



## **AAKP Nutrition Counter**

A reference for Kidney Patients



Item	Abbreviation	Value
Sodium	Na	mg = milligrams
Phosphorus	Phos	mg = milligrams
Potassium	K	mg = milligrams
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

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*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.nal.usda.gov>.

2021 - Ikizler T, Burrowes J, Byham-Gray L et al. KDOQI Clinical Practice Guideline for Nutrition in CKD: 2020 Update. American Journal of Kidney Diseases. 2020;76(3):S1-S107. doi:10.1053/j.ajkd.2020.05.006

Nutritional analysis of products was provided by respective franchise corporations.

Item	General Recommendations CKD 1-5 (nondiabetic)	General Recommendations CKD 1-5 (diabetic)	General Recommendations Dialysis	General Recommendations Peritoneal Dialysis
Protein	Low Protein- 0.55-0.60 g/kg body weight/day or Very Low Protein- 0.28-0.43 g/kg body weight/day (supplement with keto/amino acid analogs).	0.6-0.8 g/kg body weight/day	1.0-1.2 g/kg body weight/day	1.0-1.2 g/kg body weight/day
Calories	For all stages 25-35 Kcal/Kg body weight dependent on age, sex, physical activity, body composition, weight goals, CKD stage, illness or inflammation			
Sodium	< 2.3 g/2300 mg/day			
Phosphorus	Only restrict if elevated. Adjust to maintain normal lab values.			
Potassium	Only restrict if elevated. Adjust to maintain normal lab values.			
Fluid	Unrestricted	Unrestricted	Per urine output and doctor guidance	Per urine output and doctor guidance

**\*\*In the key above are general daily allowances via KDOQI 2020 guidelines 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.**

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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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
Cheese, cream	1 Tbsp	47	20	15	0.9	5	2.8	1	50

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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
Jelly	1 Tbsp	6	15	4	0	0	0	14	56
Ketchup	1 Tbsp	167	57	5	0.3	0.1	0	4	15



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
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



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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
Tomato 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
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

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
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 (Stoneyfield 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
<b>Boston Market</b>									
Chicken, rotisserie, quarter white, with skin	5.9 oz	590	-	-	43	11	3.5	0	270
Chicken, rotisserie, quarter white, skinless	5.3 oz	480	-	-	40	5	1.5	1	210
Turkey Breast - Regular	5 oz	440	-	sodium phosphate	30	4.5	2	<1	160
Meatloaf - Regular	6.8 oz	910	potassium sorbate	-	26	33	14	17	470
Rotisserie Chicken Pot Pie	15 oz	1780	-	-	28	42	19	64	750
Pastry Top Turkey Pot Pie	15 oz	1670	-	sodium phosphate	28	38	18	64	710
Macaroni and Cheese	8.06 oz	1270	-	sodium phosphate, disodium phosphate	14	10	6	41	310
Mashed Potatoes	8 oz	620	potassium sorbate	disodium pyrophosphate	5	11	5	37	270
Creamed Spinach	6.98 oz	640	-	-	11	17	11	12	240
Steamed Vegetables	3.9 oz	40	-	-	2	3.5	0	7	60
Sweet Potato Casserole	8.33 oz	220	-	-	3	12	3	87	460



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cinnamon Apples	6 oz	270	-	-	0	3.5	5	55	250
Cornbread	2.3 oz	220	potassium bicarbonate	sodium aluminium phosphate, monocalcium phosphate	2	3	1.5	31	160
Cranberry Walnut Relish	3 oz	5	potassium sorbate	-	1	2	0	31	140
Rotisserie Prime Rib	8 oz	770	-	-	55	47	12	0	630

For additional nutritional information, visit <http://www.nutritionix.com/boston-market/menu/premium>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Burger King									
Cheeseburger	111 g	560	n/a	n/a	15	13	6	27	280
Chicken strips	6 pc. / 88 g	470	n/a	n/a	12	16	2.5	16	260
CROSSAN'WICH, sausage, egg, cheese	169 g	930	n/a	n/a	19	33	13	30	500
CROSSAN'WICH, sausage, egg	125 g	610	n/a	n/a	12	18	8	29	125
CROSSAN'WICH, egg, cheese	148 g	590	n/a	n/a	23	21	9	27	390
Double Cheeseburger	5 pc. / 109 g	430	n/a	n/a	5	18	3	49	380
French Toast Sticks	153 g	360	n/a	n/a	4	16	2	58	380
Fries	99 g	380	n/a	n/a	13	10	3.5	26	240
Hamburger	84 g	580	n/a	n/a	2	16	3.5	24	250
Hash Brown Rounds	91 g	840	n/a	n/a	3	16	3	41	320
Onion Rings	219 g	1170	n/a	n/a	28	40	7	48	660
Original chicken	118 g	1180	n/a	n/a	16	28	4.5	51	510
Premium Fish	n/a	420	n/a	n/a	14	15	10	98	140

