



AAKP NUTRITION COUNTER

**A Reference For
The Kidney Patient**

aakp American Association of Kidney Patients

Key:**Na** = Sodium in milligrams (mg)**Phos** = Phosphorus in milligrams (mg)**Calories** = Calories in kilocalories (kcal)**fl oz** = fluid ounce**tbsp** = tablespoon**K** = Potassium in milligrams (mg)**Protein** = Protein in grams (g)**oz** = ounce**tsp** = teaspoon* = data not available (please do **NOT** read as zero)

Originally edited by Peggy Harum, RD, CSR, LD
Certified Specialist in Renal Nutrition, Miami, Florida

"If you eat too much sodium you can be thirsty, your blood pressure can rise. If you have too much potassium in your diet, it can cause irregular heartbeats. If there is too much phosphorus in your diet, you can develop calcification in your eyes, heart, skin and joints."

Before you restrict sodium, potassium, phosphorus, protein and/or calories in your diet, please check with your dietitian. The diet for dialysis is not necessarily low calorie and is **NOT LOW PROTEIN**.

The secret of the diet is the size of the portion.

Reviewed by Maria Karalis, MBA, RD, LD
Nutrition Consultant for ikidney.com

REFERENCE:

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.

Nutritional analysis of products was provided by respective franchise corporations.

