



AAKP NUTRITION COUNTER

**A Reference For
The Kidney Patient**

aakp

American Association of Kidney Patients

Key:**Na** = Sodium in milligrams (mg)**Phos** = Phosphorus in milligrams (mg)**Calories** = Calories in kilocalories (kcal)**fl oz** = fluid ounce**tbsp** = tablespoon**K** = Potassium in milligrams (mg)**Protein** = Protein in grams (g)**oz** = ounce**tsp** = teaspoon* = data not available (please do **NOT** read as zero)

Originally edited by Peggy Harum, RD, CSR, LD
Certified Specialist in Renal Nutrition, Miami, Florida

"If you eat too much sodium you can be thirsty, your blood pressure can rise. If you have too much potassium in your diet, it can cause irregular heartbeats. If there is too much phosphorus in your diet, you can develop calcification in your eyes, heart, skin and joints."

Before you restrict sodium, potassium, phosphorus, protein and/or calories in your diet, please check with your dietitian. The diet for dialysis is not necessarily low calorie and is **NOT LOW PROTEIN**.

The secret of the diet is the size of the portion.

Reviewed by Maria Karalis, MBA, RD, LD
Nutrition Consultant for ikidney.com

REFERENCE:

Bowes & Church's Food Values of Portions Commonly Used, Eighteenth Edition, 2005, Revised by Jean A. T. Pennington PhD, RD & Judith Spungen Douglass MS, RD, published by Lippincott Williams & Wilkins, Baltimore and Philadelphia.

Nutritional analysis of products was provided by respective franchise corporations.

Food	Portion	NA	K	Phos	Protein	Calories
Alcohol, 80 proof	3 oz	0	2	4	0	194
Almonds, dry roasted	1 oz	0	211	139	6.3	169
Apple	1 medium	0	159	10	0.3	81
Apple juice	8 oz	7	295	17	0.1	117
Applesauce, sweetened	1/2 cup	4	78	9	0.25	97
Apricots, canned in syrup	1 cup	28	346	34	1.3	214
Apricots, plain	1 cup	2	459	29	2.2	74
Artichoke, boiled	1 medium	114	425	103	4.2	60
Asparagus, canned	1 cup	695	416	104	5.2	46
Asparagus, frozen, boiled	1 cup	7	392	99	5.3	50
Avocado, Florida	1 medium	15	1484	119	4.8	340
Bacon, broiled or panfried	3 strips	303	92	64	5.8	109
Bagel, plain	3.7 oz	561	106	101	11	289
Banana	1 medium	1	467	24	1.2	109
Barbeque sauce	2 tbsp	424	28	3	0.2	39
Beans, black, canned	1 cup	2	611	241	15.2	227
Beans, garbanzo, canned	1 cup	11	477	276	14.5	269
Beans, green, canned	1 cup	354	147	26	1.6	27
Beans, lima, canned	1 cup	810	530	178	14.6	229
Beans, soy, boiled	1 cup	2	886	421	28.6	298
Beans, baked, homemade	1 cup	1068	906	276	14	382
Beef, ground, 10% fat	3 oz	52	255	164	22.6	182
Beef, top sirloin, broiled	3 oz	53	309	187	23.5	229
Beer, most varieties	12 oz	18	89	43	1.1	146
Beets, canned	1/2 cup	165	126	15	0.8	26
Biscuit	1 medium	537	114	219	3.2	186
Blackberries	1 cup	0	282	30	1	75

Food	Portion	NA	K	Phos	Protein	Calories
Blackeyed peas, canned	1 cup	718	413	168	11.4	185
Blueberries	1 cup	9	129	15	1	81
Bologna	1 slice	274	44	43	3.5	22
Bread, rye	1 slice	211	53	40	2.7	83
Bread, white	1 slice	135	30	24	2.1	67
Bread, whole wheat	1 slice	148	71	64	2.7	69
Broccoli, frozen, cooked	1 cup	24	286	58	2.6	25
Brownie, homemade	2" square	82	42	32	1.5	112
Brussels sprouts, frozen, boiled	1 cup	36	504	84	5.6	65
Butter	1 tbsp	117	4	3	0.1	102
Butter, unsalted	1 tbsp	2	4	3	0.1	102
Cabbage, cooked	1/2 cup	6	73	11	0.8	17
Cake, chocolate, icing, low fat	1 cupcake	178	96	79	1.8	131
Cake, poundcake, fat free	1 oz	97	31	41	1.5	80
Candy, Butterfinger	2.16 oz	121	232	80	7.6	293
Candy, Hershey's bar, almonds	1.5 oz	33	195	116	4.5	228
Candy, Hershey's bar, no nuts	1.5 oz	36	169	95	3.2	233
Candy, M & M's	1.69 oz	29	80	46	2.1	236
Candy, Milky Way	2.1 oz	144	145	86	2.7	254
Candy, Reese's Peanut Butter Cups	1.6 oz	141	154	72	4.6	232
Candy, York Peppermint Patty	1.5 oz	12	48	0	0.9	165
Cantaloupe	1 cup	16	547	30	1.6	62
Carrot	1 large	25	233	32	0.7	31
Cauliflower, boiled	1/2 cup	9	88	20	1.1	14
Caviar, black or red	1 tbsp	240	29	57	3.9	40
Celery	1 large	35	115	10	0.3	6
Cereal, bran flakes	3/4 cup	230	170	150	3	90

