

Section 8: Diets for Renal

Renal Sack Lunch

Use:

The Renal Sack Lunch is for individuals who are on dialysis needing to take a meal with them to assist with overall daily nutritional intake. Although the noon meal is most often the meal to be sent with an individual to dialysis, the supper meal may also be sent.

General Principles & Guidelines:

1. Any consistency modification must be followed when putting together a sack lunch.
2. Send food that can remain at room temperature or send foods in an insulated bag with ice packs if chilling is needed.
3. Do not send food that requires refrigeration or reheating.
4. Send disposable containers and plastic ware, if possible, to eliminate the need of returning items.
5. Fresh is best. Make meat sandwiches from low-sodium, fresh-cooked meats such as chicken, turkey breast, roast beef, pork or fish.
6. May use meat leftovers as long as the leftovers have been handled according to all food safety guidelines/precautions and are sent in the sack lunch utilizing all food safety guidelines/precautions.
7. Salt substitutes containing potassium chloride should not be used unless authorized by a physician. These types of salt substitutes will affect the amount of potassium consumed.
8. The sack lunch should include a minimum of a sandwich, renal-friendly fruit, renal-friendly sweet and a beverage (see suggested renal-friendly sack lunch lists and lunch meal plan).

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Renal Diet Sack Lunch Suggestions:

Sandwich Ideas:	Use Fresh Meat: Turkey Roast Beef Tuna Chicken Egg Salad Note: Avoid deli meats, such as bologna and other processed deli meats.
Possible Bread Ideas:	Bagels Four Tortillas White Bread Pita Bread Hamburger Rolls Spreads (in small amounts): Mayonnaise Horseradish Jam Jelly Yellow Mustard
Renal-Friendly Fruit Ideas:	Choose Fresh: Apples Plums Pears Grapes Strawberries Use Unsweetened Canned Fruits: Applesauce Peaches Pears Fruit Cocktail Pineapple

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Renal Diet Sack Lunch Suggestions (continued):

Beverage Ideas:	Unsweetened 100% Fruit Juice: Apple Grape Cranberry Juice Regular or Diet Lemonade (if appropriate) Regular or Diet Soda (if appropriate) such as ginger ale or a lemon-lime soft drink (no colas)
Sweets Ideas:	Vanilla Wafers Gingersnaps Graham Crackers Angel Food Cake Pound Cake
Foods to Avoid:	Note: Avoid sending the following foods in a packed lunch for a dialysis patient: Bologna Cheese Peanut Butter Ham Pimento Cheese Ice Cream Milk Yogurt Cottage Cheese Banana Melon Dried Fruit Oranges Peaches, fresh Orange Juice Grapefruit Juice Colas Desserts made with peanut butter, raisins, other dried fruits, or nuts Fresh Tomatoes Tomato-Based Foods Tomato Juice Salty Foods, such as dill pickles, chips, olives, or salted popcorn Chocolate

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Sample Menu Plan #1:

Meal	Food Item	Amount
Lunch	Unsalted Roast Beef or Turkey	2 oz
	White Bread	2 slices
	Mayonnaise	1 tsp
	Fresh Apple Slices	1/2 cup
	Graham Crackers	3 squares
	Fruit Punch	8 oz

Sample Menu Plan #2:

Meal	Food Item	Amount
Lunch	Unsalted Egg Salad (no pickle relish)	1/2 cup
	White Bread	2 slices
	Canned Sliced Peaches	1/2 cup
	3-Ring Pretzels	6
	Sugar Cookies	2
	Lemonade	8 oz

Note: Send lunch in an insulated bag with ice packs, plastic spoon or fork, straw (if applicable) and a napkin.