50	325

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Pie, pumpkin, frozen	1/6 of 8"	450	222	108	5.2	13	2.6	46	323
Pineapple	1 cup	2	180	13	0.9	0.2	0	22	82
Pineapple juice	8 oz	5	325	20	0.9	0.3	0	32	132
Pinapple, canned	1/2 cup	1	132	9	0.5	0.2	0	17	66
Pita bread, white	1 large	322	72	58	5.5	0.7	0.1	33	165
Pita bread, whole wheat	1 large	340	109	115	6.3	1.7	0.3	35	170
Pizza, cheese	1/8 of 12"	319	90	111	5.9	4	1.6	15	117
Pizza, cheese, meat	1/8 of 12"	769	219	233	13	10.5	3.9	32	274
Plantain, cooked	1 cup	8	716	43	1.2	0.3	0.1	48	179
Plum	1 medium	0	104	11	0.5	0.2	0	8	30
Popcorn	2.6 cups	1	63	62	2.5	0.9	0.1	16	79
Popcorn, light butter	1 cup	61	17	18	0.7	2.4	0.5	4	42
Popsicle	1.2 fl oz	4	8	1	0	0	0	6	27
Popsicle, sugar free	1.75 fl oz	6	6	0	0	0	0	3	12
Pork loin, lean, roasted	3 oz	65	532	344	40	8.8	3	0	251
Pork, backribs, roasted	3 oz	83	211	145	20.2	18.9	6.8	0	251
Potato chips	1 oz	136	466	44	1.9	10.3	1.1	14	154

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Potato, baked	1 medium	17	926	121	4.3	0.2	0	37	161
Potato, french fries, frozen	10 strips	485	612	119	3.4	5.2	1.1	36	203
Potato, instant, mashed	1/2 cup	349	245	59	2	6	1.5	16	119
Pretzels	10 pretzels	1029	88	68	5.5	2.1	0.5	48	229
Prune juice	8 oz	10	707	64	1.6	0.1	0	45	182
Prunes, dried	1 prune	0	70	7	0.2	0	0	6	23
Pudding, instant, chocolate	1/2 cup	403	239	338	4.5	2.7	1.5	27	149
Pudding, instant, rice	1/2 cup	139	68	77	4	3	2	22	133
Raisins	1 cup	16	1086	146	4.5	0.7	0	115	434
Rice, brown, cooked	1/3 cup	1	51	50	1.5	0.5	0.1	15	72
Rice, white, cooked	1/3 cup	0	16	20	1.5	0.1	0	18	80
Rice, wild, cooked	1/3 cup	2	55	44	2.2	0.2	0	12	55
Salad dressing, blue cheese, light	2 Tbsp	300	16	15	0.7	0.9	0.2	4	140
Salad dressing, French	2 Tbsp	268	21	6	0.3	14.3	1.8	5	146
Salad dressing, Italian	2 Tbsp	299	14	3	0.1	8.3	1.3	3	86
Salad dressing, Italian, reduced fat	1 Tbsp	161	13	2	0	1	0.1	1	11
Salad dressing, Ranch, fat free	2 Tbsp	251	31	32	0.1	0.5	0.1	7	33



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Salad dressing, Thousand Island, low fat	2 Tbsp	143	30	2	0.1	1.7	0.1	4	29
Salami, beef	1 slice	178	39	23	2.7	3.2	1.1	0	41
Salsa	1 Tbsp	96	48	5	0.3	0	0	1	4
Sardines, canned in soy oil	2 sardines	121	95	118	5.9	2.8	0.4	0	50
Sausage, pork	2 links	360	141	78	9.3	13.6	4.4	0	163
Scallions	1 cup	16	276	37	1.8	0.2	0	7	32
Scallops, breaded, fried	2 large	303	97	96	5.2	6.4	1.6	13	127
Scallops, raw	5 small	118	62	100	3.6	0.2	0	1	21
Sherbet, orange	1/2 cup	34	71	30	0.8	1.5	0.9	23	107
Shrimp, breaded, fried	3 oz	292	191	185	18.2	10.4	1.8	10	206
Shrimp, moisture cooked	3 oz	805	144	260	19.4	1.5	0.4	1	101
Soda, Coca-Cola Classic	12 oz	15	11	40	0	0	0	39	151
Soda, Diet Coke	12 oz	28	28	32	0.4	0.1	0	1	7
Soda, Diet Sprite	12 oz	21	7	0	0.4	0	0	0	0
Soda, Ginger Ale	12 oz	26	4	0	0	0	0	32	124
Soda, Pepsi	12 oz	35	10	53	0.3	0	0	36	136
Soda, Rootbeer	12 oz	48	4	0	0	0	0	39	152