Food	Portion	NA	K	Phos	Protein	Calories
Cereal, Cheerios	1 cup	273	96	100	3.3	111
Cereal, Corn Flakes	1 cup	263	32	20	1.8	111
Cereal, Cream of Wheat, prepared	1 cup	7	48	43	4.3	154
Cereal, Raisin Bran	1 1/3 cups	320	330	*	5	170
Cheese, American	1 oz	405	46	211	6.3	106
Cheese, brie	1 oz	178	43	53	5.9	95
Cheese, cheddar	1 oz	176	28	145	7.1	114
Cheese, cottage	4 oz	459	97	152	14	82
Cheese, cream	1 tbsp	43	17	15	1.1	51
Cheese, feta	1 oz	316	18	96	4	75
Cheese, mozzarella	1 oz	106	19	105	5.5	80
Cheese, Swiss	1 oz	74	31	172	8.1	107
Cherries	1 cup	3	178	15	1	52
Chicken, dark meat, coated, fried	3.5 oz	88	224	172	26.4	240
Chicken, dark meat, roasted, no skin	3.5 oz	94	238	182	28.2	224
Chicken, light meat, coated, fried	3.5 oz	74	254	228	31.2	218
Chicken, light meat, roasted, no skin	3.5 oz	70	240	210	29.2	193
Clams, breaded, fried	9 small	309	277	160	12.1	172
Clams, moisture cooked	19 small	95	534	287	21.7	126
Cocoa, unsweetened, powder	1 tbsp	1	82	40	1.1	12
Coconut	1.6 oz	9	160	51	1.5	159
Coconut, dried	1 oz	10	154	58	2	187
Coffee, instant	1 tsp	1	53	5	0.2	4
Coffee, regular brewed	8 oz	5	128	2	0.2	5
Coffeerich, liquid	1 tbsp	11	6	5	0	22
Collards, chopped, boiled	1 cup	17	494	49	4	49
Cookies, vanilla wafers	7 wafers	88	27	29	1.4	125

Food	Portion	NA	K	Phos	Protein	Calories
Cool Whip	2 tbsp	0	0	0	0	25
Corn, boiled	1 ear	13	192	79	2.6	83
Corn, canned	1/2 cup	175	160	53	2	66
Cornbread	2.1 oz	467	77	226	4.3	188
Crab, blue, moisture cooked	3 oz	237	275	175	17.2	87
Crab, blue, raw	3 oz	249	280	195	15.4	74
Crackers, graham, plain or honey	2 crackers	85	19	15	1	59
Crackers, melba toast	1 piece	41	10	10	0.6	20
Crackers, saltines	5 crackers	185	18	15	1.3	62
Crackers, saltines, fat free, low sodium	6 crackers	191	35	34	3.2	118
Crackers, wheat	7 crackers	113	26	31	1.2	67
Crackers, whole wheat	4 crackers	99	45	45	1.5	70
Cranberries	1 cup	1	67	9	0.4	47
Cranberry juice cocktail	8 oz	5	46	5	0	144
Cream, half and half	1 tbsp	6	20	14	0.4	20
Croutons	1 cup	209	37	35	3.6	122
Cucumber, no peel	1 medium	4	297	42	1.1	24
Dates, dried	1 date	0	54	3	0.2	23
Egg	1 large	62	63	86	6.3	78
Egg substitute, liquid	1.5 oz	83	155	57	5.6	39
Egg, white only	1 large	54	47	4	3.5	17
Eggplant, boiled	1 cup	3	246	22	0.8	28
English muffin, plain	2 oz	264	75	76	4.4	134
Figs, dried	1 fig	2	135	13	0.6	48
Fish, flounder, cooked	3 oz	89	292	246	20.5	99
French toast	1 slice	292	79	82	4.4	126
Fruit juice bar	3 fl oz	4	49	6	1.1	75

