

Renal Menu

Your health care providers have ordered a **Renal Diet** for you, because your kidneys are not working well. Healthy kidneys help your body get rid of protein waste products, extra minerals, and fluid that your body does not need. Your meal plan may have you eat **more or less protein** and **less potassium, phosphorus, sodium, or liquids**, depending on how well your kidneys are working.

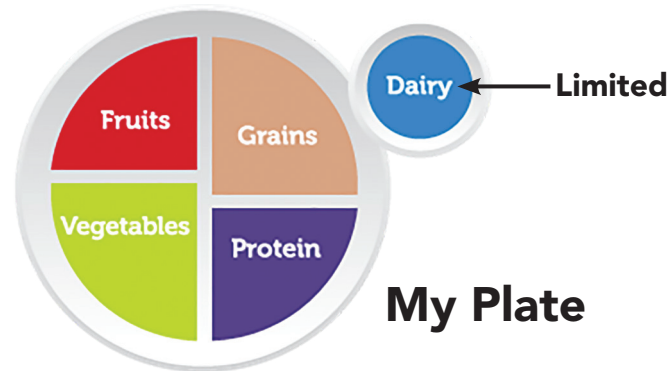
Some commonly consumed foods which are restricted on this diet include potatoes, tomatoes, melon, bananas, and salt. Milk products are also limited, due to their high content of potassium and phosphorus. Sodium and fluid retention are directly related, therefore at times fluid intakes may need to be restricted. With dialysis treatments, protein needs increased, so additional protein items may become an option.

A **Consistent Carbohydrate Renal Diet** is often ordered for people with diabetes whose kidneys are not working well. This diet provides balanced consistent amounts of carbohydrates at meals and limits the selection of simple sugars. This diet also restricts the nutrients listed under the renal diet. On this menu, grams of carbohydrates are listed by each food and a meal guide is also included.

For all diet orders, please try to select a balanced meal for good health and recovery, as illustrated by the My Plate diagram below.

Our Dietitians

We have dietitians available who can answer any questions you may have regarding your prescribed diet or any other nutrition questions you may have. They make rounds on the floors frequently. If you have questions, please ask to speak with a registered dietitian.



Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30am to 7:00pm, one guest tray per meal. Guest selections may be made from the Regular Room Service menus, limited to 1 entrée, 3 sides, 1 bread, 1 dessert, and 2 beverages. Guest Tray fees are payable by cash only upon delivery of the tray.

For Visitors

Café 335 is located on the first floor of the hospital, with a variety of food options available.

The hours of operation are:

1:00am to 3:00am offering a varied menu

6:30am to 10:45 am for breakfast

11:00am to 7:00pm for lunch and dinner

For daily café menu call 567-309-MENU (6368) from inside or outside the hospital.

Vending machines are also available throughout the hospital.

(If at safety risk or pregnant, consider avoiding deli meats or asking that they be heated.)



Mansfield Hospital

"Your Call" Room Service Dining



We are committed to providing you with quality, nutritious meals.

It is our sincere pleasure to serve you.

**Dial *FOOD (*3663)
to place your order.**

Diabetic Renal Diets, call in orders by

Breakfast _____ Lunch _____ Dinner _____

Fresh. Made-to-order in about an hour.

Name _____

Room No. _____ Diet Order _____

Renal Menu

How to order your meals—

To place an order, dial *FOOD (*3663). Room Service is available from 6:30am to 7:00pm.
(From outside the hospital, please dial 419-524-3663.)

Breakfast

Available from 6:30am to 10:30am

Cereal

Cheerios♥20 Froot Loops♥18
Corn Flakes♥18 Rice Krispies♥16
Oatmeal♥13 Frosted Flakes♥25
Cream of Wheat♥12 Rice Chex♥16
Grits♥22

Main Items

Scrambled Egg 2
Hard-boiled Egg 1
French Toast♥20 (each) or Pancake♥18 (each) with
Blueberry Topping♥8
Strawberry Topping♥5

Monday through Friday only—(Except Holidays)

Omelet 2 with up to three of the following:
Turkey 2, Onions♥, Bell Peppers♥, Mushrooms♥

Weekends and Holidays only—Egg Frittata 4 (Baked Omelet)

Breakfast Sandwich on English Muffin♥25 or White Toast♥20
plus up to three of the following:
Egg 1 Turkey 2
Cheese 0-4

Breakfast Sides

Toasted Bagel (half) 28
Seasonal Muffin♥21-27
White Toast (slice♥10)

Fruit (available all day)

Mandarin Oranges♥14 Apple♥20
Applesauce♥12 Grapes♥14
Diced Peaches♥12 Raisins♥16
Seasonal Fresh Fruit Cup♥18

Beverages (available all day)