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Soda, Sprite	12 oz	33	4	0	0.2	0.1	0	37	148
Soup, chicken noodle	1 cup	866	55	42	3.2	2.4	0.7	7	62
Soup, chicken vegetable	1 cup	972	159	42	3.7	2.9	0.9	9	77
Soup, cream of chicken	1 cup	847	88	37	3.4	7.4	2.1	9	117
Soup, cream of mushroom	1 cup	789	74	32	2	7.1	1.7	8	104
Soup, minestrone	1 cup	612	313	55	4.3	2.5	0.5	11	82
Soup, tomato	1 cup	471	278	35	2	0.7	0.2	16	74
Soup, vegetable	1 cup	815	207	34	2	1.9	0.3	12	67
Soup, vegetable beef	1 cup	789	182	35	2.9	1.1	0.6	8	53
Sour cream	2 Tbsp	19	34	28	0.5	4.7	2.8	1	46
Sour cream, fat free	2 Tbsp	34	31	23	0.7	0	0	4	4
Soy Sauce, regular	1 Tbsp	1005	38	23	1.9	0	0	1	11
Soy Sauce, low sodium	1 Tbsp	533	29	18	0.8	0	0	1	8
Spinach, canned	1 cup	176	538	75	4.9	0.8	0.1	7	44
Spinach, fresh	1 cup	24	167	15	0.9	0.1	0	1	7
Spinach, frozen, boiled	1 cup	184	574	95	7.6	1.7	0.3	9	65
Squash	1 cup	2	296	43	1.4	0.2	0	4	18

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Strawberries	1 cup	2	254	40	1.1	0.5	0	13	53
Stuffing, chicken	1/2 cup	429	75	36	3.5	1.2	0.2	20	107
Stuffing, cornbread	1/2 cup	455	62	34	2.9	8.8	1.8	22	179
Sugar	1 tsp	0	0	0	0	0	0	4	16
Sweet Potato, canned, mashed	1 cup	191	536	133	5	0.5	0.1	59	258
Sweet Potato, with skin, baked	1 medium	41	542	62	2.3	0.2	0	24	103
Syrup, pancake or waffle	1 Tbsp	2	42	0	0	0	0	13	52
Tamarind	1 cup	34	754	136	3.4	0.7	0.3	75	287
Tea, prepared brewed	8 oz	7	88	2	0	0	0	1	2
Tofu	1.2 cup	9	150	120	10	5.9	0.9	2	94
Tomato	1 medium	16	251	34	1.5	0.3	0	6	28
Tomato, canned regular	1 cup	343	451	46	1.9	0.3	0	10	41
Tomato juice	8 oz	654	556	44	1.9	0.1	0	10	41
Tomate paste, canned, no added salt	6 oz	100	1724	141	7.3	0.8	0.2	32	139
Tortilla chips	1 oz	86	59	66	2	6.5	0.8	19	141
Tortilla, corn	1 medium	11	45	75	1.4	0.7	0.1	11	52
Tortilla, flour	1 medium	364	65	104	4	3.7	0.6	24	146

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Tuna, canned in oil	3 oz	301	176	264	24.8	7	1.3	0	168
Tuna, canned in water	3 oz	287	201	139	21.7	0.7	0.2	0	99
Turkey, breast, roasted	3 oz	77	332	242	33	8.5	2.4	0	217
Veal, sirloin, lean, braised	3 oz	67	273	207	26.6	11.2	4.4	0	214
Veal, sirloin, lean, roasted	3 oz	71	298	190	21.4	8.9	3.8	0	172
Vegetables, frozen, mixed	1/2 cup	32	154	46	2.6	0.1	0	12	59
Vinegar, cider	1 Tbsp	1	11	1	0	0	0	0	3
Waffle, frozen	4"	223	44	126	2	3.4	0.5	15	100
Walnuts, English, dried	1 oz	1	125	98	4.3	18.5	1.7	4	185
Watermelon	1 cup	2	170	17	0.9	0.2	0	11	46
Wine, red	3.5 oz	4	131	24	0	0	0	3	85
Wine, white	3.5 oz	5	73	18	0	0	0	2	86
Yogurt, Dannon, plain	8 oz	159	531	327	11.9	3.5	2.3	16	143
Yogurt, Greek, plain, organic (Stoney-field Farms)	5.3 oz	60	230	-	15	0	0	6	80
Yogurt, Yoplait, fruit	6 oz	99	332	202	7.4	1.8	1.2	32	173
Zucchini, boiled	1 cup	5	475	67	2.1	0.7	0.1	5	27