Food	Portion	NA	K	Phos	Protein	Calories
Fruit punch, from concentrate	8 oz	12	191	0	0.2	124
Gatorade, lemon lime	8 oz	96	32	*	0	58
Gelatin, aspartame	1/2 cup	56	0	32	1.3	8
Gelatin, sugar	1/2 cup	57	1	30	1.6	80
Grape juice	8 oz	8	334	28	1.4	154
Grapefruit	1 medium	0	318	22	1.4	74
Grapefruit juice	8 oz	2	378	27	1.3	94
Grapes	1 cup	2	176	9	0.6	62
Gravy, beef, canned	10.3 oz	1630	236	87	10.9	154
Gravy, chicken, canned	10.5 oz	1719	325	86	5.8	235
Guacamole	1.6 oz	240	180	*	1	90
Guava	1 medium	3	256	23	0.7	46
Ham, lean, roasted	3 oz	1128	269	193	21.3	133
Honey, strained	1 tbsp	1	11	1	0.1	64
Honeydew	1 cup	18	480	18	0.8	62
Hot dog, beef	1 hot dog	490	67	69	4.8	141
Hot dog, pork	1 hot dog	620	201	130	9.7	204
Hot dog, turkey	1 hot dog	642	81	60	6.4	102
Ice Cream, Edy's Grand Light	1/2 cup	51	*	*	2.9	121
Jelly	1 tbsp	5	12	1	0	54
Ketchup	1 tbsp	178	72	6	0.2	16
Kiwifruit	1 medium	4	252	30	0.8	46
Lamb, leg, lean, roasted	3 oz	58	287	175	24.1	162
Lamb, loin, lean, broiled	3 oz	71	320	192	25.5	184
Lamb, loin, lean, roasted	3 oz	56	227	175	22.6	172
Lemon	1 medium	1	80	9	0.6	17
Lemon juice	2 tbsp	6	30	2	0.2	6

Food	Portion	NA	K	Phos	Protein	Calories
Lemonade, from concentrate	8 oz	7	37	5	0.2	99
Lentils, boiled	1 cup	4	731	356	17.9	230
Lettuce, iceberg	1 cup	5	87	11	0.6	7
Lettuce, romaine	1 cup	4	162	26	1	8
Lime	1 medium	1	68	12	0.5	20
Liver, beef, panfried	3 oz	90	309	392	22.7	184
Lobster, moisture cooked	3 oz	323	299	157	17.4	83
Macaroni and cheese	8.9 oz	1058	123	*	7.6	199
Mango	1 medium	4	323	23	1.1	135
Margarine	1 tbsp	92	3	1	0	99
Marshmallows	4 regular	12	0	4	0.4	92
Matzo	1 matzo	1	31	25	2.8	111
Mayonnaise	1 tbsp	80	5	4	0.2	100
Mayonnaise, light	1 tbsp	120	8	9	0.1	50
Milk, coconut	8 fl oz	29	497	217	4.6	445
Milk, condensed	1 fl oz	49	142	97	3	123
Milk, evaporated, nonfat	1 fl oz	37	106	62	2.4	25
Milk, nonfat	8 fl oz	127	407	247	8.4	86
Milk, soy	8 fl oz	29	345	120	6.7	81
Milk, whole	8 fl oz	120	371	227	8	149
Molasses	1 tbsp	7	293	6	0	53
Muffin, blueberry	2 oz	251	70	83	3.7	162
Muffin, corn	4.9 oz	724	96	395	8.2	424
Muffin, plain	2 oz	266	69	87	3.9	169
Mushrooms	1 cup	6	518	146	4	36
Mustard	1 tsp	56	8	4	0.2	3
Oatmeal, instant, cooked	1 cup	377	131	176	5.9	138

Food	Portion	NA	K	Phos	Protein	Calories
Oil, canola	1 tbsp	0	0	0	0	124
Oil, olive	1 tbsp	0	0	1	0	119
Okra, frozen, cooked	1/2 cup	3	215	42	1.9	26
Olives, black	10 small	280	8	8	0	40
Olives, green	5 jumbo	375	5	4	0.5	35
Onions	1/2 cup	2	126	26	0.9	30
Orange	1 medium	0	237	18	1.2	62
Orange juice	8 oz	2	496	42	1.7	112
Oysters, raw	6 medium	177	131	113	5.9	57
Pancake, buttermilk	4"	198	55	53	2.6	86
Papaya	1 medium	9	781	15	1.9	119
Papaya nectar	8 oz	13	78	0	0.4	143
Pasta, cooked	1 cup	1	43	76	6.7	197
Peach	1 medium	0	193	12	0.7	42
Peach nectar	8 oz	17	100	15	0.7	134
Peaches, canned	1 cup	16	241	29	1.2	194
Peanut butter	2 tbsp	149	214	118	8.1	190
Peanuts, dry roasted	1 oz	230	187	101	6.7	166
Pear	1 medium	0	208	18	0.6	98
Pear nectar	8 oz	10	33	8	0.3	150
Pears, canned	1 cup	13	173	19	0.5	197
Peas, green, canned	1/2 cup	214	147	57	3.8	59
Pecans, dry roasted	1 oz	0	120	83	2.7	201
Peppers, bell, green, red	1 medium	2	211	23	1.1	32
Peppers, chili, green, canned	1 cup	552	157	15	1	29
Pickle, dill	1 large	1731	157	28	0.8	24
Pie, apple, frozen	1/8 of 9"	333	81	30	2.4	296