(Renal diets only permit 2 cups of coffee and/or tea per day because they are high in potassium.)
Cranberry Juice♥15
Grape Juice♥15
Apple Juice♥14
Coffee/Decaf Coffee♥
Tea/Decaf Tea♥
Green Tea
Herbal Teas♥
(orange spice or plantation mint)
Iced Tea/Decaf Iced Tea♥
Lemonade♥24/Diet Lemonade♥
Fruit Punch♥28/Diet Fruit Punch♥
Milk (1/2 cup fat-free♥6 or 2% 6)
(Low-lactose options available upon request.)
Ginger Ale♥17/Diet Ginger Ale♥
Sierra Mist♥24/Diet Lemon Lime Soda♥

Condiments (available all day)

Creamer♥1
Lemon Juice Packet♥
Margarine♥
Lite Cream Cheese♥1
Strawberry Jam♥9
Grape Jelly♥9
Sugar-free Jams♥3
(grape, strawberry, blackberry)
Peanut Butter♥5
Honey♥7
Sugar 3
Equal♥ or Splenda♥
Pancake Syrup♥31/Lite Syrup♥4
Whipped Topping 3
Chef Seasoning♥/Mrs. Dash's Seasoning♥
Mustard
Mayonnaise 1
Miracle Whip Light 1

Guide to Fluid Servings

(If Fluid Restriction is Ordered)

Breakfast	Lunch	Dinner	Snack
1 ½ cup	1 cup	1 cup	½ cup
1 cup of liquid = 240 milliliters		½ cup of liquid = 120 milliliters	

To help you select items that comply with the diet order your physician has prescribed, please note the following symbols:
♥ - Item lower in fat and sodium and also appropriate for cardiac and reduced sodium diets.
12 - Indicates the number of carbohydrate grams the food contains. Helpful for patients on a Consistent Carbohydrate (Diabetic) Diet. Totals are rounded and may vary slightly if manufacturers change their products.

Renal Menu

Lunch and Dinner

Available from 11:00am to 7:00pm

Ask about our Chef Specials—
available on Tuesdays and Thursdays

Soups (bowl or cup)

Chicken or Beef Broth♥1
Renal Chicken Noodle♥12 or Beef Noodle Soup♥11
Low-salt Cream of Mushroom 11

(Please select only one entrée per meal—cold or hot.)

Cold Entrées

Salad with Marinated Grilled Chicken♥21
Chef Salad♥23
Salad Dressings: Ranch 9, Italian 4
Deli Sandwiches on white bread♥22
(Sandwiches can also be grilled.)
Turkey 2
Egg Salad 1
Tuna Salad♥1
Chicken Salad♥2
Peanut Butter and Jelly♥14
Sandwich Toppings: Cheese 0-4, Lettuce♥, Onion♥4

Hot Entrées

Beef Roast 2
Meatloaf 5
Roast Turkey♥3
Beef and Noodles 41
Macaroni and Cheese♥27
Baked Cod with Crumb Topping♥5
Marinated Grilled Chicken Breast♥ (on bun♥27)
Hamburger on Bun 27
Shredded Chicken on Bun♥29-32

Pasta Alfredo with Chicken♥
(Smaller side portions available)
Whole Grain Spaghetti♥40 or Egg Noodles♥35
Alfredo Sauce♥9
Marinated Grilled Chicken Breast♥
Add Parmesan Cheese, Mushrooms♥

Flatbread Alfredo Pizza—♥22
Add Grilled Chicken♥, Mushrooms♥, Onions♥3

Desserts and More (available all day)

(* Indicates non-liquid foods that count as fluid.)

Lorna Doone Shortbread Cookies 20
Angel Food Cake
(plain♥17 or with strawberries♥23)
Graham Crackers♥18
*Jello
(strawberry♥22 or orange♥21)
*Sugar-free Jello
(strawberry♥3 or orange♥3)
Pudding
(vanilla 24 or butterscotch 22)
Vanilla Sugar-free Pudding♥13
Vanilla Custard 23
*Fruit Ice
(lemon♥20 or cherry♥20)
*Sherbet
(orange♥25 or raspberry♥25)
Seasonal Muffin♥21-27
*Popsicle♥15
*Sugar-Free Popsicle♥6

More Sides

Tossed Salad♥3
Cole Slaw♥18
Macaroni Salad♥23
Low-fat Cottage Cheese 5
Raw Vegetable Plate♥6
Green Beans♥4
Sliced Carrots♥6
Corn♥27
Broccoli♥4
Peas♥9
Broccoli, Carrots and Cauliflower Blend♥4
Rice♥12
Egg Noodles♥18
1/4 cup Mashed Potatoes♥12
(Limit to occasional selection due to high potassium content.)
Gravy (beef♥4 or chicken♥5)
Dinner Roll♥16
Garlic Breadstick♥14
Low-salt Saltines♥15

Meal Guide to grams of carbohydrates for Consistent Carbohydrate (Diabetic) Diets:

Calories	Carbohydrates	Breakfast	Lunch	Dinner
1500-2000	180 grams	60 grams	60 grams	60 grams
>2000	225 grams	75 grams	75 grams	75 grams