

# Dialysis Diet Production Notes

## BREADS and STARCHES

Do not serve whole wheat or white wheat bread, rolls, pasta or rice

Do not serve whole grain or bran cereals or granola

Limit cornbread, corn tortillas and oatmeal to 3-x week

Acceptable starches include white bread and rolls, white rice, macaroni, spaghetti noodles, grits, dry cereal.

## DESSERTS

Do not serve desserts with chocolate, peanut butter, nuts

Dialysis diet desserts include plain cake (no icing) and sugar cookies

## FRUITS

Do not serve bananas, cantaloupe, oranges, prunes, honeydew melon, or avocado.

Limit raisins and watermelon to 1 x day.

Allowed fruits include apples, applesauce, grapes, peaches, pears, pineapple, and mixed fruit.

## MEATS

Allowed meats include chicken, chicken patties, fish patties, tuna, beef, ground pork, pork chops and eggs.

Do not serve peanut butter, cheese, lunchmeat, sausage, wieners, ham roll or bacon.

## MILK

Milk is limited to 1 cup 3 times a week.

Avoid milk products like cheese, cheese sauce, cream gravy or soup, and pudding

## POTATOES

Fresh potatoes must be “leached”, that is, peeled, cut up and soaked in water for 3 to 4 hours and drained before cooking.

## VEGETABLES

Limit the use of beets, broccoli, carrots, corn, cooked celery, greens, okra, tomato products, cooked spinach, sweet potatoes, and winter squash to 2 servings/day. Servings of green beans, green peas, cabbage, lettuce, onions, squash and bell pepper are allowed 4/day.

## MISC

Avoid the use of nuts, peanut butter, salt, seasoning salt, catsup, mustard, salty pickles/relish, taco sauce, teriyaki sauce, bouillon and broths/soups.

## SEASONING

Do not use salt substitute.

The use of herbs and spices is encouraged. The following are all acceptable:

allspice, basil, bay leaf, cinnamon, cloves, cumin, curry, dill, garlic, ginger, lemon, marjoram, mustard powder, parsley, rosemary, sage, savory, tarragon, thyme

The use of fresh onions, garlic and peppers is encouraged for seasoning.

## Garlic Mayonnaise

Yield: 50 servings

Serving Size: 1 Tbs

<u>Ingredients</u>	<u>Weights/Measures</u>	<u>Unit Conversion</u>
Mayo or Salad Dressing	6 ½ cup	
Garlic Powder	3 Tbs.	

### Directions:

1. Mix dressing and garlic powder well.
2. Cover and refrigerate until ready to serve.

## Renal Breakfast Sausage #1

Yield: 100 servings

Serving Size: 1 ½ oz.

<u>Ingredients</u>	<u>Weights/Measures</u>	<u>Unit Conversion</u>
Ground Pork	13 pounds	
Ground Sage	½ cup	
Sugar	½ cup	
Black Pepper	6 Tbs.	

### Directions:

1. Mix all ingredients together well.
2. Refrigerate overnight.
3. Scoop with 1/8 cup (#16) scoop and flatten.
4. Cook on griddle until meat reaches an internal temperature of 140 degrees and no longer pink.

## Renal Breakfast Sausage #2

Yield: 100 servings

Serving Size: 1 ½ oz.

<u>Ingredients</u>	<u>Weights/Measures</u>	<u>Unit Conversion</u>
Ground Pork	13 pounds	
Garlic Powder	3 Tbs.	
Onion Powder	3 Tbs.	
Ground Sage	3 Tbs.	

### Directions:

5. Mix all ingredients together well.
6. Refrigerate overnight.
7. Scoop with 1/8 cup (#16) scoop and flatten.
8. Cook on griddle until meat reaches an internal temperature of 140 degrees and no longer pink.