Food	Portion	NA	K	Phos	Protein	Calories
Pie, cherry, frozen	1/8 of 9"	308	101	36	2.5	325
Pie, pumpkin, frozen	1/6 of 8"	307	168	77	4.3	229
Pineapple	1 cup	2	175	11	0.6	76
Pineapple juice	8 oz	3	335	20	0.8	140
Pineapple, canned	1 cup	3	264	18	0.9	198
Pita bread, white	1 large	322	72	58	5.5	165
Pita bread, whole wheat	1 large	340	109	115	6.3	170
Pizza, cheese	1/8 of 12"	336	110	113	7.7	140
Pizza, cheese, meat	1/8 of 12"	382	179	131	13	184
Plantain, cooked	1 cup	8	716	43	1.2	179
Plum	1 medium	0	114	7	0.5	36
Popcorn	2.6 cups	1	85	85	3.4	108
Popcorn, light butter	1 cup	50	15	*	1	20
Popsicle	2 fl oz	7	2	0	0	42
Popsicle, sugar free	1.75 fl oz	0	*	*	0	15
Pork loin, lean, roasted	3 oz	49	361	212	24.3	178
Pork, backribs, roasted	3 oz	86	268	166	20.6	315
Potato chips	1 oz	168	361	47	2	152
Potato, baked	1 medium	17	926	121	4.3	161
Potato, french fries, frozen	10 strips	15	209	41	1.7	109
Potato, instant, mashed	1 cup	697	489	118	4	237
Pretzels	10 pretzels	1029	88	68	5.5	229
Prune juice	8 oz	10	707	64	1.6	182
Prunes, dried	1 prune	0	63	7	0.2	20
Pudding, instant, chocolate	1/2 cup	417	247	350	4.6	154
Raisins	1 cup	41	1196	109	3.7	429
Rice, brown, cooked	1 cup	2	154	150	4.5	218

Food	Portion	NA	K	Phos	Protein	Calories
Rice, white, cooked	1 cup	2	55	68	4	205
Rice, wild, cooked	1 cup	5	166	134	6.5	166
Salad dressing, blue cheese, light	2 tbsp	328	12	22	2	140
Salad dressing, French	2 tbsp	438	26	4	0.2	138
Salad dressing, Italian	2 tbsp	232	4	2	0.2	138
Salad dressing, Italian, reduced fat	1 tbsp	118	2	1	0	16
Salad dressing, ranch, fat free	2 tbsp	354	31	28	0.2	48
Salad dressing, thousand island, low fat	2 tbsp	300	34	6	0.2	48
Salami, beef	1 slice	382	64	26	4.3	78
Salsa	1 tbsp	69	34	4	0.2	4
Sardines, canned in soy oil	2 sardines	121	95	118	5.9	50
Sausage, pork	2 links	401	114	76	7.8	165
Scallions	1 cup	16	276	37	1.8	32
Scallops, breaded, fried	2 large	144	103	73	5.6	67
Scallops, raw	6 large	137	274	186	14.3	75
Sherbet, orange	1 cup	68	142	60	1.6	204
Shrimp, breaded, fried	3 oz	292	191	185	18.2	206
Shrimp, moisture cooked	3 oz	190	155	116	17.8	84
Soda, Coca-Cola Classic	12 oz	33	0	41	*	97
Soda, Diet Coke	12 oz	28	12	18	*	1
Soda, Diet Sprite	12 oz	24	73	0	*	2
Soda, ginger ale	12 oz	26	4	0	0	124
Soda, Pepsi	12 oz	35	10	53	*	150
Soda, Sprite	12 oz	47	0	0	*	96
Soup, chicken noodle	1 cup	1106	55	36	4	75
Soup, chicken vegetable	1 cup	945	154	41	3.6	75
Soup, cream of chicken	10.8 oz	2397	214	92	8.3	284

