

Snacking *the Right Way* on Dialysis

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Snacking—we all do it. Having a snack between meals can assuage hunger, aid in stabilizing blood glucose values, and sustain energy levels. For patients on dialysis, having a mid-morning or afternoon snack can also help assure that daily calorie needs are being met. This is especially important because individuals receiving dialysis typically require more calories and protein on a daily basis. The following is a list of dialysis-friendly snacks that you can turn to the next time hunger strikes!

Snack:	Suggested Serving Size:	Grams of protein per serving:
Grapes	½ cup	< 1 gram
Apple	1 small apple (2.5" diameter)	< 1 gram
Applesauce	½ cup (single-serve container)	0 grams
Blueberries	½ cup	< 1 gram
Raspberries	½ cup	< 1 gram
Fruit Cocktail	½ cup	< 1 gram
Red Bell Pepper	½ pepper, sliced	< 1 grams
Cucumber	½ cup, sliced	< 1 gram
Celery Sticks	2 sticks	< 1 gram
Baby Carrots	3 oz.	1 grams
Low Fat Mozzarella Cheese Stick	1 stick	6 grams
Low Sodium Cottage Cheese	1/3 cup	8 grams
Hummus	2 tablespoons	2 grams
English Muffin	½ muffin	~3 grams
Bagel	½ bagel	4 grams
Pita Pocket	½ pita (34 grams)	4 grams
Rice or Corn Chex Cereal	1 cup dry cereal	~3 grams
Rice cakes	1 cake (10 grams)	1 gram
Fig Newtons	2 cookies	1 gram
Angel Food Cake	1 slice (about 1/12 of a cake)	3 grams
Shortbread Cookies	2 cookies	1 gram
Graham Crackers	2 full graham crackers	2 grams
Animal Crackers	~10 crackers	2 grams
Unsalted Pretzels	17 pretzels	3 grams
Popcorn (unsalted/lightly salted)	2 cups popped	~2 grams
Rice Chips	12 chips (28 grams)	~2 grams
Nilla Vanilla Wafers	8 cookies	1 gram
Fruit Juice Bar	1 bar	0 grams
Popsicle	1 popsicle	0 grams
Pop-Tart	1 pastry	~2 grams
Sugar-Free Jello	1 single serve container	0 grams
Egg, Hard Boiled	1 medium egg	6 grams



Always consult your dietitian before making changes to your diet.

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