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Shake, Vanilla	270 g	980	n/a	n/a	28	40	12	49	660
Whopper, no cheese	292 g	1340	n/a	n/a	32	46	16	50	740
Whopper, cheese	1 sandwich	1431	534	357	35	48	18	52	790

For additional nutritional information visit, <https://company.bk.com/pdfs/nutrition.pdf>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
<b>Chick-Fil-A</b>									
Grilled Chicken Sandwich	206 g	1670	-	phosphoric acid	28	6	1	41	320
Chicken Cool Wrap	231 g	900	-	-	42	13	4	29	350
Chicken Nuggets	8 ct. / 113 g	1210	-	sodium aluminium phosphate, monocalcium phosphate	27	11	2.5	11	250
Chicken Noodle Soup	cup / 233 g	1040	-	sodium aluminium phosphate, monocalcium phosphate	9	3	1	16	120
Chicken Sandwich	183 g	1400	potassium iodate, potassium sorbate	sodium aluminium phosphate, monocalcium phosphate	29	17	4	41	440
Chick-n-strips	3 ct. / 136 g	870	potassium chloride	sodium aluminium phosphate, monocalcium phosphate	29	14	2.5	16	310
Fruit Cup	medium / 119 g	0	-	-	1	0	0	15	60
Milkshake, Cookies and Cream	small / 399 g	440	potassium sorbate	calcium phosphate	13	26	15	90	630
Spicy Southwest Salad, spicy grilled fillet	424 g	930	-	-	33	19	5	39	450
Waffle Potato Fries	medium / 125 g	240	-	disodium dihydrogen pyrophosphate	5	24	4	45	420

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Market Salad, grilled fillet	321 g	560	-	-	28	12	3	25	310
Cobb Salad, nuggets	413 g	1700	potas- sium chloride, potassium lactate	sodium aluminium phosphate, mono- calcium phosphate, sodium phosphate	41	29	8	31	540
Deluxe Chicken Sandwich, American cheese	247 g	1640	potassium iodate, potas- sium sorbate	sodium aluminium phosphate, mono- calcium phosphate, sodium phosphate	32	22	7	44	500
Chicken Biscuit	153 g	1510	-	sodium aluminium phosphate, monocal- cium phosphate	19	23	8	45	460
Chick-n-minis	4 pc. / 127 g	1050	-	sodium aluminium phosphate, monocal- cium phosphate	19	13	4	41	360

For additional nutritional information visit, <https://www.chick-fil-a.com/nutrition-allergens>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
<b>Domino's</b>									
Cheese Pizza, Hand-Tossed Crust, regular	1/8 12" med. pizza	400	potassium sorbate	calcium phosphate	8	3.5	0	24	190
Cheese Pizza, Pan Crust, regular	1/8 12" med. pizza	455	potassium sorbate	calcium phosphate	10	15	8	28	295
Cheese Pizza, Crunchy Thin Crust, regular	1/8 12" med. pizza	630	potassium sorbate	sodium acid pyro- phosphate, monocal- cium phosphate	13	17	8	26	315
Pepperoni Pizza, Classic Hand-Tossed Crust	1/8 12" med. pizza	455	potassium sorbate	calcium phosphate	8	7.5	3	24	200
Pepperoni Pizza, Crunchy Thin Crust	1/8 12" med. pizza	730	potassium sorbate	sodium acid pyro- phosphate, monocal- cium phosphate	13	18	7.5	25	325