Food	Portion	NA	K	Phos	Protein	Calories
Soup, cream of mushroom	10.8 oz	2111	204	104	4.9	314
Soup, minestrone	1 cup	911	313	55	4.3	82
Soup, tomato	1 cup	695	264	34	2	85
Soup, vegetable	1 cup	822	210	34	2.1	72
Soup, vegetable beef	1 cup	791	173	41	5.6	78
Sour cream	2 tbsp	12	34	20	0.8	52
Sour cream, fat free	2 tbsp	23	70	37	1.5	29
Soy sauce	1 tbsp	1024	27	17	0.4	7
Spinach, canned	1 cup	58	740	94	6	49
Spinach, frozen, boiled	1 cup	164	566	92	6	54
Squash	1 cup	2	896	41	1.8	80
Strawberries	1 cup	1	239	27	0.9	43
Stuffing, chicken	1/2 cup	429	75	36	3.5	107
Stuffing, cornbread	1/2 cup	455	62	34	2.9	179
Sugar	1 tsp	0	1	1	0	16
Sweet potato, canned, mashed	1 cup	191	536	133	5	258
Sweet potato, with skin, baked	1 medium	11	397	63	2	117
Syrup, pancake or waffle	1 tbsp	17	1	2	0	57
Tamarind	1 medium	34	754	136	3.4	287
Tea, prepared brewed	8 oz	7	88	2	0	2
Tofu	3.4 oz	20	*	*	20	180
Tomato	1 medium	11	273	30	1	26
Tomato juice	8 oz	877	535	46	1.8	41
Tomato paste, canned	6 oz	150	1593	134	6.2	139
Tomato, canned regular	1 cup	356	530	46	2.2	46
Tortilla chips	1 oz	150	56	58	2	142
Tortilla, corn	1 medium	39	37	75	1.4	53

Food	Portion	NA	K	Phos	Protein	Calories
Tortilla, flour	1 medium	220	60	57	4	150
Tuna, canned in oil	3 oz	337	283	227	22.6	158
Tuna, canned in water	3 oz	320	201	184	21.1	109
Turkey, breast, roasted	3 oz	45	237	184	24.7	130
Veal, sirloin, lean, braised	3 oz	69	288	220	28.9	173
Veal, sirloin, lean, roasted	3 oz	72	310	196	22.4	143
Vegetables, frozen, mixed	1/2 cup	41	187	52	2.6	59
Vinegar, cider	1 tbsp	1	15	1	0	2
Waffle, frozen	4"	260	42	139	2	87
Walnuts, English, dried	1 oz	1	125	98	4.3	185
Watermelon	1 cup	3	176	14	0.9	49
Wine, red	3.5 oz	5	115	14	0.2	74
Wine, white	3.5 oz	5	82	14	0.1	70
Yogurt, Dannon, plain	8 oz	105	351	215	11	140
Yogurt, Yoplait, fruit	6 oz	100	310	150	7	180
Zucchini, boiled	1 cup	5	455	72	1.2	29

FAST FOODS

Nutritional analysis of products was provided by respective franchise corporations. Currently, many corporations do not have data for potassium (K) and phosphorus (Phos). For questions, please contact your renal dietitian.

Boston Market

Broccoli, steamed	1 serving	450	240	40	3.5	92
Butternut squash	1 serving	560	510	50	2	150

Food	Portion	NA	K	Phos	Protein	Calories
Chicken breast sandwich, honey wheat roll, sauce, cheese	1 sandwich	1135	620	510	44	741
Chicken pot pie	1 pie	1530	760	390	26	750
Chicken, rotisserie, white meat, no skin, no wing	1/4 chicken	357	270	240	24.5	126
Cinnamon apples	1 serving	45	150	15	0	250
Cole slaw	1 serving	98	330	40	3	133
Corn bread	1 loaf	390	60	230	3	200
Creamed spinach	1 serving	740	350	170	9	260
Fruit salad	1 serving	17	410	25	1	63
Green bean casserole	1 serving	670	130	30	1	80
Ham	5 oz	1460	440	450	24	210
Macaroni and cheese	1 serving	890	210	200	13	280
Mashed potatoes with gravy	1 serving	780	440	80	4	230
Meat loaf with gravy	7 oz	855	480	210	21	335
Meat loaf with tomato sauce	8 oz	960	670	230	23	330
Potatoes, garlic, dill	1 serving	150	480	60	3	130
Rice pilaf	1 serving	520	270	70	2	140
Stuffing	1 serving	620	240	100	4	190
Turkey breast, rotisserie	5 oz	850	360	420	36	170
Turkey sandwich, honey wheat roll, sauce, cheese	1 sandwich	1350	590	570	40	630
Burger King						
Angus Steak Burger	1 sandwich	1170	*	*	27	640
Bacon Cheeseburger	1 sandwich	990	*	*	22	390
Cheeseburger	1 sandwich	770	*	*	19	350