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Boston Market									
Beef Brisket - Regular	4 oz	570	*	*	28	13	3.5	95	230
Chicken, rotisserie, with skin	1/4 white	710	*	*	51	13	4	165	320
Chicken, rotisserie, with skin	3 piece dark	1270	*	*	51	22	6	290	390
Turkey Breast - Regular	5 oz	620	*	*	38	3	1	70	180
Meatloaf - Regular	7.5 oz	1090	*	*	28	30	13	145	480
Pastry Top Chicken Pot Pie	1 pie	1120	*	*	32	48	24	115	800
Pastry Top Turkey Pot Pie	1 pie	1220	*	*	34	46	23	90	790
Macaroni and Cheese	7.8 oz	1100	*	*	11	11	7	30	300
Mashed Potatoes	7.8 oz	820	*	*	5	11	5	25	270
Creamed Spinach	6.7 oz	580	*	*	9	23	15	70	280
Steamed Vegetables	4.8 oz	40	*	*	2	2	0	0	60
Sweet Potato Casserole	7 oz	270	*	*	4	16	4.5	5	460
Cinnamon Apples	5.1 oz	15	*	*	0	3	0	0	210
Cornbread	1 piece	270	*	*	3	5	2	10	180
Cranberry Relish	3 oz	0	*	*	1	2	0	0	140

For additional nutritional information, visit [www.bostonmarket.com/ourFood](http://www.bostonmarket.com/ourFood)

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Burger King									
BK Chef's Choice Burger	1 sandwich	850	*	*	16	27	9	27	410
BK Single Stacker	1 sandwich	700	*	*	17	22	8	28	380
Cheeseburger	1 sandwich	710	*	*	16	14	6	28	300
Chicken Sandwich, original	1 sandwich	1390	*	*	24	39	7	46	630
Chicken Tenders©	4 pieces	310	*	*	10	11	2	10	190
Tendercrip Garden Salad*	1 salad	1060	*	*	26	22	5	28	410
Tendergrill Garden Salad*	1 salad	920	*	*	33	7	3	9	230
Fish Fillet Sandwich	1 sandwich	1370	*	*	23	32	5	66	640
French Fries	1 medium	570	*	*	4	18	3	58	410
French Fries, no salt	1 medium	530	*	*	5	23	5	61	480
French Toast Sticks with Syrup	5 pieces	280	*	*	3	11	2	59	350
Hamburger	1 sandwich	490	*	*	13	10	4	27	260
Milkshake, chocolate	1 medium	530	*	*	12	16	12	119	650
Milkshake, strawberry	1 medium	400	*	*	11	15	11	116	630
Milkshake, vanilla	1 medium	420	*	*	12	16	12	84	520
Onion Rings	1 medium	1080	*	*	4	21	3.5	53	410

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Tendercrisp Chicken Sandwich	1 sandwich	1560	*	*	30	45	8	58	750
Tendercrisp Spicy Chicken Sandwich	1 sandwich	810	*	*	13	30	5	35	460
Veggie Burger	1 sandwich	1030	*	*	22	16	2.5	44	410
Whopper®	1 sandwich	980	*	*	28	40	11	51	670
Whopper® Junior	1 sandwich	530	*	*	14	19	5	29	340
*salad only, no dressing									

For additional nutritional information visit, [www.bk.com/en/us/menu-nutrition](http://www.bk.com/en/us/menu-nutrition)

#### Chick-Fil-A

Carrot and Raisin Salad	1 medium	160	*	*	2	12	2	40	260
Chargrilled Chicken Garden Salad*	1 salad	650	*	*	23	6	3.5	11	180
Chargrilled Chicken Sandwich	1 sandwich	1030	*	*	29	3	1	36	290
Chicken Caesar Cool Wrap®	1 wrap	1510	*	*	40	15	6	47	460
Chargrilled Chicken Cool Wrap®	1 wrap	1290	*	*	33	12	4	50	410
Chicken nuggets	8 nuggets	990	*	*	28	12	2.5	11	260
Chicken Soup, Hearty Breast	1 medium	1110	*	*	7	4	1	19	140
Chicken Salad Sandwich	1 sandwich	1130	*	*	28	19	3	55	490