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Extravaganzza Feast Pizza, Hand-Tossed Crust	1/5 med. pizza	1080	potassium sorbate	calcium phosphate, sodium phosphate, tricalcium phosphate	19	22	9	40	440
Sausage Pizza, Thin Crust, regular	1/8 12" med. pizza	640	potassium sorbate	sodium acid pyrophosphate, mono-calcium phosphate, sodium phosphate	13	22	8.5	25	365
Sausage Pizza, Hand-Tossed Crust, regular	1/8 12" med. pizza	410	potassium sorbate	calcium phosphate, sodium phosphate	9	9.5	3.5	24	220
Sausage Pizza, Pan Crust, regular	1/8 12" med. pizza	485	potassium sorbate	calcium phosphate, sodium phosphate	11	18.5	9	28	325

For additional nutritional information visit, [https://cache.dominos.com/olo/6\\_47\\_2/assets/build/market/US/\\_en/pdf/DominosNutritionGuide.pdf](https://cache.dominos.com/olo/6_47_2/assets/build/market/US/_en/pdf/DominosNutritionGuide.pdf)

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
<b>KFC</b>									
Biscuit	1 biscuit	520	-	sodium aluminium phosphate, sodium acid pyrophosphate	4	8	4.5	22	180
Coleslaw	1 side	180	-	-	1	12	2	14	170
Extra Crispy Tenders	100 g	610	potassium phosphate	sodium phosphate, tricalcium phosphate	19	14	2	15	260
Extra crispy, breast meat	178 g	1150	-	sodium phosphate, tricalcium phosphate	35	35	6	18	530
Extra crispy, drumstick	53 g	430	-	sodium phosphate, tricalcium phosphate	12	8	1.5	4	130
Extra crispy, thigh	104 g	910	-	sodium phosphate, tricalcium phosphate	19	19	4.5	8	280
Extra crispy, whole wing	43 g	380	-	sodium phosphate, tricalcium phosphate	10	8	2	3	130

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Original recipe, breast meat	172 g	1190	-	sodium phosphate, tricalcium phosphate	39	21	4	11	390
Original recipe, drumstick	53 g	430	-	sodium phosphate, tricalcium phosphate	12	8	1.5	4	130
Original recipe, thigh	104 g	910	-	sodium phosphate, tricalcium phosphate	19	19	4.5	8	280
Original recipe, whole wing	43 g	380	-	sodium phosphate, tricalcium phosphate	10	8	2	3	130
Popcorn nuggets	large / 170.2 g	1820	-	sodium phosphate, sodium aluminium phosphate, monocalcium phosphate	27	39	5	39	620

For additional nutritional information visit, <https://www.kfc.com/full-nutrition-guide>

McDonald's									
Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
McMuffin, egg	1 piece	830	6% DV	monocalcium phosphate, dicalcium phosphate, tricalcium phosphate	20	31	12	30	480
Baked Apple Pie	1 piece	95	2% DV	-	2	11	6	33	240
Big Breakfast	1 plate	1530	10% DV	sodium aluminium phosphate, monocalcium phosphate, sodium acid pyrophosphate	26	48	18	57	760
Big Mac	1 piece	1010	8% DV / potassium sorbate	-	25	30	11	45	550

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Cheeseburger	1 piece	720	4% DV / potassium sorbate	-	15	13	6	32	300
Chicken McNuggets	4 pc.	330	4% DV	sodium aluminium phosphate, sodium acid pyrophosphate, monocalcium phosphate	9	10	1.5	10	170
Double Cheeseburger	1 piece	1120	8% DV / potassium sorbate	-	25	24	11	34	450
Hamburger	1 piece	510	4% DV / potassium sorbate	-	12	9	3.5	31	250
Filet-o-fish	1 piece	580	6% DV / potassium sorbate	-	16	18	4	39	380
Quarter Pounder, cheese	1 piece	1140	8% DV / Potassium sorbate	-	30	26	12	42	520
French Fries	small	180	10% DV	sodium acid pyrophosphate	3	10	1.5	29	220
Fruit & Maple Oatmeal	1 bowl	150	8% DV	-	6	4.5	1.5	64	320
Hash Brown	1 piece	310	6% DV	sodium acid pyrophosphate	2	8	1	18	140
Hotcakes, syrup and butter	3 hotcakes	550	10% DV / Potassium sorbate	sodium aluminium phosphate, monocalcium phosphate	9	15	6	101	580