Food	Portion	NA	K	Phos	Protein	Calories
Chicken Sandwich	1 sandwich	1270	*	*	25	560
Chicken Tenders©	4 pieces	420	*	*	11	170
Chicken Whopper©	1 sandwich	1410	*	*	38	570
Fire-Grilled Chicken Caesar Salad**	1 salad	900	*	*	25	190
Fire-Grilled Chicken Garden Salad**	1 salad	910	*	*	26	210
Fish Filet Sandwich	1 sandwich	840	*	*	18	520
French fries	1 medium	640	*	*	4	360
French fries, no salt	1 medium	380	*	*	4	360
Garlic Parmesan Toast	1 piece	120	*	*	2	70
Hamburger	1 sandwich	550	*	*	17	310
Milkshake, chocolate	1 medium	470	*	*	10	600
Milkshake, strawberry	1 medium	300	*	*	9	590
Milkshake, vanilla	1 medium	320	*	*	11	540
Onion rings	1 medium	460	*	*	4	320
Tendercrisp Chicken Sandwich	1 sandwich	1800	*	*	28	810
Tendercrisp Spicy Chicken Sandwich	1 sandwich	2120	*	*	28	750
Veggie Burger	1 sandwich	930	*	*	14	380
Whopper©	1 sandwich	1020	*	*	31	700
Whopper© Junior	1 sandwich	550	*	*	17	390

** Values do not include salad dressing or toast

Chick-Fil-A

Chargrilled Chicken Garden Salad	1 salad	660	*	*	22	180
Chargrilled Chicken Sandwich	1 sandwich	980	*	*	26	280
Chicken Caesar Cool Wrap©	1 wrap	1390	*	*	36	460
Chicken Cool Wrap©	1 wrap	1060	*	*	29	380

Food	Portion	NA	K	Phos	Protein	Calories
Chicken nuggets	8 nuggets	1090	*	*	26	260
Chicken Salad Sandwich	1 sandwich	880	*	*	20	350
Chicken Sandwich	1 sandwich	1300	*	*	28	410
Chicken strips	4 strips	730	*	*	29	290
Southwest Chargrilled Chicken Salad	1 salad	770	*	*	25	240
Spicy Chicken Cool Wrap©	1 wrap	1090	*	*	30	380
Waffle Potato Fries©	1 serving	105	*	*	3	280

Domino's

America's Favorite Feast©, hand-tossed (pepperoni, mushroom, sausage)	1/8 of 12"	625.5	*	*	10	257
Breadsticks	1 stick	122.1	*	*	2	115
Buffalo Chicken Kickers	1 piece	162.5	*	*	4	47
Buffalo wings, barbeque	1 piece	175.5	*	*	6	50
Buffalo wings, hot	1 piece	254.5	*	*	5	45
Cheese pizza, hand-tossed	1/8 of 12"	385	*	*	7	186
Cheesy Bread	1 stick	162.3	*	*	4	123
Cinna Stix©	1 stick	111.4	*	*	2	123
Green pepper, onion & mushroom pizza, hand-tossed	1/8 of 12"	385.5	*	*	8	191
Ham & pineapple pizza, hand-tossed	1/8 of 12"	466.5	*	*	9	200
Pepperoni & sausage pizza, hand-tossed	1/8 of 12"	625.5	*	*	10	255
Pepperoni pizza, hand-tossed	1/8 of 12"	521.5	*	*	9	223
Sausage pizza, hand-tossed	1/8 of 12"	530	*	*	9	231

Food	Portion	NA	K	Phos	Protein	Calories
Vegi Feast©, hand-tossed (green pepper, onion, mushroom, olive, extra cheese)	1/8 of 12"	489	*	*	9	218
KFC						
Boneless Honey Barbeque Wings	7 wings	1950	*	*	35	600
Chicken pot pie	1 pie	1680	*	*	33	770
Chicken strips	3 strips	1250	*	*	29	400
Chicken, breast, no skin, no breading	1 piece	410	*	*	29	140
Extra Crispy Chicken, breast	1 piece	1230	*	*	34	460
Extra Crispy Chicken, drumstick	1 piece	420	*	*	12	160
Honey Barbeque Sandwich	1 sandwich	640	*	*	21	300
Honey Barbeque Wings	6 wings	1130	*	*	25	540
Hot and Spicy Chicken, breast	1 piece	1450	*	*	33	460
Hot and Spicy Chicken, drumstick	1 piece	380	*	*	13	150
Hot Wings	6 wings	1120	*	*	24	450
Mashed potatoes with gravy	1 serving	380	*	*	2	120
Original Recipe Chicken, breast	1 piece	1150	*	*	40	380
Original Recipe Chicken, drumstick	1 piece	440	*	*	14	140
Original Recipe Sandwich	1 sandwich	890	*	*	29	320
Popcorn chicken	1 serving	1030	*	*	19	450
Potato wedges	1 serving	830	*	*	4	240
Tender Roast Sandwich, sauce	1 sandwich	810	*	*	31	390
Triple Crunch Sandwich, sauce	1 sandwich	1640	*	*	36	670
Twister Sandwich	1 sandwich	1650	*	*	27	670
Zinger Sandwich, sauce	1 sandwich	1650	*	*	35	680

