

# Renal Diet Menu – Breakfast

(Amounts in parentheses are grams of carbohydrates)



## A la Carte

Fresh Apple (15g)  
Fresh Grapes (15g)  
Applesauce (15g)  
Diced Fruit (15g) – peaches, pears  
Yogurt – regular (30g), light (15g)

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## Bread & Bakery

Toast – white (15g), cinnamon raisin (25g)  
Bagels – cinnamon raisin (45g), plain (45g)  
Muffins (20g) – blueberry, apple cinnamon  
English Muffin (25g)

*Condiments: margarine, jelly (10g), diet jelly (3g),  
honey (5g), cream cheese*

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## Cold Cereals

Corn Flakes® (20g), Frosted Flakes® (25g),  
Froot Loops® (25g), Rice Krispies® (20g),  
Cap'n Crunch® (20g), Corn Pops® (25g)

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## Milk (4oz)

Milk (15g) – skim, 2%, whole  
Rice Milk (15g) – original, vanilla  
Lactose-Free Milk (10g)

## Hot Cereals

Oatmeal (20g)  
Cream of Wheat (20g)

*Condiments: sugar (3g), brown sugar (30g),  
Equal®, Splenda®*

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## Morning Specialties

*Cholesterol-free egg substitute is available.*

Omelet Bar – cheese, turkey sausage, onion,  
peppers

Sunrise Sandwich (25g)

French Toast (15g)

Buttermilk Pancakes (25g)

Scrambled Eggs

Turkey Sausage

*Condiments: syrup (30g), diet syrup (4g),  
margarine, pepper, Mrs. Dash®*