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
McChicken	1 piece	560	6% DV / potassium chloride	sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate	14	21	3.5	39	400
McFlurry, M&M Candies	snack size	130	10% DV	-	9	14	9	64	420
McFlurry, Oreos	snack size	170	8% DV	calcium phosphate	8	11	5	53	340
McGriddle, sausage	1 piece	990	4% DV	sodium acid pyrophosphate, monocalcium phosphate	11	24	9	41	430
McGriddle, sausage, egg, cheese	1 piece	1290	6% DV	sodium acid pyrophosphate, monocalcium phosphate	19	33	13	44	550
Spicy Crispy Chicken Sandwich	1 piece	1230	8% DV / potassium sorbate	sodium aluminium phosphate, sodium acid pyrophosphate, monocalcium phosphate	27	26	4	47	530
Spicy Chicken McNuggets	6 pc.	540	4% DV	sodium acid pyrophosphate, monocalcium phosphate, sodium aluminium phosphate	14	16	3	12	250
Sausage Burrito	1 piece	800	4% DV	monocalcium phosphate, dicalcium phosphate	13	17	7	25	310
Shake strawberry	small	190	10% DV / potassium sorbate	-	11	14	9	80	500
Sundae, hot caramel	1 bowl	160	6% DV	disodium phosphate	7	7	5	60	340

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Sundae, hot fudge	1 bowl	180	10% DV / potassium sorbate	disodium phosphate	8	10	7	52	330
Bagel, bacon, egg, cheese	1 piece	1320	6% DV / potassium sorbate	sodium phosphate	25	30	12	56	590

For additional nutritional information visit, <https://www.mcdonalds.com/us/en-us/full-menu.html>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Papa John's									
Cheese Pizza, original crust	1 slice, med. pizza	520	-	-	8	7	3.5	27	210
Pepperoni Pizza, original crust	1 slice, med. pizza	570	-	-	8	9	4	26	230
The Works, original crust	1 slice, med. pizza	620	-	sodium phosphate	9	9	4	27	230
Cheese Pizza, thin crust	1 slice, thin pizza	490	-	-	8	11	4.5	20	210

For additional nutritional information visit, <https://www.papajohns.com/company/nutritional-details/index.html>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Pizza Hut									
Cheese Pizza, Hand-Tossed Crust	1/8 med. pizza	390	potassium chloride, potassium sorbate	-	10	8	3.5	26	210
Cheese Pizza, Original Pan Crust	1/8 med. pizza	450	potassium chloride	-	11	10	4.5	28	250
Cheese Pizza, Thin 'n Crispy	1/8 med. pizza	440	potassium chloride	-	10	7	4	22	190



Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Pepperoni Pizza, Hand-Tossed Crust	1/8 med. pizza	420	potas- sium chloride, potassium sorbate	-	9	9	4	25	220
Pepperoni Pizza, Original Pan Crust	1/8 med. pizza	470	potassium chloride	-	10	11	4.5	28	250
Supreme Pizza, Hand-Tossed Crust	1/8 med. pizza	450	potas- sium chloride, potassium sorbate	-	10	10	4	26	230
Meat Lovers Pizza, Thin 'n Crispy	1/8 med. pizza	650	potassium chloride	sodium phosphate	12	14	6	22	260
Meat Lovers, Hand-Tossed Crust	1/8 med. pizza	610	potas- sium chloride, potassium sorbate	sodium phosphate	12	15	6	26	280
Sausage Pizza, Original Pan Crust	1/8 med. pizza	660	potassium chloride	sodium phosphate	13	17	6	28	320
Cheese Pizza, Stuffed Crust	1/8 large pizza	660	potas- sium chloride, potassium sorbate	-	14	13	7	35	310

For additional nutritional information visit, <https://www.nutritionix.com/pizza-hut/menu/premium>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Subway									
Veggie Delite, 9 grain wheat bread	162 g / 6"	240	-	-	9	2	0.5	39	190
Cold Cut Combo, Italian bread	213 g / 6"	930	potassium lactate	sodium triphospho- phate	16	10	2	38	310
Turkey Breast - Regular, 9 grain wheat bread	219 g / 6"	730	-	sodium phosphate	20	2.5	0.5	41	250