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Chicken Sandwich	1 sandwich	1410	*	*	30	17	3.5	38	430
Chicken strips	3 strips	1640	*	*	46	23	4.5	23	480
Fruit Cup	1 medium	0	*	*	1	0	0	17	70
Milkshake, Cookies and Cream	1 small	430	*	*	14	26	14	81	570
Southwest Chargrilled Chicken Salad*	1 salad	820	*	*	26	9	4	18	240
Spicy Chicken Cool Wrap®	1 wrap	1350	*	*	34	12	4	48	410
Waffle Potato Fries®	1 medium	180	*	*	5	21	3	47	390
*salad only, no dressing									

For additional nutritional information visit, [www.chick-fil-a.com/Food/Menu-Detail](http://www.chick-fil-a.com/Food/Menu-Detail)

### Domino's

America's Favorite Feast®, hand-tossed (pepperoni, mushroom, sausage)	1/8 of 12"	644	*	*	10.6	12.8	5.3	27	267
Breadsticks	1 stick	98	*	*	2	6.3	1.3	11	109
Buffalo Chicken Kickers	1 piece	282	*	*	8.6	4.2	0.8	7	102
Buffalo wings, barbeque	5 wings	3430	*	*	82	69	18	30	1100
Buffalo wings, hot	5 wings	2010	*	*	81	69	18	12	1020
Cheese pizza, hand-tossed	1/8 of 12"	462	*	*	8.7	8.2	4.1	6.1	212



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cheesy Bread	1 stick	143	*	*	3.5	6.4	2.1	11	116
Cinna Stix®	1 stick	86	*	*	2	6.1	1.1	14	118
Green pepper, onion & mushroom pizza, hand-tossed	1/8 of 12"	387	*	*	8	6.4	2.9	27	196
Ham & pineapple pizza, hand-tossed	1/8 of 12"	513	*	*	8.7	6.9	3.1	28	209
Pepperoni & sausage pizza, hand-tossed	1/8 of 12"	641	*	*	10.2	14.5	7.6	27	264
Pepperoni pizza, hand-tossed	1/8 of 12"	512	*	*	8.7	11.7	3.9	26	220
Sausage pizza, hand-tossed	1/8 of 12"	513	*	*	8.8	10.2	4.3	27	234
Veggie Feast®, hand-tossed (green pepper, onion, mushroom, olive, extra cheese)	1/8 of 12"	518	*	*	9.3	9.4	4.3	27	230

For additional nutritional information visit, <http://express.dominos.com/pages/nutrition.jsp>

## KFC

Biscuit	1 biscuit	530	*	*	4	8	6	23	180
Boneless Honey Barbeque Wings	6 wings	1440	*	*	24	24	3	48	480
Chicken pot pie	1 pie	1970	*	*	29	45	37	66	790

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Chicken strips	3 strips	1130	*	*	32	21	3	17	390
Chicken, breast, no skin, no breading	1 piece	580	*	*	31	3.5	1	2	160
Extra Crispy Chicken, breast	1 piece	1010	*	*	39	33	7	16	510
Extra Crispy Chicken, drumstick	1 piece	360	*	*	12	10	2	5	150
Honey Barbeque Sandwich	1 sandwich	770	*	*	24	3.5	1	47	320
Hot and Spicy Chicken, breast	1 piece	1250	*	*	38	25	5	12	420
Hot and Spicy Chicken, drumstick	1 piece	440	*	*	11	10	2	5	160
Hot Wings	6 wings	840	*	*	24	24	3	24	420
KFC Famous Bowls- Mashed Potatoes with Gravy	1 bowl	1970	*	*	29	45	37	66	790
KFC Snacker with Crispy Strip	1 sandwich	600	*	*	15	15	2.5	30	310
Mashed potatoes with gravy	1 serving	530	*	*	2	4	1	19	120
Original Recipe Chicken, breast	1 piece	1080	*	*	34	21	5	11	360
Original Recipe Chicken, drumstick	1 piece	310	*	*	11	7	1.5	3	120
Popcorn Chicken	1 large	1480	*	*	32	37	8	26	560
Potato wedges	1 serving	810	*	*	4	15	2.5	35	290
Twister Sandwich	1 sandwich	1380	*	*	28	33	6	52	610