| Food | Portion | NA | K | Phos | Protein | Calories |
|----------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Alcohol, 80 proof | 3 oz | 0 | 2 | 4 | 0 | 194 |
| Almonds, dry roasted | 1 oz | 0 | 211 | 139 | 6.3 | 169 |
| Apple | 1 medium | 0 | 159 | 10 | 0.3 | 81 |
| Apple juice | 8 oz | 7 | 295 | 17 | 0.1 | 117 |
| Applesauce, sweetened | 1/2 cup | 4 | 78 | 9 | 0.25 | 97 |
| Apricots, canned in syrup | 1 cup | 28 | 346 | 34 | 1.3 | 214 |
| Apricots, plain | 1 cup | 2 | 459 | 29 | 2.2 | 74 |
| Artichoke, boiled | 1 medium | 114 | 425 | 103 | 4.2 | 60 |
| Asparagus, canned | 1 cup | 695 | 416 | 104 | 5.2 | 46 |
| Asparagus, frozen, boiled | 1 cup | 7 | 392 | 99 | 5.3 | 50 |
| Avocado, Florida | 1 medium | 15 | 1484 | 119 | 4.8 | 340 |
| Bacon, broiled or panfried | 3 strips | 303 | 92 | 64 | 5.8 | 109 |
| Bagel, plain | 3.7 oz | 561 | 106 | 101 | 11 | 289 |
| Banana | 1 medium | 1 | 467 | 24 | 1.2 | 109 |
| Barbeque sauce | 2 tbsp | 424 | 28 | 3 | 0.2 | 39 |
| Beans, black, canned | 1 cup | 2 | 611 | 241 | 15.2 | 227 |
| Beans, garbanzo, canned | 1 cup | 11 | 477 | 276 | 14.5 | 269 |
| Beans, green, canned | 1 cup | 354 | 147 | 26 | 1.6 | 27 |
| Beans, lima, canned | 1 cup | 810 | 530 | 178 | 14.6 | 229 |
| Beans, soy, boiled | 1 cup | 2 | 886 | 421 | 28.6 | 298 |
| Beans, baked, homemade | 1 cup | 1068 | 906 | 276 | 14 | 382 |
| Beef, ground, 10% fat | 3 oz | 52 | 255 | 164 | 22.6 | 182 |
| Beef, top sirloin, broiled | 3 oz | 53 | 309 | 187 | 23.5 | 229 |
| Beer, most varieties | 12 oz | 18 | 89 | 43 | 1.1 | 146 |
| Beets, canned | 1/2 cup | 165 | 126 | 15 | 0.8 | 26 |
| Biscuit | 1 medium | 537 | 114 | 219 | 3.2 | 186 |
| Blackberries | 1 cup | 0 | 282 | 30 | 1 | 75 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|-----------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Blackeyed peas, canned | 1 cup | 718 | 413 | 168 | 11.4 | 185 |
| Blueberries | 1 cup | 9 | 129 | 15 | 1 | 81 |
| Bologna | 1 slice | 274 | 44 | 43 | 3.5 | 22 |
| Bread, rye | 1 slice | 211 | 53 | 40 | 2.7 | 83 |
| Bread, white | 1 slice | 135 | 30 | 24 | 2.1 | 67 |
| Bread, whole wheat | 1 slice | 148 | 71 | 64 | 2.7 | 69 |
| Broccoli, frozen, cooked | 1 cup | 24 | 286 | 58 | 2.6 | 25 |
| Brownie, homemade | 2" square | 82 | 42 | 32 | 1.5 | 112 |
| Brussels sprouts, frozen, boiled | 1 cup | 36 | 504 | 84 | 5.6 | 65 |
| Butter | 1 tbsp | 117 | 4 | 3 | 0.1 | 102 |
| Butter, unsalted | 1 tbsp | 2 | 4 | 3 | 0.1 | 102 |
| Cabbage, cooked | 1/2 cup | 6 | 73 | 11 | 0.8 | 17 |
| Cake, chocolate, icing, low fat | 1 cupcake | 178 | 96 | 79 | 1.8 | 131 |
| Cake, poundcake, fat free | 1 oz | 97 | 31 | 41 | 1.5 | 80 |
| Candy, Butterfinger | 2.16 oz | 121 | 232 | 80 | 7.6 | 293 |
| Candy, Hershey's bar, almonds | 1.5 oz | 33 | 195 | 116 | 4.5 | 228 |
| Candy, Hershey's bar, no nuts | 1.5 oz | 36 | 169 | 95 | 3.2 | 233 |
| Candy, M & M's | 1.69 oz | 29 | 80 | 46 | 2.1 | 236 |
| Candy, Milky Way | 2.1 oz | 144 | 145 | 86 | 2.7 | 254 |
| Candy, Reese's Peanut Butter Cups | 1.6 oz | 141 | 154 | 72 | 4.6 | 232 |
| Candy, York Peppermint Patty | 1.5 oz | 12 | 48 | 0 | 0.9 | 165 |
| Cantaloupe | 1 cup | 16 | 547 | 30 | 1.6 | 62 |
| Carrot | 1 large | 25 | 233 | 32 | 0.7 | 31 |
| Cauliflower, boiled | 1/2 cup | 9 | 88 | 20 | 1.1 | 14 |
| Caviar, black or red | 1 tbsp | 240 | 29 | 57 | 3.9 | 40 |
| Celery | 1 large | 35 | 115 | 10 | 0.3 | 6 |
| Cereal, bran flakes | 3/4 cup | 230 | 170 | 150 | 3 | 90 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|---------------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Cereal, Cheerios | 1 cup | 273 | 96 | 100 | 3.3 | 111 |
| Cereal, Corn Flakes | 1 cup | 263 | 32 | 20 | 1.8 | 111 |
| Cereal, Cream of Wheat, prepared | 1 cup | 7 | 48 | 43 | 4.3 | 154 |
| Cereal, Raisin Bran | 1 1/3 cups | 320 | 330 | * | 5 | 170 |
| Cheese, American | 1 oz | 405 | 46 | 211 | 6.3 | 106 |
| Cheese, brie | 1 oz | 178 | 43 | 53 | 5.9 | 95 |
| Cheese, cheddar | 1 oz | 176 | 28 | 145 | 7.1 | 114 |
| Cheese, cottage | 4 oz | 459 | 97 | 152 | 14 | 82 |
| Cheese, cream | 1 tbsp | 43 | 17 | 15 | 1.1 | 51 |
| Cheese, feta | 1 oz | 316 | 18 | 96 | 4 | 75 |
| Cheese, mozzarella | 1 oz | 106 | 19 | 105 | 5.5 | 80 |
| Cheese, Swiss | 1 oz | 74 | 31 | 172 | 8.1 | 107 |
| Cherries | 1 cup | 3 | 178 | 15 | 1 | 52 |
| Chicken, dark meat, coated, fried | 3.5 oz | 88 | 224 | 172 | 26.4 | 240 |
| Chicken, dark meat, roasted, no skin | 3.5 oz | 94 | 238 | 182 | 28.2 | 224 |
| Chicken, light meat, coated, fried | 3.5 oz | 74 | 254 | 228 | 31.2 | 218 |
| Chicken, light meat, roasted, no skin | 3.5 oz | 70 | 240 | 210 | 29.2 | 193 |
| Clams, breaded, fried | 9 small | 309 | 277 | 160 | 12.1 | 172 |
| Clams, moisture cooked | 19 small | 95 | 534 | 287 | 21.7 | 126 |
| Cocoa, unsweetened, powder | 1 tbsp | 1 | 82 | 40 | 1.1 | 12 |
| Coconut | 1.6 oz | 9 | 160 | 51 | 1.5 | 159 |
| Coconut, dried | 1 oz | 10 | 154 | 58 | 2 | 187 |
| Coffee, instant | 1 tsp | 1 | 53 | 5 | 0.2 | 4 |
| Coffee, regular brewed | 8 oz | 5 | 128 | 2 | 0.2 | 5 |
| Coffeerich, liquid | 1 tbsp | 11 | 6 | 5 | 0 | 22 |
| Collards, chopped, boiled | 1 cup | 17 | 494 | 49 | 4 | 49 |
| Cookies, vanilla wafers | 7 wafers | 88 | 27 | 29 | 1.4 | 125 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|--|----------------|-----------|----------|-------------|----------------|-----------------|
| Cool Whip | 2 tbsp | 0 | 0 | 0 | 0 | 25 |
| Corn, boiled | 1 ear | 13 | 192 | 79 | 2.6 | 83 |
| Corn, canned | 1/2 cup | 175 | 160 | 53 | 2 | 66 |
| Cornbread | 2.1 oz | 467 | 77 | 226 | 4.3 | 188 |
| Crab, blue, moisture cooked | 3 oz | 237 | 275 | 175 | 17.2 | 87 |
| Crab, blue, raw | 3 oz | 249 | 280 | 195 | 15.4 | 74 |
| Crackers, graham, plain or honey | 2 crackers | 85 | 19 | 15 | 1 | 59 |
| Crackers, melba toast | 1 piece | 41 | 10 | 10 | 0.6 | 20 |
| Crackers, saltines | 5 crackers | 185 | 18 | 15 | 1.3 | 62 |
