

My kidney-friendly food log

Track your food and fluids to help you spot patterns, make smart choices, and support your kidney health.

Tips for success:

- Record what you eat/drink throughout the day
- Be specific, honest, and thorough
- Remember your fluid limit

PORTION CONTROL TIPS:

 **GRAINS
& BREADS**
1 CUP

 **FRUITS
& VEGGIES**
½ CUP

 **PROTEIN**
3–5 OZ
(a palm)

	FOOD	PHOSPHATE BINDER	FLUIDS	I FEEL...
Sample Day	7:30 a.m.: 1 hard-boiled egg, 1 slice of toast 10:30 a.m.: 1/2 apple 1 p.m.: 1 fist of pasta, one small chicken breast, 1 palm of steamed broccoli with 1 spoon of olive oil 4:30 p.m.: 5 almonds 7:00 p.m.: 1 oven-baked fish, 5 small tomatoes with 2 spoons of olive oil 8:30 p.m.: 2 scoops of vanilla ice cream	✓ ✓ ✓ ✓ ✓	7:30 a.m.: 1 cup of coffee 2 p.m.: 4 oz of water 4:30 p.m.: 1 cup of tea 5 p.m.: 4 oz of water 8:45 p.m.: 4 oz of water	8:00 a.m.: happy 6:00 p.m.: tired after dialysis 10 p.m.: calm
Date				
Date				

	FOOD	PHOSPHATE BINDER	FLUIDS	I FEEL...
Date				
Date				
Date				



SCAN FOR A NEW FOOD LOG

Download and print a new food log or use an app on your smartphone, like Cronometer® or MyFitnessPal®, so you can continue tracking what you eat and how you feel.