For additional nutritional information visit, [www.kfc.com/nutrition](http://www.kfc.com/nutrition)

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
McDonald's									
Bagel, egg, cheese	1 bagel	1300	*	*	24	27	9	56	560
Big Mac® with cheese	1 sandwich	1040	*	*	26	29	10	45	540
Big N' Tasty® with cheese	1 sandwich	960	*	*	27	28	11	38	510
Biscuit, bacon, egg, cheese	1 biscuit	127	*	*	15	27	12	43	480
Biscuit, sausage	1 biscuit	1080	*	*	11	27	12	34	430
Burrito, sausage	1 burrito	830	*	*	12	16	7	26	300
Cheeseburger	1 sandwich	750	*	*	15	12	6	33	313
Chicken Bacon Ranch Salad, crispy*	1 salad	870	*	*	26	22	6	24	390
Chicken Bacon Ranch Salad, grilled*	1 salad	700	*	*	30	9	4	10	230
Chicken Caesar Salad, crispy*	1 salad	740	*	*	23	18	4.5	24	350
Chicken Caesar Salad, grilled*	1 salad	580	*	*	27	5	3	10	190
Chicken McGrill® Sandwich	1 sandwich	888	*	*	42	23	8	42	550
Chicken McNuggets®	4 pieces	360	*	*	9	12	2	12	190
Chicken Selects® Premium Breast Strips	5 strips	1240	*	*	38	38	6	36	640
Filet-O-Fish® Sandwich	1 sandwich	640	*	*	15	18	3.5	38	380
French fries	1 medium	270	*	*	4	19	2.5	48	380

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Fruit and yogurt parfait	1 parfait	73	*	*	5	1.5	0.8	24	125
Hamburger	1 sandwich	578	*	*	15	11	4	34	294
Hash brown	1 patty	310	*	*	1	9	1.5	15	150
McChicken© Sandwich	1 sandwich	830	*	*	14	16	3	40	360
McMuffin©, egg	1 muffin	820	*	*	18	12	5	30	300
Milkshake, chocolate	12 oz	240	*	*	11	17	10	94	580
Milkshake, strawberry	12 oz	170	*	*	11	17	10	92	570
Milkshake, vanilla	12 oz	170	*	*	10	16	10	88	540
Quarter Pounder© with cheese	1 sandwich	1190	*	*	29	26	12	40	510
*salad only, no dressing									

For additional nutritional information visit, <http://nutrition.mcdonalds.com>

### Papa John's

BBQ Chicken & Bacon pizza, original	1/8 of 14" large	1020	*	*	15	12	5	4	350
Breadsticks	2 sticks	540	*	*	8	4.5	0.5	54	290
Cheese pizza, original	1/8 of 14" large	720	*	*	11	10	4.5	37	290
Chicken Strips	2 pieces	430	*	*	12	4.5	0.5	10	130

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cinnapie	4 sticks	540	*	*	8	19	6	90	560
Garden Fresh pizza, original	1/8 of 14" large	700	*	*	11	9	4	39	280
Hawaiian BBQ Chicken pizza, original	1/8 of 14" large	1020	*	*	15	12	5	46	350
Pepperoni Pizza, original	1/8 of 14" large	870	*	*	13	14	6	37	330
Sausage Pizza, original	1/8 of 14" large	830	*	*	12	15	6	37	330
Spinach Alfredo pizza, original	1/8 of 14" large	640	*	*	10	11	6	36	290
The Works pizza, original	1/8 of 14" large	930	*	*	13	14	6	39	330

For additional nutritional information visit, <http://order.papajohns.com/nutrition>

#### Pizza Hut

Breadstick	1 stick	260	*	*	5	5	1	19	140
Cheese pizza, hand-tossed	1/8 of 12" medium	530	*	*	11	10	4.5	27	240
Cinnamon sticks	2 pieces	210	*	*	4	4.5	0.5	26	160
Fit 'N Delicious© pizza, diced chicken, mushroom, jalapeno	1/8 of 12" medium	720	*	*	11	4.5	1.5	22	170
Fit 'N Delicious© pizza, diced chicken, red onion, green pepper	1/8 of 12" medium	510	*	*	11	4.5	1.5	23	170

