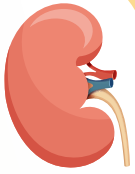




A HANDY GUIDE TO Portion Sizes In Chronic Kidney Disease (CKD)



Vegetables

Choose a variety of low-potassium vegetables including leafy greens and colorful options like carrots, red cabbage, eggplant, peppers, and squash.⁷

Vegetable Portion Sizes:

-  • **Cooked or raw vegetables:**
½ cup⁴
-  • **Leafy greens:**
1 cup⁴

Fruit

Choose a variety of low-potassium fruits, such as grapes, apples, plums, pears, cherries, and berries.⁷

Fruit Portion Sizes:

-  • **Fresh fruit:** ½ cup⁴

Fats

Choose healthy fat sources, such as extra virgin olive oil, avocado oil, ground flax seed, pumpkin seeds/pepitas, sunflower seeds, and nuts.⁶

Fats Portion Sizes:



-  • **Healthy fats:** 1 Tablespoon⁶



Dairy

While dairy can be rich in potassium, calcium, and phosphorus, a kidney healthy diet can still include dairy options in moderation. Limit dairy to 1 serving daily.⁸



Dairy Portion Sizes:

-  • **Cheese:** 2 ounces¹
-  • **Milk, Yogurt, Ice Cream :** 1 cup⁵

Grains

Aim for at least half of grains consumed to be whole grains.⁵



Grain Portion Sizes:

-  • **Whole grains** (i.e. quinoa, brown rice, buckwheat groats, fonio, amaranth, bulgar, millet, oats, whole grain breads):
½ cup, cooked⁶
-  • **Cooked rice, pasta, potato:**
½ cup⁴

Protein

Consider replacing some animal protein with plant protein.³

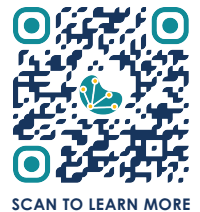
Animal Protein Portion Sizes:

-  • **Fish, Chicken, Beef and Pork:** Limit to 3 ounces per meal and less than 6 ounces per day³
-  • **Eggs:** Limit to 2 whole eggs or 3 egg whites per meal⁴



Visualizing Portion Sizes

-  **1 cup:** 1 Handful (vegetables)²
-  **¼ cup:** Golf Ball¹
-  **1 cup:** 1 Fist (grains, dairy)⁹
-  **2 Tablespoons:** Ping Pong Ball¹
-  **½ cup:** Tennis Ball¹
-  **1 Tablespoon:** Tip of Thumb⁹
-  **3 Ounces:** Deck of Cards¹
-  **2 Ounces:** 4 Dice¹



SCAN TO LEARN MORE

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