| Crackers, saltines, fat free, low sodium | 6 crackers | 191 | 35 | 34 | 3.2 | 118 |
| Crackers, wheat | 7 crackers | 113 | 26 | 31 | 1.2 | 67 |
| Crackers, whole wheat | 4 crackers | 99 | 45 | 45 | 1.5 | 70 |
| Cranberries | 1 cup | 1 | 67 | 9 | 0.4 | 47 |
| Cranberry juice cocktail | 8 oz | 5 | 46 | 5 | 0 | 144 |
| Cream, half and half | 1 tbsp | 6 | 20 | 14 | 0.4 | 20 |
| Croutons | 1 cup | 209 | 37 | 35 | 3.6 | 122 |
| Cucumber, no peel | 1 medium | 4 | 297 | 42 | 1.1 | 24 |
| Dates, dried | 1 date | 0 | 54 | 3 | 0.2 | 23 |
| Egg | 1 large | 62 | 63 | 86 | 6.3 | 78 |
| Egg substitute, liquid | 1.5 oz | 83 | 155 | 57 | 5.6 | 39 |
| Egg, white only | 1 large | 54 | 47 | 4 | 3.5 | 17 |
| Eggplant, boiled | 1 cup | 3 | 246 | 22 | 0.8 | 28 |
| English muffin, plain | 2 oz | 264 | 75 | 76 | 4.4 | 134 |
| Figs, dried | 1 fig | 2 | 135 | 13 | 0.6 | 48 |
| Fish, flounder, cooked | 3 oz | 89 | 292 | 246 | 20.5 | 99 |
| French toast | 1 slice | 292 | 79 | 82 | 4.4 | 126 |
| Fruit juice bar | 3 fl oz | 4 | 49 | 6 | 1.1 | 75 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|-------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Fruit punch, from concentrate | 8 oz | 12 | 191 | 0 | 0.2 | 124 |
| Gatorade, lemon lime | 8 oz | 96 | 32 | * | 0 | 58 |
| Gelatin, aspartame | 1/2 cup | 56 | 0 | 32 | 1.3 | 8 |
| Gelatin, sugar | 1/2 cup | 57 | 1 | 30 | 1.6 | 80 |
| Grape juice | 8 oz | 8 | 334 | 28 | 1.4 | 154 |
| Grapefruit | 1 medium | 0 | 318 | 22 | 1.4 | 74 |
| Grapefruit juice | 8 oz | 2 | 378 | 27 | 1.3 | 94 |
| Grapes | 1 cup | 2 | 176 | 9 | 0.6 | 62 |
| Gravy, beef, canned | 10.3 oz | 1630 | 236 | 87 | 10.9 | 154 |
| Gravy, chicken, canned | 10.5 oz | 1719 | 325 | 86 | 5.8 | 235 |
| Guacamole | 1.6 oz | 240 | 180 | * | 1 | 90 |
| Guava | 1 medium | 3 | 256 | 23 | 0.7 | 46 |
| Ham, lean, roasted | 3 oz | 1128 | 269 | 193 | 21.3 | 133 |
| Honey, strained | 1 tbsp | 1 | 11 | 1 | 0.1 | 64 |
| Honeydew | 1 cup | 18 | 480 | 18 | 0.8 | 62 |
| Hot dog, beef | 1 hot dog | 490 | 67 | 69 | 4.8 | 141 |
| Hot dog, pork | 1 hot dog | 620 | 201 | 130 | 9.7 | 204 |
| Hot dog, turkey | 1 hot dog | 642 | 81 | 60 | 6.4 | 102 |
| Ice Cream, Edy's Grand Light | 1/2 cup | 51 | * | * | 2.9 | 121 |
| Jelly | 1 tbsp | 5 | 12 | 1 | 0 | 54 |
| Ketchup | 1 tbsp | 178 | 72 | 6 | 0.2 | 16 |
| Kiwifruit | 1 medium | 4 | 252 | 30 | 0.8 | 46 |
| Lamb, leg, lean, roasted | 3 oz | 58 | 287 | 175 | 24.1 | 162 |
| Lamb, loin, lean, broiled | 3 oz | 71 | 320 | 192 | 25.5 | 184 |
| Lamb, loin, lean, roasted | 3 oz | 56 | 227 | 175 | 22.6 | 172 |
| Lemon | 1 medium | 1 | 80 | 9 | 0.6 | 17 |
| Lemon juice | 2 tbsp | 6 | 30 | 2 | 0.2 | 6 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|----------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Lemonade, from concentrate | 8 oz | 7 | 37 | 5 | 0.2 | 99 |
| Lentils, boiled | 1 cup | 4 | 731 | 356 | 17.9 | 230 |
| Lettuce, iceberg | 1 cup | 5 | 87 | 11 | 0.6 | 7 |
| Lettuce, romaine | 1 cup | 4 | 162 | 26 | 1 | 8 |
| Lime | 1 medium | 1 | 68 | 12 | 0.5 | 20 |
| Liver, beef, panfried | 3 oz | 90 | 309 | 392 | 22.7 | 184 |
| Lobster, moisture cooked | 3 oz | 323 | 299 | 157 | 17.4 | 83 |
| Macaroni and cheese | 8.9 oz | 1058 | 123 | * | 7.6 | 199 |
| Mango | 1 medium | 4 | 323 | 23 | 1.1 | 135 |
| Margarine | 1 tbsp | 92 | 3 | 1 | 0 | 99 |
| Marshmallows | 4 regular | 12 | 0 | 4 | 0.4 | 92 |
| Matzo | 1 matzo | 1 | 31 | 25 | 2.8 | 111 |
| Mayonnaise | 1 tbsp | 80 | 5 | 4 | 0.2 | 100 |
| Mayonnaise, light | 1 tbsp | 120 | 8 | 9 | 0.1 | 50 |
| Milk, coconut | 8 fl oz | 29 | 497 | 217 | 4.6 | 445 |
| Milk, condensed | 1 fl oz | 49 | 142 | 97 | 3 | 123 |
| Milk, evaporated, nonfat | 1 fl oz | 37 | 106 | 62 | 2.4 | 25 |
| Milk, nonfat | 8 fl oz | 127 | 407 | 247 | 8.4 | 86 |
| Milk, soy | 8 fl oz | 29 | 345 | 120 | 6.7 | 81 |
| Milk, whole | 8 fl oz | 120 | 371 | 227 | 8 | 149 |
| Molasses | 1 tbsp | 7 | 293 | 6 | 0 | 53 |
| Muffin, blueberry | 2 oz | 251 | 70 | 83 | 3.7 | 162 |
| Muffin, corn | 4.9 oz | 724 | 96 | 395 | 8.2 | 424 |
| Muffin, plain | 2 oz | 266 | 69 | 87 | 3.9 | 169 |
| Mushrooms | 1 cup | 6 | 518 | 146 | 4 | 36 |
| Mustard | 1 tsp | 56 | 8 | 4 | 0.2 | 3 |
| Oatmeal, instant, cooked | 1 cup | 377 | 131 | 176 | 5.9 | 138 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|-------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Oil, canola | 1 tbsp | 0 | 0 | 0 | 0 | 124 |
| Oil, olive | 1 tbsp | 0 | 0 | 1 | 0 | 119 |
| Okra, frozen, cooked | 1/2 cup | 3 | 215 | 42 | 1.9 | 26 |
| Olives, black | 10 small | 280 | 8 | 8 | 0 | 40 |
| Olives, green | 5 jumbo | 375 | 5 | 4 | 0.5 | 35 |
| Onions | 1/2 cup | 2 | 126 | 26 | 0.9 | 30 |
| Orange | 1 medium | 0 | 237 | 18 | 1.2 | 62 |
| Orange juice | 8 oz | 2 | 496 | 42 | 1.7 | 112 |
| Oysters, raw | 6 medium | 177 | 131 | 113 | 5.9 | 57 |
| Pancake, buttermilk | 4" | 198 | 55 | 53 | 2.6 | 86 |
| Papaya | 1 medium | 9 | 781 | 15 | 1.9 | 119 |
| Papaya nectar | 8 oz | 13 | 78 | 0 | 0.4 | 143 |
| Pasta, cooked | 1 cup | 1 | 43 | 76 | 6.7 | 197 |
| Peach | 1 medium | 0 | 193 | 12 | 0.7 | 42 |
| Peach nectar | 8 oz | 17 | 100 | 15 | 0.7 | 134 |
| Peaches, canned | 1 cup | 16 | 241 | 29 | 1.2 | 194 |
| Peanut butter | 2 tbsp | 149 | 214 | 118 | 8.1 | 190 |
| Peanuts, dry roasted | 1 oz | 230 | 187 | 101 | 6.7 | 166 |
| Pear | 1 medium | 0 | 208 | 18 | 0.6 | 98 |
| Pear nectar | 8 oz | 10 | 33 | 8 | 0.3 | 150 |
| Pears, canned | 1 cup | 13 | 173 | 19 | 0.5 | 197 |
| Peas, green, canned | 1/2 cup | 214 | 147 | 57 | 3.8 | 59 |
| Pecans, dry roasted | 1 oz | 0 | 120 | 83 | 2.7 | 201 |
| Peppers, bell, green, red | 1 medium | 2 | 211 | 23 | 1.1 | 32 |
| Peppers, chili, green, canned | 1 cup | 552 | 157 | 15 | 1 | 29 |
| Pickle, dill | 1 large | 1731 | 157 | 28 | 0.8 | 24 |
| Pie, apple, frozen | 1/8 of 9" | 333 | 81 | 30 | 2.4 | 296 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Pie, cherry, frozen | 1/8 of 9" | 308 | 101 | 36 | 2.5 | 325 |