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Fit 'N Delicious© pizza, green pepper, red onion, diced tomato	1/8 of 12" medium	400	*	*	6	4	1.5	24	150
Fit 'N Delicious© pizza, ham, pineapple, diced tomato	1/8 of 12" medium	550	*	*	7	4.5	1.5	24	160
Fit 'N Delicious© pizza, tomato, mushroom, jalapeno	1/8 of 12" medium	610	*	*	6	4	1.5	23	150
Meat Lover's© pizza, hand-tossed	1/8 of 12" medium	860	*	*	14	16	7	26	300
Pepperoni pizza, hand-tossed	1/8 of 12" medium	610	*	*	10	9	4	25	230
Pzone©, classic	half	470	*	*	20	16	7	61	470
Pzone©, meaty	half	550	*	*	24	23	10	61	550
Pzone©, pepperoni	half	450	*	*	19	15	7	60	450
Triple Meat Italiano, hand-tossed	1/8 of 12" medium	730	*	*	12	12	5	26	260
Supreme pizza, hand-tossed	1/8 of 12" medium	680	*	*	12	12	5	26	260
Veggie Lover's© pizza, hand-tossed	1/8 of 12" medium	530	*	*	9	6	3	27	200

For additional nutritional information visit, [www.pizzahut.com/nutritioninformation](http://www.pizzahut.com/nutritioninformation)

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Subway									
Veggie Delite®	6"	310	*	*	8	2.5	0.5	44	230
Ham	6"	830	*	*	18	4.5	1	46	290
Turkey Breast	6"	810	*	*	18	3.5	1	46	280
Turkey Breast and Ham	6"	820	*	*	18	4	1	46	280
Roast Beef	6"	700	*	*	24	5	1.5	45	320
Chicken	6"	640	*	*	23	5	1.5	47	320
Italian BMT®	6"	1300	*	*	20	16	6	46	410
Meatball Marinara	6"	950	*	*	21	18	7	59	480
Tuna	6"	620	*	*	20	24	4	44	470
Steak, Bacon, Egg & Cheese	1 sandwich	1410	*	*	32	18	7	47	480
For additional nutritional information visit, <a href="http://www.subway.com/nutrition/nutritionlist">www.subway.com/nutrition/nutritionlist</a>									

Taco Bell									
7- Layer Burrito	1 burrito	1090	*	*	17	18	6	69	500
Bean Burrito	1 burrito	980	*	*	13	10	3.5	56	370
Burrito Supreme®, beef	1 burrito	1100	*	*	17	16	6	53	420

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Burrito Supreme©, chicken	1 burrito	1060	*	*	21	12	5	51	400
Chalupa Baja, beef	1 chalupa	650	*	*	12	26	5	30	410
Chalupa Baja, chicken	1 chalupa	610	*	*	16	23	4	28	390
Chalupa Supreme, beef	1 chalupa	570	*	*	13	21	5	31	370
Chalupa Supreme, chicken	1 chalupa	520	*	*	17	18	4	29	350
Chili Cheese Burrito	1 burrito	930	*	*	16	17	8	41	380
Cinnamon Twists	1 serving	200	*	*	1	7	0	26	170
Double Decker© Taco	1 taco	650	*	*	13	13	4.5	37	320
Enchirito©, beef	1 enchirito	1120	*	*	18	17	8	34	360
Enchirito©, chicken	1 enchirito	1080	*	*	22	14	7	32	340
Gordita Baja©, beef	1 gordita	640	*	*	13	18	5	30	340
Gordita Baja©, chicken	1 gordita	600	*	*	17	15	3.5	28	310
Gordita Supreme©, beef	1 gordita	550	*	*	13	14	5	31	300
Gordita Supreme©, chicken	1 gordita	510	*	*	17	10	3.5	29	270
Mexican Pizza	1 pizza	950	*	*	20	30	8	47	540
MexiMelt©	1 melt	760	*	*	14	14	7	21	270
Nachos	1 serving	370	*	*	4	20	2	31	330



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Nachos BellGrande©	1 serving	1020	*	*	19	42	7	79	770
Nachos, Volcano	1 serving	1590	*	*	20	60	9	89	980
Quesadilla, cheese	1 quesadilla	1000	*	*	19	27	12	41	480
Quesadilla, chicken	1 quesadilla	1210	*	*	28	28	11	40	530
Soft Taco, beef	1 taco	530	*	*	10	9	4	21	210
Soft Taco, chicken	1 taco	460	*	*	14	6	2.5	18	180
Taco, Crunchy	1 taco	290	*	*	8	10	3.5	12	170
Taco Salad, Fiesta	1 salad	1350	*	*	26	42	10	74	770
Tostada	1 tostada	550	*	*	10	10	3.5	30	250