Food	Portion	NA	K	Phos	Protein	Calories
McDonald's						
Bagel, ham, egg, cheese	1 bagel	1500	301	439	26	550
Big Mac® with cheese	1 sandwich	1070	437	262	24	590
Big N' Tasty® with cheese	1 sandwich	1030	495	295	26	580
Biscuit, bacon, egg, cheese	1 biscuit	1360	218	519	21	480
Biscuit, sausage	1 biscuit	930	183	346	10	410
Burrito, sausage	1 burrito	680	191	181	13	290
California Cobb Salad, crispy chicken	1 salad	1140	700	350	29	360
California Cobb Salad, grilled chicken	1 salad	1060	780	400	32	260
Cheeseburger	1 sandwich	800	248	168	15	330
Chicken Bacon Ranch Salad, crispy	1 salad	1030	670	330	27	340
Chicken Bacon Ranch Salad, grilled	1 salad	940	750	380	31	240
Chicken Caesar Salad, crispy	1 salad	910	680	400	24	300
Chicken Caesar Salad, grilled	1 salad	830	760	450	28	200
Chicken McGrill® Sandwich	1 sandwich	890	513	364	25	400
Chicken McNuggets®	4 pieces	460	161	212	10	210
Chicken Selects® Premium Breast Strips	5 strips	1550	640	610	39	630
Cinnamon roll	1 roll	330	143	120	7	440
Crispy Chicken Sandwich	1 sandwich	1100	414	314	22	500
Fiesta Salad, no sour cream or salsa	1 salad	580	590	210	21	360
Filet-O-Fish® Sandwich	1 sandwich	660	245	173	15	410
French fries	1 medium	220	781	146	5	350
Fruit and yogurt parfait	1 parfait	55	217	103	4	130
Hamburger	1 sandwich	560	225	103	12	280
Hash brown	1 patty	330	213	57	1	130
Hot 'n Spicy McChicken® Sandwich	1 sandwich	920	240	200	14	440
McChicken® Sandwich	1 sandwich	760	250	210	15	420

Food	Portion	NA	K	Phos	Protein	Calories
McMuffin©, egg	1 muffin	840	215	287	18	300
Milkshake, chocolate	12 oz	243	500	255	8.5	318
Milkshake, strawberry	12 oz	130	490	270	10	420
Milkshake, vanilla	12 oz	205	435	255	8.8	278
Quarter Pounder© with cheese	1 sandwich	1250	431	344	28	530

Papa John's

BBQ Chicken & Bacon pizza, original	1/8 of 14"	929	*	*	17	369
Bread sticks	1 piece	260	*	*	4	140
Cheese pizza, original	1/8 of 14"	699	*	*	12	290
Chicken Alfredo pizza, original	1/8 of 14"	743	*	*	15	310
Chicken strips	1 piece	178	*	*	5.5	83
Cinnapie	1 piece	145	*	*	1	114
Garden Fresh pizza, original	1/8 of 14"	685	*	*	12	287
Hawaiian BBQ Chicken pizza, original	1/8 of 14"	1029	*	*	17	376
Pepperoni pizza, original	1/8 of 14"	913	*	*	14	343
Sausage pizza, original	1/8 of 14"	894	*	*	14	336
Spinach Alfredo pizza, original	1/8 of 14"	694	*	*	13	303
The Works pizza, original	1/8 of 14"	1013	*	*	17	370

Pizza Hut

Breadstick	1 stick	220	*	*	4	150
Cheese pizza, hand-tossed	1/8 of 12"	520	*	*	12	240
Cinnamon sticks	2 sticks	170	*	*	4	170
Fit 'N Delicious© pizza, diced chicken, mushroom, jalapeno	1/8 of 12"	690	*	*	10	170

Food	Portion	NA	K	Phos	Protein	Calories
Fit 'N Delicious© pizza, diced chicken, red onion, green pepper	1/8 of 12"	460	*	*	10	170
Fit 'N Delicious© pizza, green pepper, red onion, diced tomato	1/8 of 12"	360	*	*	6	150
Fit 'N Delicious© pizza, ham, pineapple, diced tomato	1/8 of 12"	470	*	*	8	160
Fit 'N Delicious© pizza, tomato, onion, jalapeno	1/8 of 12"	590	*	*	6	150
Meat Lover's© pizza, hand-tossed	1/8 of 12"	760	*	*	15	300
Pepperoni pizza, hand-tossed	1/8 of 12"	570	*	*	12	250
Pzone©, classic	Half	1210	*	*	33	610
Pzone©, meat lover's©	Half	1540	*	*	38	680
Pzone©, pepperoni	Half	1280	*	*	34	610
Sausage Lover's© pizza, hand-tossed	1/8 of 12"	650	*	*	13	280
Supreme pizza, hand-tossed	1/8 of 12"	660	*	*	13	270
Veggie Lover's© pizza, hand-tossed	1/8 of 12"	490	*	*	10	220