| Pie, pumpkin, frozen | 1/6 of 8" | 307 | 168 | 77 | 4.3 | 229 |
| Pineapple | 1 cup | 2 | 175 | 11 | 0.6 | 76 |
| Pineapple juice | 8 oz | 3 | 335 | 20 | 0.8 | 140 |
| Pineapple, canned | 1 cup | 3 | 264 | 18 | 0.9 | 198 |
| Pita bread, white | 1 large | 322 | 72 | 58 | 5.5 | 165 |
| Pita bread, whole wheat | 1 large | 340 | 109 | 115 | 6.3 | 170 |
| Pizza, cheese | 1/8 of 12" | 336 | 110 | 113 | 7.7 | 140 |
| Pizza, cheese, meat | 1/8 of 12" | 382 | 179 | 131 | 13 | 184 |
| Plantain, cooked | 1 cup | 8 | 716 | 43 | 1.2 | 179 |
| Plum | 1 medium | 0 | 114 | 7 | 0.5 | 36 |
| Popcorn | 2.6 cups | 1 | 85 | 85 | 3.4 | 108 |
| Popcorn, light butter | 1 cup | 50 | 15 | * | 1 | 20 |
| Popsicle | 2 fl oz | 7 | 2 | 0 | 0 | 42 |
| Popsicle, sugar free | 1.75 fl oz | 0 | * | * | 0 | 15 |
| Pork loin, lean, roasted | 3 oz | 49 | 361 | 212 | 24.3 | 178 |
| Pork, backribs, roasted | 3 oz | 86 | 268 | 166 | 20.6 | 315 |
| Potato chips | 1 oz | 168 | 361 | 47 | 2 | 152 |
| Potato, baked | 1 medium | 17 | 926 | 121 | 4.3 | 161 |
| Potato, french fries, frozen | 10 strips | 15 | 209 | 41 | 1.7 | 109 |
| Potato, instant, mashed | 1 cup | 697 | 489 | 118 | 4 | 237 |
| Pretzels | 10 pretzels | 1029 | 88 | 68 | 5.5 | 229 |
| Prune juice | 8 oz | 10 | 707 | 64 | 1.6 | 182 |
| Prunes, dried | 1 prune | 0 | 63 | 7 | 0.2 | 20 |
| Pudding, instant, chocolate | 1/2 cup | 417 | 247 | 350 | 4.6 | 154 |
| Raisins | 1 cup | 41 | 1196 | 109 | 3.7 | 429 |
| Rice, brown, cooked | 1 cup | 2 | 154 | 150 | 4.5 | 218 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|--|----------------|-----------|----------|-------------|----------------|-----------------|
| Rice, white, cooked | 1 cup | 2 | 55 | 68 | 4 | 205 |
| Rice, wild, cooked | 1 cup | 5 | 166 | 134 | 6.5 | 166 |
| Salad dressing, blue cheese, light | 2 tbsp | 328 | 12 | 22 | 2 | 140 |
| Salad dressing, French | 2 tbsp | 438 | 26 | 4 | 0.2 | 138 |
| Salad dressing, Italian | 2 tbsp | 232 | 4 | 2 | 0.2 | 138 |
| Salad dressing, Italian, reduced fat | 1 tbsp | 118 | 2 | 1 | 0 | 16 |
| Salad dressing, ranch, fat free | 2 tbsp | 354 | 31 | 28 | 0.2 | 48 |
| Salad dressing, thousand island, low fat | 2 tbsp | 300 | 34 | 6 | 0.2 | 48 |
| Salami, beef | 1 slice | 382 | 64 | 26 | 4.3 | 78 |
| Salsa | 1 tbsp | 69 | 34 | 4 | 0.2 | 4 |
| Sardines, canned in soy oil | 2 sardines | 121 | 95 | 118 | 5.9 | 50 |
| Sausage, pork | 2 links | 401 | 114 | 76 | 7.8 | 165 |
| Scallions | 1 cup | 16 | 276 | 37 | 1.8 | 32 |
| Scallops, breaded, fried | 2 large | 144 | 103 | 73 | 5.6 | 67 |
| Scallops, raw | 6 large | 137 | 274 | 186 | 14.3 | 75 |
| Sherbet, orange | 1 cup | 68 | 142 | 60 | 1.6 | 204 |
| Shrimp, breaded, fried | 3 oz | 292 | 191 | 185 | 18.2 | 206 |
| Shrimp, moisture cooked | 3 oz | 190 | 155 | 116 | 17.8 | 84 |
| Soda, Coca-Cola Classic | 12 oz | 33 | 0 | 41 | * | 97 |
| Soda, Diet Coke | 12 oz | 28 | 12 | 18 | * | 1 |
| Soda, Diet Sprite | 12 oz | 24 | 73 | 0 | * | 2 |
| Soda, ginger ale | 12 oz | 26 | 4 | 0 | 0 | 124 |
| Soda, Pepsi | 12 oz | 35 | 10 | 53 | * | 150 |
| Soda, Sprite | 12 oz | 47 | 0 | 0 | * | 96 |
| Soup, chicken noodle | 1 cup | 1106 | 55 | 36 | 4 | 75 |
| Soup, chicken vegetable | 1 cup | 945 | 154 | 41 | 3.6 | 75 |
| Soup, cream of chicken | 10.8 oz | 2397 | 214 | 92 | 8.3 | 284 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|--------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Soup, cream of mushroom | 10.8 oz | 2111 | 204 | 104 | 4.9 | 314 |
| Soup, minestrone | 1 cup | 911 | 313 | 55 | 4.3 | 82 |
| Soup, tomato | 1 cup | 695 | 264 | 34 | 2 | 85 |
| Soup, vegetable | 1 cup | 822 | 210 | 34 | 2.1 | 72 |
| Soup, vegetable beef | 1 cup | 791 | 173 | 41 | 5.6 | 78 |
| Sour cream | 2 tbsp | 12 | 34 | 20 | 0.8 | 52 |
| Sour cream, fat free | 2 tbsp | 23 | 70 | 37 | 1.5 | 29 |
| Soy sauce | 1 tbsp | 1024 | 27 | 17 | 0.4 | 7 |
| Spinach, canned | 1 cup | 58 | 740 | 94 | 6 | 49 |
| Spinach, frozen, boiled | 1 cup | 164 | 566 | 92 | 6 | 54 |
| Squash | 1 cup | 2 | 896 | 41 | 1.8 | 80 |
| Strawberries | 1 cup | 1 | 239 | 27 | 0.9 | 43 |
| Stuffing, chicken | 1/2 cup | 429 | 75 | 36 | 3.5 | 107 |
| Stuffing, cornbread | 1/2 cup | 455 | 62 | 34 | 2.9 | 179 |
| Sugar | 1 tsp | 0 | 1 | 1 | 0 | 16 |
| Sweet potato, canned, mashed | 1 cup | 191 | 536 | 133 | 5 | 258 |
| Sweet potato, with skin, baked | 1 medium | 11 | 397 | 63 | 2 | 117 |
| Syrup, pancake or waffle | 1 tbsp | 17 | 1 | 2 | 0 | 57 |
| Tamarind | 1 medium | 34 | 754 | 136 | 3.4 | 287 |
| Tea, prepared brewed | 8 oz | 7 | 88 | 2 | 0 | 2 |
| Tofu | 3.4 oz | 20 | * | * | 20 | 180 |
| Tomato | 1 medium | 11 | 273 | 30 | 1 | 26 |
| Tomato juice | 8 oz | 877 | 535 | 46 | 1.8 | 41 |
| Tomato paste, canned | 6 oz | 150 | 1593 | 134 | 6.2 | 139 |
| Tomato, canned regular | 1 cup | 356 | 530 | 46 | 2.2 | 46 |
| Tortilla chips | 1 oz | 150 | 56 | 58 | 2 | 142 |
| Tortilla, corn | 1 medium | 39 | 37 | 75 | 1.4 | 53 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Tortilla, flour | 1 medium | 220 | 60 | 57 | 4 | 150 |
| Tuna, canned in oil | 3 oz | 337 | 283 | 227 | 22.6 | 158 |
| Tuna, canned in water | 3 oz | 320 | 201 | 184 | 21.1 | 109 |
| Turkey, breast, roasted | 3 oz | 45 | 237 | 184 | 24.7 | 130 |
| Veal, sirloin, lean, braised | 3 oz | 69 | 288 | 220 | 28.9 | 173 |
| Veal, sirloin, lean, roasted | 3 oz | 72 | 310 | 196 | 22.4 | 143 |
| Vegetables, frozen, mixed | 1/2 cup | 41 | 187 | 52 | 2.6 | 59 |
| Vinegar, cider | 1 tbsp | 1 | 15 | 1 | 0 | 2 |
| Waffle, frozen | 4" | 260 | 42 | 139 | 2 | 87 |
| Walnuts, English, dried | 1 oz | 1 | 125 | 98 | 4.3 | 185 |
| Watermelon | 1 cup | 3 | 176 | 14 | 0.9 | 49 |
| Wine, red | 3.5 oz | 5 | 115 | 14 | 0.2 | 74 |
| Wine, white | 3.5 oz | 5 | 82 | 14 | 0.1 | 70 |
| Yogurt, Dannon, plain | 8 oz | 105 | 351 | 215 | 11 | 140 |
| Yogurt, Yoplait, fruit | 6 oz | 100 | 310 | 150 | 7 | 180 |
| Zucchini, boiled | 1 cup | 5 | 455 | 72 | 1.2 | 29 |

