

## Snack Ideas for Patients on Hemodialysis

### Guidelines

Limit sodium to less than 200 mg at snack time. Always check food labels for sodium and serving size. Try to include a good source of protein. On any packaged items, avoid phosphorus additives. Check the ingredients list for “phos.”

### Fruits

- Small apple
- ½ cup apple sauce
- ½ cup berries
- ½ cup grapes
- ½ cup pineapple (fresh or canned)
- Small tangerine
- ½ cup canned fruit

### Vegetables

- ½ cup broccoli
- ½ cup cucumber slices
- 2 large celery sticks
- 4-6 small radishes
- ½ cup carrot sticks
- ½ cup cauliflower
- ½ cup sweet pepper slices
- Small lettuce salad

When choosing dips or dressings, aim for low-sodium choices (less than 100 mg sodium per serving) and limit serving size to 2 tablespoons or less.

### Dairy

- ½ cup Greek yogurt
- ½ cup pudding (avoid chocolate flavors)

Avoid dairy when able or limit to 4-6 ounces per day. When you choose it remember to take phosphorus binders.

### Carbohydrates

- Bagel or toast
- Graham crackers
- Teddy Grahams®
- Pita chips
- Unsalted pretzels
- Rice cakes
- Unsalted popcorn (try adding pepper or Mrs. Dash®)
- Unsalted crackers
- Unsalted tortilla chips

Avoid potatoes, bran, and chocolate-coated products.

### Protein

- Hard boiled or fried egg
- 2 Tbsp. peanut butter (try on celery or apples, take phosphorus binder, limit to one serving per day)
- Tuna, egg, chicken salad (sandwich, on crackers, or with veggies)
- Protein bar (aim for flavors with less than 150 mg phosphorus and less than 200 mg potassium)

### Desserts

- ½ cup sherbet (count as fluid)
- Low-fat Cool Whip® (add to fruit or Jell-O®)
- ½ cup Jell-O®
- Nilla® wafers
- 4 Fig Newtons®
- Small slice of angel food cake

Avoid eating a lot of sweets if you are trying to lose weight. Pick lower sugar options if diabetic.

## **Who to Call**

If you are a UW Health patient and have more questions contact UW Health at one of the phone numbers listed. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and American Family Children's Hospital (AFCH): **(608) 890-5500**

Nutrition clinics for UW Medical Foundation: **(608) 287-2770**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 5/2020 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#326