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Turkey Breast and Ham, 9 grain wheat bread	219 g / 6"	720	-	sodium phosphate	19	3	1	41	260
Spicy Italian, Italian Bread	208 g / 6"	1240	-	-	18	24	9	40	450
Oven Roasted Chicken, 9 grain wheat bread	233 g / 6"	540	-	sodium phosphate	21	4.5	1.5	41	270
Italian BMT, Italian Bread	213 g / 6"	1100	-	sodium phosphate	19	17	6	40	380
Meatball Marinara, Italian Bread	205 g / 6"	1040	-	-	19	18	7	47	420
Tuna, Italian Bread	223 g / 6"	610	-	-	29	25	4.5	38	450
Steak & Cheese, 9 grain wheat bread	161 g / 6"	1060	-	sodium phosphate	22	10	4.5	39	340

For additional nutritional information visit, <https://www.subway.com/en-US/MenuNutrition/Nutrition/NutritionGrid>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Taco Bell									
Beefy 5-Layer Burrito	1 burrito	1250	potas- sium sorbate, dipotassium phosphate, potassium citrate	sodium acid pyro- phosphate, sodium phosphate	18	18	7	63	490
Bean Burrito	1 burrito	1000	potassium sorbate	sodium acid pyro- phosphate	13	9	3.5	54	350
Burrito Supreme, beef	1 burrito	1110	potassium sorbate	sodium acid pyro- phosphate, sodium phosphate	16	14	6	51	390
Burrito Supreme, chicken	1 burrito	1110	potassium sorbate	sodium acid pyro- phosphate, sodium phosphate	19	11	4.5	49	370
Black Bean Chalupa	1 chalupa	450	potassium sorbate	sodium phosphate	10	15	3	39	330

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Chalupa Supreme, steak	1 chalupa	530	potassium sorbate	sodium phosphate	15	16	4	32	330
Chalupa Supreme, beef	1 chalupa	560	potassium sorbate	sodium phosphate	13	18	5	33	350
Chalupa Supreme, chicken	1 chalupa	560	potassium sorbate	sodium phosphate	16	15	3.5	31	330
Chili Cheese Burrito	1 burrito	970	potassium sorbate	sodium acid pyrophosphate, monocalcium phosphate	16	17	8	40	370
Cinnamon Twist	1 order	210	-	-	1	6	0	27	170
Loaded Nacho Taco	1 taco	610	potassium sorbate, dipotassium phosphate, potassium citrate	sodium phosphate, sodium acid pyrophosphate	10	12	4.5	24	250
Cheesy Gordita Crunch	1 gordita	850	potassium sorbate	sodium phosphate	20	28	10	41	500
Chicken Chipotle Melt	1 melt	530	potassium sorbate, potassium chloride	sodium phosphate, sodium acid pyrophosphate	12	9	3	15	190
Chips and Nacho Cheese Sauce	1 order	250	potassium citrate	dipotassium phosphate	2	13	1.5	24	220
Nachos BellGrande, chicken	1 order	1050	potassium citrate, potassium sorbate	dipotassium phosphate, sodium phosphate	20	35	6	81	720
Nachos BellGrande, steak	1 order	1030	potassium citrate, potassium sorbate	dipotassium phosphate, sodium phosphate	19	36	6	81	720

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Quesadilla, cheese	1 quesadilla	990	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	19	25	12	37	470
Quesadilla, chicken	1 quesadilla	1250	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	27	26	12	38	510
Soft Taco, beef	1 taco	500	potassium sorbate	sodium phosphate, sodium acid pyrophosphate	9	9	4	17	180
Soft Taco, chicken	1 taco	500	potassium sorbate	sodium phosphate, sodium acid pyrophosphate	12	5	2.5	16	160
Taco, Crunchy	1 taco	310	-	sodium phosphate	8	9	3.5	13	170
Black Beans and Rice	1 order	320	-	-	4	3.5	0	31	170
Breakfast Crunchwrap, bacon	1 crunchwrap	1270	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	21	41	12	50	670
Cheesy Toasted Breakfast Burrito, fiesta potato	1 burrito	750	potassium sorbate, potassium citrate	sodium acid pyrophosphate, dipotassium phosphate	10	14	3.5	43	340
Cheesy Toasted Breakfast Burrito, sausage	1 burrito	730	potassium sorbate, potassium citrate	sodium acid pyrophosphate, dipotassium phosphate	11	17	5	46	340
Grande Toasted Breakfast Burrito, bacon	1 burrito	1290	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	24	30	10	49	560
Grande Toasted Breakfast Burrito, sausage	1 burrito	1150	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	22	31	10	49	560
Hash Brown Toasted Breakfast Burrito, bacon	1 burrito	1270	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	21	33	10	49	570