FAST FOODS

Nutritional analysis of products was provided by respective franchise corporations. Currently, many corporations do not have data for potassium (K) and phosphorus (Phos). For questions, please contact your renal dietitian.

Boston Market

| | | | | | | |
|-------------------|-----------|-----|-----|----|-----|-----|
| Broccoli, steamed | 1 serving | 450 | 240 | 40 | 3.5 | 92 |
| Butternut squash | 1 serving | 560 | 510 | 50 | 2 | 150 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|--|----------------|-----------|----------|-------------|----------------|-----------------|
| Chicken breast sandwich, honey wheat roll, sauce, cheese | 1 sandwich | 1135 | 620 | 510 | 44 | 741 |
| Chicken pot pie | 1 pie | 1530 | 760 | 390 | 26 | 750 |
| Chicken, rotisserie, white meat, no skin, no wing | 1/4 chicken | 357 | 270 | 240 | 24.5 | 126 |
| Cinnamon apples | 1 serving | 45 | 150 | 15 | 0 | 250 |
| Cole slaw | 1 serving | 98 | 330 | 40 | 3 | 133 |
| Corn bread | 1 loaf | 390 | 60 | 230 | 3 | 200 |
| Creamed spinach | 1 serving | 740 | 350 | 170 | 9 | 260 |
| Fruit salad | 1 serving | 17 | 410 | 25 | 1 | 63 |
| Green bean casserole | 1 serving | 670 | 130 | 30 | 1 | 80 |
| Ham | 5 oz | 1460 | 440 | 450 | 24 | 210 |
| Macaroni and cheese | 1 serving | 890 | 210 | 200 | 13 | 280 |
| Mashed potatoes with gravy | 1 serving | 780 | 440 | 80 | 4 | 230 |
| Meat loaf with gravy | 7 oz | 855 | 480 | 210 | 21 | 335 |
| Meat loaf with tomato sauce | 8 oz | 960 | 670 | 230 | 23 | 330 |
| Potatoes, garlic, dill | 1 serving | 150 | 480 | 60 | 3 | 130 |
| Rice pilaf | 1 serving | 520 | 270 | 70 | 2 | 140 |
| Stuffing | 1 serving | 620 | 240 | 100 | 4 | 190 |
| Turkey breast, rotisserie | 5 oz | 850 | 360 | 420 | 36 | 170 |
| Turkey sandwich, honey wheat roll, sauce, cheese | 1 sandwich | 1350 | 590 | 570 | 40 | 630 |
| Burger King | | | | | | |
| Angus Steak Burger | 1 sandwich | 1170 | * | * | 27 | 640 |
| Bacon Cheeseburger | 1 sandwich | 990 | * | * | 22 | 390 |
| Cheeseburger | 1 sandwich | 770 | * | * | 19 | 350 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|-------------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Chicken Sandwich | 1 sandwich | 1270 | * | * | 25 | 560 |
| Chicken Tenders© | 4 pieces | 420 | * | * | 11 | 170 |
| Chicken Whopper© | 1 sandwich | 1410 | * | * | 38 | 570 |
| Fire-Grilled Chicken Caesar Salad** | 1 salad | 900 | * | * | 25 | 190 |
| Fire-Grilled Chicken Garden Salad** | 1 salad | 910 | * | * | 26 | 210 |
| Fish Filet Sandwich | 1 sandwich | 840 | * | * | 18 | 520 |
| French fries | 1 medium | 640 | * | * | 4 | 360 |
| French fries, no salt | 1 medium | 380 | * | * | 4 | 360 |
| Garlic Parmesan Toast | 1 piece | 120 | * | * | 2 | 70 |
| Hamburger | 1 sandwich | 550 | * | * | 17 | 310 |
| Milkshake, chocolate | 1 medium | 470 | * | * | 10 | 600 |
| Milkshake, strawberry | 1 medium | 300 | * | * | 9 | 590 |
| Milkshake, vanilla | 1 medium | 320 | * | * | 11 | 540 |
| Onion rings | 1 medium | 460 | * | * | 4 | 320 |
| Tendercrisp Chicken Sandwich | 1 sandwich | 1800 | * | * | 28 | 810 |
| Tendercrisp Spicy Chicken Sandwich | 1 sandwich | 2120 | * | * | 28 | 750 |
| Veggie Burger | 1 sandwich | 930 | * | * | 14 | 380 |
| Whopper© | 1 sandwich | 1020 | * | * | 31 | 700 |
| Whopper© Junior | 1 sandwich | 550 | * | * | 17 | 390 |