For additional nutritional information visit, [www.tacobell.com/nutrition/information](http://www.tacobell.com/nutrition/information)

## Wendy's

Apple Pecan Chicken Salad*	1 salad	1540	*	*	36	27	8	50	560
Baked potato, bacon, cheese	1 potato	870	*	*	19	20	9	65	520
Baked potato, broccoli, cheese	1 potato	480	*	*	14	10	6	67	410
Baked potato, sour cream, chives	1 potato	50	*	*	8	3.5	2	63	320
Bacon Deluxe Single	1 sandwich	1550	*	*	36	40	17	42	680

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Baja Salad	1 salad	1970	*	*	34	47	17	47	730
BLT Cobb Salad	1 salad	2040	*	*	48	46	15	12	650
Chicken Nuggets	5 pieces	460	*	*	10	14	3	13	220
Chicken, Grilled Go Wrap	1 wrap	730	*	*	19	10	3.5	25	260
Chili	1 small	880	*	*	17	6	2.5	21	210
Dave's Hot 'N Juicy Sandwich	1 sandwich (1/4 lb)	1240	*	*	31	33	14	42	580
French fries, Natural Cut	1 medium	460	*	*	5	21	4	55	420
Frosty, Original Chocolate	1 small	140	*	*	7	8	5	49	300
Homestyle Chicken Fillet Sandwich	1 sandwich	1140	*	*	26	21	6	54	510
Junior Cheeseburger	1 sandwich	820	*	*	17	13	6	26	290
Junior Hamburger	1 sandwich	620	*	*	15	10	4	25	250
Monterey Ranch Crispy Chicken Sandwich	1 sandwich	930	*	*	18	20	6	37	400
Spicy Chicken Caesar Salad*	1 salad	1980	*	*	39	49	16	43	760
Spicy Chicken Fillet Sandwich	1 sandwich	1320	*	*	27	22	6	55	520
Ultimate Chicken Grill Sandwich	1 sandwich	1080	*	*	33	10	3.5	42	390
*salad only, no dressing									

For additional nutritional information visit, [www.wendys.com/food/Nutrition](http://www.wendys.com/food/Nutrition)

## Why is diet important?

Good meal plan choices can:

- Slow the progression of kidney disease;
- Reduce or prevent some symptoms by adjusting certain nutrients in your meal plan;
- Help you achieve an optimal nutritional status.

## What can a renal dietitian do for you?

\*Please remember, all patients are different and require different dietary guidelines. There is no “one-size-fits-all” meal plan for kidney disease and each stage of kidney disease and a patient’s lab values will dictate your meal plan.

- Teach you about foods you CAN eat;
- Review your blood test results and teach you about your medications;
- Give you recipes, meal ideas, grocery lists, and other educational material;
- Help you learn to read food nutrition labels;
- Help you achieve and maintain a healthy weight;
- Help you understand all the nutrients necessary for a healthy body and;
- Work with other members of your health care team to help plan your care.

## How do I find a renal dietitian?

One way to find a renal dietitian near you is to get a referral from your physician. Many medical practices and dialysis units also have dietitians on staff you can make an appointment to see.

Another way to find a dietitian is by visiting the Academy of Nutrition and Dietetics’ website: [www.eatright.org](http://www.eatright.org).

- On the home page, click on “Find a Registered Dietitian”;
- Click on the “Expertise Area” which allows you to customize your search, finding a dietitian that best fits your needs;
- Finally, enter your zipcode in the “Search” box and click “Find RD”.

It’s that simple, a list of dietitians matching your requirements will appear with complete contact information.



**The Independent Voice of Kidney Patients Since 1969™**

American Association of Kidney Patients  
2701 North Rocky Point Drive, Suite 150  
(800) 749-AAKP (813) 636-8100  
info@aakp.org www.aakp.org

Follow us on Facebook ([www.facebook.com/kidneypatients](http://www.facebook.com/kidneypatients)) and  
Twitter ([www.twitter.com/KidneyPatients](http://www.twitter.com/KidneyPatients)).

This activity is supported by an educational donation by Amgen.

**AMGEN®**