Subway

Veggie Delite©	6"	510	346	26	9	230
Ham	6"	1270	498	158	18	290
Turkey Breast	6"	1010	462	158	18	280
Turkey Breast and Ham	6"	1220	499	180	20	290
Roast Beef	6"	910	472	160	19	290
Chicken	6"	1010	478	159	24	330
Turkey Breast, Ham and Roast Beef	6"	1300	547	197	24	320
Italian BMT©	6"	1790	542	149	23	450
Tuna	6"	770	448	104	13	300

Food	Portion	NA	K	Phos	Protein	Calories
Seafood Sensation©	6"	1170	399	165	16	380
Turkey Breast, Ham & Bacon	6"	1610	570	270	25	380

All values are of sandwiches including bread (Italian or wheat) and vegetables (3/4 oz. lettuce, 3 tomato slices, 3 green pepper strips, 1/2 oz. onions, 3 olive rings and 3 pickle chips)

Taco Bell

7-Layer Burrito	1 burrito	1360	*	*	18	530
Bean Burrito	1 burrito	1200	*	*	14	370
Border Bowl©	1 bowl	1640	*	*	23	730
Burrito Supreme©, beef	1 burrito	1330	*	*	18	440
Burrito Supreme©, chicken	1 burrito	1270	*	*	21	410
Chalupa Baja, beef	1 chalupa	750	*	*	14	430
Chalupa Baja, chicken	1 chalupa	690	*	*	17	400
Chalupa Supreme, beef	1 chalupa	600	*	*	14	390
Chalupa Supreme, chicken	1 chalupa	530	*	*	17	370
Chili Cheese Burrito	1 burrito	1080	*	*	16	390
Cinnamon Twists	1 serving	150	*	*	1	160
Double Decker© Taco	1 taco	800	*	*	15	340
Enchirito©, beef	1 enchirito	1430	*	*	19	380
Enchirito©, chicken	1 enchirito	1360	*	*	23	350
Fiesta Burrito, beef	1 burrito	1150	*	*	14	390
Fiesta Burrito, chicken	1 burrito	1090	*	*	18	370
Gordita Baja©, beef	1 gordita	750	*	*	14	350
Gordita Baja©, chicken	1 gordita	690	*	*	17	320
Gordita Supreme©, beef	1 gordita	590	*	*	14	310
Gordita Supreme©, chicken	1 gordita	530	*	*	17	290

Food	Portion	NA	K	Phos	Protein	Calories
Mexican Pizza	1 pizza	1030	*	*	21	550
MexiMelt©	1 melt	880	*	*	15	290
Nachos	1 serving	530	*	*	5	320
Nachos BellGrande©	1 serving	1300	*	*	20	780
Quesadilla, cheese	1 quesadilla	1150	*	*	19	490
Quesadilla, chicken	1 quesadilla	1380	*	*	28	540
Soft Taco, beef	1 taco	620	*	*	10	210
Soft Taco, chicken	1 taco	550	*	*	14	190
Southwest Steak Bowl	1 bowl	2050	*	*	30	700
Taco	1 taco	350	*	*	8	170
Taco Salad, salsa	1 salad	1670	*	*	31	790
Tostada	1 tostada	710	*	*	11	250

Wendy's

Baked potato, bacon, cheese	1 potato	910	*	*	16	560
Baked potato, broccoli, cheese	1 potato	540	*	*	10	440
Baked potato, sour cream, chives	1 potato	40	*	*	8	340
Big Bacon Classic© Sandwich	1 sandwich	1430	*	*	33	580
Chicken BLT Salad**	1 salad	1140	*	*	34	360
Chicken nuggets	5 pieces	490	*	*	10	220
Chicken strips	3 pieces	1470	*	*	28	410
Chili	1 small	870	*	*	17	200
Classic Single© Sandwich	1 sandwich	910	*	*	25	410
French fries	1 medium	340	*	*	4	390
Frosty	1 small	35	*	*	8	330
Homestyle Chicken Fillet Sandwich	1 sandwich	1320	*	*	29	540
Homestyle Chicken Strips Salad**	1 salad	1190	*	*	29	450

Food	Portion	NA	K	Phos	Protein	Calories
Junior Cheeseburger	1 sandwich	820	*	*	17	310
Junior Hamburger	1 sandwich	610	*	*	15	270
Mandarin Chicken© Salad**	1 salad	740	*	*	22	190
Spicy Chicken Fillet Sandwich	1 sandwich	1480	*	*	29	510
Spring Mix Salad**	1 salad	230	*	*	11	180
Taco Supremo Salad**	1 salad	1090	*	*	27	360
Ultimate Chicken Grill Sandwich	1 sandwich	1100	*	*	31	360

** Values do not include salad dressing, noodles, nuts, croutons, salsa, sour cream or taco chips

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3505 E. Frontage Rd., Suite 315 • Tampa, FL 33607-1796
(800) 749-2257 • (813) 636-8100 • Fax: (813) 636-8122