

Smart Snacking Choices for the Dialysis Patient

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Hungry? Not sure what to eat when you get the munchies? The following are some ideas on what to eat in between meals to help you maintain your nutritional well-being without all that extra potassium and phosphorus. Each “smart snack” contains less than 130 mg of potassium and less than 80 mg of phosphorus. Check with your renal dietitian on the number of servings that are appropriate for you.

Smart Snack	Serving Size
Pretzels, unsalted	1 cup
Popcorn, plain or caramel	1- ½ cups
Bread Sticks	2 each
English muffin	½ muffin
Plain bagel with 1 tbsp. Cream cheese	½ bagel
Graham Crackers	4 squares
Rice or Corn Chex cereal	1 cup
Fruit Cocktail, canned	½ cup
Apple, fresh	1 small
Blueberries, fresh	1 cup
Oatmeal or cream of wheat	½ cup
Nilla® Vanilla Wafers	10
Shortbread cookies or sandwich cookies	4
Grapes	15 small
Fruit Pie	1/8 pie
Doughnut, plain without nuts or chocolate	1 doughnut
Dry cereal, ready to eat	1 ounce
Fig Newtons®	2 cookies
Angel food cake	1 med slice
Pound cake, unfrosted	1 med slice
Popsicle	1 bar
Fruit Juice bar	1 bar
Sorbet	½ cup

