

# FOODS TO AVOID ON A LOW POTASSIUM DIET

Potassium is a mineral that is necessary to keep our muscles functioning properly. The heart is a big muscle, that is why our heart is affected when the potassium level is too high or too low. Healthy kidneys can regulate the amount of potassium that the body needs. In kidney failure, the amount of potassium in the body can get too high and be harmful to your heart. Therefore, it is necessary to limit the amount of potassium in the diet to avoid cardiac arrest or heart attack. It is best to avoid the following:

FRUITS	VEGETABLES	JUICES	MISCELLANEOUS	DAIRY PRODUCTS Limit to 4 oz. day
Apricot	Potatoes	Apricot Nectar	Almonds	Buttermilk
Avocado	Beet Greens	Grapefruit Juice	Brazil Nuts	Low-Fat Milk
Banana	Broccoli	Orange Juice	Light Molasses	Whole Milk
Cantaloupe	Brussels Sprouts	Prune Juice	Light Salt	Yogurt
Dates	Collard Greens	Tomato Juice	Peanut Butter	
Dried Figs	Dandelion Greens		Peanuts	
Fresh Orange	Dry Beans		Quinoa	
Fresh Peach	Dry Peas		Salt Substitute	
Honeydew Melon	Spinach		Tomato Paste	
Mango	Mushrooms		Tomato Puree	
Melon Balls	Parsnips			
Papaya	Sweet Potatoes			
Persimmon	Winter Squash			
Plantain				
Prunes				
Raisins				
Tomato				
Watermelon				



# Bedside Bistro Renal Menu

To order your meal, dial 6MEAL (66325) or 732-321-7000 ext. 66325 between 6:30 AM and 6:30 PM. Please allow 45 minutes for meal delivery.

Please ask us about our other menus:  
Vegetarian ▪ Kosher ▪ Gluten Free ▪ Halal

### GUEST TRAYS AVAILABLE

Visitors are welcome to order a guest tray. For just \$6.00 per person (payable by credit card only), order your of one entrée, two sides, one beverage and one dessert. To order call 6MEAL (66325).

### SAFETY TIP

If you have diabetes or you are on medication to control your blood sugar, please alert your nurse when you order your meals.



Exceptional Care. Exceptional People.

*Start Your Day  
with a Healthy  
Breakfast*



**WE WILL GLADLY  
ACCOMMODATE SPECIAL  
REQUESTS TO THE BEST OF  
OUR ABILITY.**

## CONDIMENTS

*Please order any and all  
desired condiments.*

Pepper • Mrs. Dash  
Sugar\*\*  
Splenda • Equal • Sweet-n-Low  
Half & Half  
Fresh Lemon • Honey\*\*  
Grape Jelly • Strawberry Jelly  
Cream Cheese  
Margarine • Mayonnaise  
Tabasco® Sauce  
*Salad Dressings: Light French,  
Light Italian, Oil & Vinegar*

## BEVERAGES

Coffee • Tea  
Lemonade\*\* 8 oz.  
Skim Milk 4 oz. • 2% Milk 4 oz.  
Whole Milk 4 oz.  
Apple Juice 4 oz.  
Cranberry Juice Cocktail\*\* 4 oz.  
Bottled Water • Soda

## YOGURT & COTTAGE CHEESE

Fruited Yogurt\*\* • Light Yogurt  
Plain Yogurt • Vanilla Yogurt  
Greek Yogurt • Cottage Cheese

## FRUITS

Fresh Apple  
Fruit Cocktail  
Applesauce  
Sliced Peaches

## BAKERY

Bagel • English Muffin  
Blueberry Muffin  
Apple Cinnamon Muffin  
Toast (white, wheat, rye)  
Cinnamon Sugar Donut\*\*

## CEREAL

Oatmeal  
(try adding brown sugar\*\*, diced  
apple or cinnamon)  
Cream of Rice  
Corn Flakes • Rice Krispies  
Cheerios

## BREAKFAST ENTREES

**Build Your Own Omelet**  
Two egg omelet—add your choice  
of American cheese, green bell  
pepper, onion or tomato  
**Scrambled Eggs**  
Two large eggs scrambled

**Buttermilk Pancakes**  
Two fluffy pancakes with  
pancake syrup

**Cinnamon French Toast**  
One thick slice of bread dipped in  
egg batter flavored with cinnamon,  
vanilla & nutmeg

## ON THE SIDE

Turkey Sausage

# LUNCH & DINNER AVAILABLE 11:00 AM–6:30 PM

## SANDWICHES



*Proudly Serving  
Premium Meats*

**Classic Cheeseburger**  
Grilled hamburger patty with  
melted American cheese served on  
a bun with lettuce & ketchup

**Turkey & Cucumber  
Stuffed Pita**  
Pita bread stuffed with sliced  
turkey & cucumber

**Grilled Cheese**  
American cheese melted in lightly  
buttered, grilled sliced white bread

**Roast Beef Panini**  
Hot roast beef & American cheese  
panini on rye bread

**Hot Egg & Cheese**  
Freshly scrambled eggs topped with  
American cheese on a kaiser roll

**Chicken Salad**  
A scoop of chicken salad with  
lettuce on sliced white bread

## SPECIALTY COLD PLATTERS & SALADS

**Chef's Salad**  
Sliced turkey & roast beef over crisp  
lettuce with shredded carrots,  
sliced American cheese, hard boiled  
egg, red bell pepper, cucumber &  
red onion

**Grilled Chicken Salad**  
Tender grilled chicken over  
romaine lettuce

**Garden Salad**  
Small salad made with mixed  
greens & sliced cucumbers

**Yogurt & Fruit Platter**  
Plain yogurt with soft peaches  
& pears

**Cottage Cheese & Fruit Platter**  
Cottage cheese with soft peaches  
& pears

Made-to-order  
sandwiches available.

## ENTREES

*Hot entrees are served with  
a choice of green beans,  
whole baby carrots,  
rice or noodles.*

**Marinated Thin Cut  
Pork Chop Platter**  
Thin cut pork chop seasoned with a  
pineapple, rosemary & thyme glaze

**Herbed Salmon Platter**  
Fresh lemon & herb seasoned  
salmon

**Grilled Chicken Platter**  
Tender grilled chicken breast

## A LA CARTE SIDES

Steamed Rice • Naan  
Kaiser Roll • Dinner Roll  
Green Beans  
Whole Baby Carrots

## HOMEMADE SOUP

Chicken Noodle Soup

## SWEET & DELICIOUS

Vanilla Ice Cream\*\* • Apple Pie\*\* • Sponge Cake • Rice Pudding\*\*

Graham Crackers\*\* • Orange Gelatin\*\*

### NO SUGAR ADDED

Lemon Custard • Vanilla Ice Cream • Lemon Fruit Ice • Strawberry Gelatin

### **MENU KEY**

**\*\* HIGH IN SIMPLE SUGARS. AVOID ON A DIABETIC DIET. DIABETIC  
OPTIONS ARE APPROPRIATE IN MODERATION AND MAY CONTAIN SUGAR.**

**\* HIGH IN SODIUM. AVOID ON A LOW SODIUM DIET.**