



SALAD BAR

CHOICES FOR THE RENAL DIET

The huge variety of vegetables and fruits available can provide you with vitamins A and C, folic acid and fiber. Be careful though—a trip to the salad bar at your favorite restaurant can provide you with more fat and calories than a burger and fries! However, there are many salad bar items that can easily fit into your renal diet. Below is a list of items to assist you in choosing sensibly from any salad bar. Always check with your renal dietitian since portion control is very important.

CHOOSE

Lettuce, escarole, endive
 Alfalfa sprouts
 Celery sticks
 Cole slaw
 Cauliflower
 Cucumbers
 Green beans
 Green peas
 Green peppers
 Radishes
 Zucchini
 Beets
 Eggs, chopped
 Tuna in spring water
 Parmesan cheese
 Chinese noodles
 Gelatin salads
 Italian low calorie dressing
 Vinaigrette
 Low fat dressing

LIMIT

Avocado
 Olives
 Raisins
 Tomatoes
 Pickles
 Bacon bits
 Chickpeas
 Kidney beans
 Nuts
 Shredded cheddar cheese
 Three-Bean Salads
 Sunflower Seeds
 Chow Mein noodles
 Fried bread croutons
 Potato salad
 Thick salad dressings
 Relishes