

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



Vegetables

Pick from different kinds of low-potassium vegetables like 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

Pick from different kinds of low-potassium fruits, such as grapes, apples, plums, pears, cherries, and berries.⁷

Fruit Portion Sizes:

- Fresh fruit: ½ cup⁴

Fats

Pick 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

Even though dairy can have a lot of potassium, calcium, and phosphorus, a kidney healthy diet can still have some dairy options in moderation. Limit dairy to 1 serving daily.⁸

Dairy Portion Sizes:

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

Grains

Try to make sure that at least half of the grains you eat are whole grains.⁵

Grain Portion Sizes:

- Whole grains such as quinoa, brown rice, buckwheat groats, fonio, amaranth, bulgar, millet, oats, whole grain breads: ½ cup, cooked⁶
- Cooked rice, pasta, potato: ½ cup⁴

Protein

Try swapping 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

Imagining Portion Sizes

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



SCAN TO LEARN MORE

References

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