** Values do not include salad dressing or toast

Chick-Fil-A

| | | | | | | |
|----------------------------------|------------|------|---|---|----|-----|
| Chargrilled Chicken Garden Salad | 1 salad | 660 | * | * | 22 | 180 |
| Chargrilled Chicken Sandwich | 1 sandwich | 980 | * | * | 26 | 280 |
| Chicken Caesar Cool Wrap© | 1 wrap | 1390 | * | * | 36 | 460 |
| Chicken Cool Wrap© | 1 wrap | 1060 | * | * | 29 | 380 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|-------------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Chicken nuggets | 8 nuggets | 1090 | * | * | 26 | 260 |
| Chicken Salad Sandwich | 1 sandwich | 880 | * | * | 20 | 350 |
| Chicken Sandwich | 1 sandwich | 1300 | * | * | 28 | 410 |
| Chicken strips | 4 strips | 730 | * | * | 29 | 290 |
| Southwest Chargrilled Chicken Salad | 1 salad | 770 | * | * | 25 | 240 |
| Spicy Chicken Cool Wrap© | 1 wrap | 1090 | * | * | 30 | 380 |
| Waffle Potato Fries© | 1 serving | 105 | * | * | 3 | 280 |

Domino's

| | | | | | | |
|--|------------|-------|---|---|----|-----|
| America's Favorite Feast©, hand-tossed (pepperoni, mushroom, sausage) | 1/8 of 12" | 625.5 | * | * | 10 | 257 |
| Breadsticks | 1 stick | 122.1 | * | * | 2 | 115 |
| Buffalo Chicken Kickers | 1 piece | 162.5 | * | * | 4 | 47 |
| Buffalo wings, barbeque | 1 piece | 175.5 | * | * | 6 | 50 |
| Buffalo wings, hot | 1 piece | 254.5 | * | * | 5 | 45 |
| Cheese pizza, hand-tossed | 1/8 of 12" | 385 | * | * | 7 | 186 |
| Cheesy Bread | 1 stick | 162.3 | * | * | 4 | 123 |
| Cinna Stix© | 1 stick | 111.4 | * | * | 2 | 123 |
| Green pepper, onion & mushroom pizza, hand-tossed | 1/8 of 12" | 385.5 | * | * | 8 | 191 |
| Ham & pineapple pizza, hand-tossed | 1/8 of 12" | 466.5 | * | * | 9 | 200 |
| Pepperoni & sausage pizza, hand-tossed | 1/8 of 12" | 625.5 | * | * | 10 | 255 |
| Pepperoni pizza, hand-tossed | 1/8 of 12" | 521.5 | * | * | 9 | 223 |
| Sausage pizza, hand-tossed | 1/8 of 12" | 530 | * | * | 9 | 231 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|---|----------------|-----------|----------|-------------|----------------|-----------------|
| Vegi Feast©, hand-tossed (green pepper, onion, mushroom, olive, extra cheese) | 1/8 of 12" | 489 | * | * | 9 | 218 |
| KFC | | | | | | |
| Boneless Honey Barbeque Wings | 7 wings | 1950 | * | * | 35 | 600 |
| Chicken pot pie | 1 pie | 1680 | * | * | 33 | 770 |
| Chicken strips | 3 strips | 1250 | * | * | 29 | 400 |
| Chicken, breast, no skin, no breading | 1 piece | 410 | * | * | 29 | 140 |
| Extra Crispy Chicken, breast | 1 piece | 1230 | * | * | 34 | 460 |
| Extra Crispy Chicken, drumstick | 1 piece | 420 | * | * | 12 | 160 |
| Honey Barbeque Sandwich | 1 sandwich | 640 | * | * | 21 | 300 |
| Honey Barbeque Wings | 6 wings | 1130 | * | * | 25 | 540 |
| Hot and Spicy Chicken, breast | 1 piece | 1450 | * | * | 33 | 460 |
| Hot and Spicy Chicken, drumstick | 1 piece | 380 | * | * | 13 | 150 |
| Hot Wings | 6 wings | 1120 | * | * | 24 | 450 |
| Mashed potatoes with gravy | 1 serving | 380 | * | * | 2 | 120 |
| Original Recipe Chicken, breast | 1 piece | 1150 | * | * | 40 | 380 |
| Original Recipe Chicken, drumstick | 1 piece | 440 | * | * | 14 | 140 |
| Original Recipe Sandwich | 1 sandwich | 890 | * | * | 29 | 320 |
| Popcorn chicken | 1 serving | 1030 | * | * | 19 | 450 |
| Potato wedges | 1 serving | 830 | * | * | 4 | 240 |
| Tender Roast Sandwich, sauce | 1 sandwich | 810 | * | * | 31 | 390 |
| Triple Crunch Sandwich, sauce | 1 sandwich | 1640 | * | * | 36 | 670 |
| Twister Sandwich | 1 sandwich | 1650 | * | * | 27 | 670 |
| Zinger Sandwich, sauce | 1 sandwich | 1650 | * | * | 35 | 680 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|--|----------------|-----------|----------|-------------|----------------|-----------------|
| McDonald's | | | | | | |
| Bagel, ham, egg, cheese | 1 bagel | 1500 | 301 | 439 | 26 | 550 |
| Big Mac® with cheese | 1 sandwich | 1070 | 437 | 262 | 24 | 590 |
| Big N' Tasty® with cheese | 1 sandwich | 1030 | 495 | 295 | 26 | 580 |
| Biscuit, bacon, egg, cheese | 1 biscuit | 1360 | 218 | 519 | 21 | 480 |
| Biscuit, sausage | 1 biscuit | 930 | 183 | 346 | 10 | 410 |
| Burrito, sausage | 1 burrito | 680 | 191 | 181 | 13 | 290 |
| California Cobb Salad, crispy chicken | 1 salad | 1140 | 700 | 350 | 29 | 360 |
| California Cobb Salad, grilled chicken | 1 salad | 1060 | 780 | 400 | 32 | 260 |
| Cheeseburger | 1 sandwich | 800 | 248 | 168 | 15 | 330 |
| Chicken Bacon Ranch Salad, crispy | 1 salad | 1030 | 670 | 330 | 27 | 340 |
| Chicken Bacon Ranch Salad, grilled | 1 salad | 940 | 750 | 380 | 31 | 240 |
| Chicken Caesar Salad, crispy | 1 salad | 910 | 680 | 400 | 24 | 300 |
| Chicken Caesar Salad, grilled | 1 salad | 830 | 760 | 450 | 28 | 200 |
| Chicken McGrill® Sandwich | 1 sandwich | 890 | 513 | 364 | 25 | 400 |
| Chicken McNuggets® | 4 pieces | 460 | 161 | 212 | 10 | 210 |
| Chicken Selects® Premium Breast Strips | 5 strips | 1550 | 640 | 610 | 39 | 630 |
| Cinnamon roll | 1 roll | 330 | 143 | 120 | 7 | 440 |
| Crispy Chicken Sandwich | 1 sandwich | 1100 | 414 | 314 | 22 | 500 |
| Fiesta Salad, no sour cream or salsa | 1 salad | 580 | 590 | 210 | 21 | 360 |
| Filet-O-Fish® Sandwich | 1 sandwich | 660 | 245 | 173 | 15 | 410 |
| French fries | 1 medium | 220 | 781 | 146 | 5 | 350 |
| Fruit and yogurt parfait | 1 parfait | 55 | 217 | 103 | 4 | 130 |
| Hamburger | 1 sandwich | 560 | 225 | 103 | 12 | 280 |
| Hash brown | 1 patty | 330 | 213 | 57 | 1 | 130 |
| Hot 'n Spicy McChicken® Sandwich | 1 sandwich | 920 | 240 | 200 | 14 | 440 |
| McChicken® Sandwich | 1 sandwich | 760 | 250 | 210 | 15 | 420 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| McMuffin©, egg | 1 muffin | 840 | 215 | 287 | 18 | 300 |
| Milkshake, chocolate | 12 oz | 243 | 500 | 255 | 8.5 | 318 |
| Milkshake, strawberry | 12 oz | 130 | 490 | 270 | 10 | 420 |
| Milkshake, vanilla | 12 oz | 205 | 435 | 255 | 8.8 | 278 |
| Quarter Pounder© with cheese | 1 sandwich | 1250 | 431 | 344 | 28 | 530 |

