Plate Planner

Choose an 8" plate.



Fats

Plant-Based Oil
Olive
Canola
Sunflower
Grapeseed



Beverages

4 oz water or unsweetened beverage without potassium additives



Other Carbs & Starches

Apples
Pears
Grapes
Berries
Brown Rice
Whole Grain Bread
Quinoa
Yogurt
Milk
Beans
Oats
Starchy Vegetables

Non-Starchy Vegetables

Green Beans
Kale
Asparagus
Carrots
Cucumbers
Onions
Peppers
Cabbage

Protein

Plant-Based
Beans
Nuts/Nut Butters
Peas
Legumes
Tofu
Tempeh
Hummus

Lean Animal-Based
Chicken
Shellfish
Turkey
Fish
Pork
Beef

©Renal Dietitians (RPG) 2021.
May be reproduced for educational purposes.
http://www.renalnutrition.org