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Hash Brown Toasted Breakfast Burrito, sausage	1 burrito	1130	potassium sorbate	sodium acid pyrophosphate, sodium phosphate	18	34	10	49	570

For additional nutritional information visit, <https://www.tacobell.com/nutrition/info>

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
<b>Wendy's</b>									
Apple Pecan Chicken Salad, no dressing	1 entree	1090	780	-	39	23	10	26	460
Baked potato, bacon, cheese	1 potato	610	1660	sodium phosphate	17	13	6	64	440
Baked potato, plain	1 potato	40	1560	-	7	0	0	61	270
Baked potato, sour cream, chives	1 potato	55	1610	-	8	2.5	1.5	63	310
Bacon Deluxe Single	1 burger	1210	430	monocalcium phosphate, sodium phosphate	32	40	16	36	630
Southwest Avocado Salad, no dressing	1 entree	930	1090	sodium phosphate	39	25	9	12	420
Jalapeno Popper Salad, no dressing	1 entree	1250	810	phosphoric acid, sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate	35	26	8	34	510
Crispy Chicken Nuggets	6 pc.	510	170	sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate	13	16	3.5	14	250
Grilled Chicken Sandwich	1 sandwich	780	460	monocalcium phosphate	34	9	1.5	35	360
Sausage, egg, and cheese Burrito	1 burrito	920	180	sodium acid pyrophosphate, monocalcium phosphate	15	20	7	25	340

Food	Portion	Na	K	Phos	Protein	Fat	Sat. Fat	Carbs	Calories
Dave's Single	1 burger	1030	460	monocalcium phosphate	29	37	14	37	590
French fries	small	210	620	sodium acid pyrophosphate	4	13	2.5	36	270
Frosty, Classic Chocolate	small	150	610	-	10	9	6	58	350
Classic Chicken Sandwich	1 sandwich	1450	170	sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate	28	21	3.5	49	490
Junior Cheeseburger	1 burger	610	200	monocalcium phosphate	15	14	6	26	290
Junior Hamburger	1 burger	420	170	monocalcium phosphate	13	11	4	25	250
Asiago Ranch Classic Chicken Club	1 sandwich	1880	560	sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate	37	31	8	50	630
Parmesan Caesar Salad, no dressing	1 entree	790	710	-	41	14	7	5	300
Spicy Jalapeno Popper Sandwich	1 sandwich	1660	510	sodium phosphate, sodium acid pyrophosphate, monocalcium phosphate, phosphoric acid	37	26	9	54	600
Bacon, Egg, and Swiss Croissant	1 sandwich	890	230	sodium phosphate	18	23	11	34	410

For additional nutritional information visit, <https://order.wendys.com/categories?site=menu>

Please note, when restaurants do not list the amount of potassium or phosphorus, check the ingredient list as portrayed above.



### Why is diet important?

- Slow the progression of kidney disease.
- Lessen or prevent symptoms of kidney disease for pre-end stage as well as dialysis.
- Help maintain normal lab values on dialysis.
- Manage other issues such as diabetes, high blood pressure, cardiovascular disease.
- Contribute to overall better health.

### Why seek a dietitian's help?

- Registered Dietitians are trained in nutrition. They have degrees and licensure. All dietitians are nutritionists but not all nutritionists are dietitians.
- Teach you what you CAN eat.
- Help you substitute alternatives for your favorite foods.
- Review your blood tests both pre-end stage and on dialysis.
- Provide recipes, meal ideas, grocery lists, and counsel on your diet.
- Teach you to read food nutrition labels.
- Help you achieve and maintain a healthy weight.
- Work with other health care team members to plan your care.

### How do I find a dietitian who specializes in kidney disease?

- Ask your doctor for a referral.
- Go to the Academy of Nutrition and Dietetics website: [www.eatright.org](http://www.eatright.org)
- On the homepage, click, "Find an Expert"
- Click "Search by Expertise" and choose "Kidney and Renal Disease"
- Put in your zipcode.
- A list of dietitians in your area will appear with complete contact information.

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