Papa John's

| | | | | | | |
|--------------------------------------|------------|------|---|---|-----|-----|
| BBQ Chicken & Bacon pizza, original | 1/8 of 14" | 929 | * | * | 17 | 369 |
| Bread sticks | 1 piece | 260 | * | * | 4 | 140 |
| Cheese pizza, original | 1/8 of 14" | 699 | * | * | 12 | 290 |
| Chicken Alfredo pizza, original | 1/8 of 14" | 743 | * | * | 15 | 310 |
| Chicken strips | 1 piece | 178 | * | * | 5.5 | 83 |
| Cinnapie | 1 piece | 145 | * | * | 1 | 114 |
| Garden Fresh pizza, original | 1/8 of 14" | 685 | * | * | 12 | 287 |
| Hawaiian BBQ Chicken pizza, original | 1/8 of 14" | 1029 | * | * | 17 | 376 |
| Pepperoni pizza, original | 1/8 of 14" | 913 | * | * | 14 | 343 |
| Sausage pizza, original | 1/8 of 14" | 894 | * | * | 14 | 336 |
| Spinach Alfredo pizza, original | 1/8 of 14" | 694 | * | * | 13 | 303 |
| The Works pizza, original | 1/8 of 14" | 1013 | * | * | 17 | 370 |

Pizza Hut

| | | | | | | |
|--|------------|-----|---|---|----|-----|
| Breadstick | 1 stick | 220 | * | * | 4 | 150 |
| Cheese pizza, hand-tossed | 1/8 of 12" | 520 | * | * | 12 | 240 |
| Cinnamon sticks | 2 sticks | 170 | * | * | 4 | 170 |
| Fit 'N Delicious© pizza, diced chicken, mushroom, jalapeno | 1/8 of 12" | 690 | * | * | 10 | 170 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|---|----------------|-----------|----------|-------------|----------------|-----------------|
| Fit 'N Delicious© pizza, diced chicken, red onion, green pepper | 1/8 of 12" | 460 | * | * | 10 | 170 |
| Fit 'N Delicious© pizza, green pepper, red onion, diced tomato | 1/8 of 12" | 360 | * | * | 6 | 150 |
| Fit 'N Delicious© pizza, ham, pineapple, diced tomato | 1/8 of 12" | 470 | * | * | 8 | 160 |
| Fit 'N Delicious© pizza, tomato, onion, jalapeno | 1/8 of 12" | 590 | * | * | 6 | 150 |
| Meat Lover's© pizza, hand-tossed | 1/8 of 12" | 760 | * | * | 15 | 300 |
| Pepperoni pizza, hand-tossed | 1/8 of 12" | 570 | * | * | 12 | 250 |
| Pzone©, classic | Half | 1210 | * | * | 33 | 610 |
| Pzone©, meat lover's© | Half | 1540 | * | * | 38 | 680 |
| Pzone©, pepperoni | Half | 1280 | * | * | 34 | 610 |
| Sausage Lover's© pizza, hand-tossed | 1/8 of 12" | 650 | * | * | 13 | 280 |
| Supreme pizza, hand-tossed | 1/8 of 12" | 660 | * | * | 13 | 270 |
| Veggie Lover's© pizza, hand-tossed | 1/8 of 12" | 490 | * | * | 10 | 220 |

