

Renal Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



Beverages

Hot Drinks

Coffee – regular, decaf

Hot Tea – regular, decaf

Herbal Tea – lemon, apple & cinnamon, orange & spice, cranberry apple, mint medley

Condiments: *sugar (3g), Equal®, Splenda®,
creamer, non-dairy creamer (2g), lemon,
honey (5g)*

Milk (4oz)

Milk (10g) – skim, 2%, whole

Lactose-Free Milk (10g)

Rice Milk (25g) – original, vanilla

Juice (4oz)

Juice – apple (15g), cranberry (20g), grape (20g)

Crystal Light® – orange sunrise, raspberry ice

Fountain Drinks

Sierra Mist® (25g), Mountain Dew® (30g), Diet
Sierra Mist®, Sugar-Free Lemonade, Iced Tea

Desserts

Bakery

Angel Food Cake (35g) – with strawberry
sauce (20g)

Carrot Cake (35g)

Cookies – chocolate chip (25g), oatmeal raisin
(25g), vanilla wafers (15g), Lorna Doone®
shortbread (20g)

On The Lighter Side

Fresh Apple (15g)

Fresh Grapes (15g)

Applesauce (15g)

Diced Fruit (15g) – peaches, pears

Yogurt – regular (30g), light (15g)

Vanilla Pudding (25g)

Gelatin – regular (15g), sugar-free

Frozen Delights

Ice Cream – regular (15g), fat-free (20g)

Sherbet – orange (30g), raspberry (25g)

Italian Fruit Ice (20g)

Sugar-Free Lemon Sorbet (5g)

Popsicles – regular (15g), sugar-free (5g)

Specialty Frozen Beverages

Limited to one per meal

Fruit Smoothie (45g)