Subway

| | | | | | | |
|-----------------------------------|----|------|-----|-----|----|-----|
| Veggie Delite© | 6" | 510 | 346 | 26 | 9 | 230 |
| Ham | 6" | 1270 | 498 | 158 | 18 | 290 |
| Turkey Breast | 6" | 1010 | 462 | 158 | 18 | 280 |
| Turkey Breast and Ham | 6" | 1220 | 499 | 180 | 20 | 290 |
| Roast Beef | 6" | 910 | 472 | 160 | 19 | 290 |
| Chicken | 6" | 1010 | 478 | 159 | 24 | 330 |
| Turkey Breast, Ham and Roast Beef | 6" | 1300 | 547 | 197 | 24 | 320 |
| Italian BMT© | 6" | 1790 | 542 | 149 | 23 | 450 |
| Tuna | 6" | 770 | 448 | 104 | 13 | 300 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|----------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Seafood Sensation© | 6" | 1170 | 399 | 165 | 16 | 380 |
| Turkey Breast, Ham & Bacon | 6" | 1610 | 570 | 270 | 25 | 380 |

All values are of sandwiches including bread (Italian or wheat) and vegetables (3/4 oz. lettuce, 3 tomato slices, 3 green pepper strips, 1/2 oz. onions, 3 olive rings and 3 pickle chips)

Taco Bell

| | | | | | | |
|---------------------------|-------------|------|---|---|----|-----|
| 7-Layer Burrito | 1 burrito | 1360 | * | * | 18 | 530 |
| Bean Burrito | 1 burrito | 1200 | * | * | 14 | 370 |
| Border Bowl© | 1 bowl | 1640 | * | * | 23 | 730 |
| Burrito Supreme©, beef | 1 burrito | 1330 | * | * | 18 | 440 |
| Burrito Supreme©, chicken | 1 burrito | 1270 | * | * | 21 | 410 |
| Chalupa Baja, beef | 1 chalupa | 750 | * | * | 14 | 430 |
| Chalupa Baja, chicken | 1 chalupa | 690 | * | * | 17 | 400 |
| Chalupa Supreme, beef | 1 chalupa | 600 | * | * | 14 | 390 |
| Chalupa Supreme, chicken | 1 chalupa | 530 | * | * | 17 | 370 |
| Chili Cheese Burrito | 1 burrito | 1080 | * | * | 16 | 390 |
| Cinnamon Twists | 1 serving | 150 | * | * | 1 | 160 |
| Double Decker© Taco | 1 taco | 800 | * | * | 15 | 340 |
| Enchirito©, beef | 1 enchirito | 1430 | * | * | 19 | 380 |
| Enchirito©, chicken | 1 enchirito | 1360 | * | * | 23 | 350 |
| Fiesta Burrito, beef | 1 burrito | 1150 | * | * | 14 | 390 |
| Fiesta Burrito, chicken | 1 burrito | 1090 | * | * | 18 | 370 |
| Gordita Baja©, beef | 1 gordita | 750 | * | * | 14 | 350 |
| Gordita Baja©, chicken | 1 gordita | 690 | * | * | 17 | 320 |
| Gordita Supreme©, beef | 1 gordita | 590 | * | * | 14 | 310 |
| Gordita Supreme©, chicken | 1 gordita | 530 | * | * | 17 | 290 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|----------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Mexican Pizza | 1 pizza | 1030 | * | * | 21 | 550 |
| MexiMelt© | 1 melt | 880 | * | * | 15 | 290 |
| Nachos | 1 serving | 530 | * | * | 5 | 320 |
| Nachos BellGrande© | 1 serving | 1300 | * | * | 20 | 780 |
| Quesadilla, cheese | 1 quesadilla | 1150 | * | * | 19 | 490 |
| Quesadilla, chicken | 1 quesadilla | 1380 | * | * | 28 | 540 |
| Soft Taco, beef | 1 taco | 620 | * | * | 10 | 210 |
| Soft Taco, chicken | 1 taco | 550 | * | * | 14 | 190 |
| Southwest Steak Bowl | 1 bowl | 2050 | * | * | 30 | 700 |
| Taco | 1 taco | 350 | * | * | 8 | 170 |
| Taco Salad, salsa | 1 salad | 1670 | * | * | 31 | 790 |
| Tostada | 1 tostada | 710 | * | * | 11 | 250 |

Wendy's

| | | | | | | |
|-----------------------------------|------------|------|---|---|----|-----|
| Baked potato, bacon, cheese | 1 potato | 910 | * | * | 16 | 560 |
| Baked potato, broccoli, cheese | 1 potato | 540 | * | * | 10 | 440 |
| Baked potato, sour cream, chives | 1 potato | 40 | * | * | 8 | 340 |
| Big Bacon Classic© Sandwich | 1 sandwich | 1430 | * | * | 33 | 580 |
| Chicken BLT Salad** | 1 salad | 1140 | * | * | 34 | 360 |
| Chicken nuggets | 5 pieces | 490 | * | * | 10 | 220 |
| Chicken strips | 3 pieces | 1470 | * | * | 28 | 410 |
| Chili | 1 small | 870 | * | * | 17 | 200 |
| Classic Single© Sandwich | 1 sandwich | 910 | * | * | 25 | 410 |
| French fries | 1 medium | 340 | * | * | 4 | 390 |
| Frosty | 1 small | 35 | * | * | 8 | 330 |
| Homestyle Chicken Fillet Sandwich | 1 sandwich | 1320 | * | * | 29 | 540 |
| Homestyle Chicken Strips Salad** | 1 salad | 1190 | * | * | 29 | 450 |

| Food | Portion | NA | K | Phos | Protein | Calories |
|---------------------------------|----------------|-----------|----------|-------------|----------------|-----------------|
| Junior Cheeseburger | 1 sandwich | 820 | * | * | 17 | 310 |
| Junior Hamburger | 1 sandwich | 610 | * | * | 15 | 270 |
| Mandarin Chicken© Salad** | 1 salad | 740 | * | * | 22 | 190 |
| Spicy Chicken Fillet Sandwich | 1 sandwich | 1480 | * | * | 29 | 510 |
| Spring Mix Salad** | 1 salad | 230 | * | * | 11 | 180 |
| Taco Supremo Salad** | 1 salad | 1090 | * | * | 27 | 360 |
| Ultimate Chicken Grill Sandwich | 1 sandwich | 1100 | * | * | 31 | 360 |

** Values do not include salad dressing, noodles, nuts, croutons, salsa, sour cream or taco chips

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