



RENAL MEAL PLANS

Our renal meal plans are developed by our team of Registered Dietitians to meet the guidelines for individuals with chronic kidney disease receiving dialysis (National Kidney Foundation Stage 5D). These renal meals are prepared by our culinary team to be wholesome and delicious to suit any palate.

MEALS FMV700001

NUTRITION INFORMATION

Chicken in Teriyaki Sauce, served with gingered carrots and brown rice with Chinese vegetables.

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|-----------------|----------------|-----------------|--------------------|---------------------|
| 284 CALORIES | 26g PROTEIN | 447mg SODIUM | 473mg POTASSIUM | 120mg PHOSPHORUS |
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Honey Mustard Chicken, served with potatoes Florentine and mixed vegetables.

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|-----------------|----------------|-----------------|--------------------|---------------------|
| 370 CALORIES | 22g PROTEIN | 272mg SODIUM | 645mg POTASSIUM | 261mg PHOSPHORUS |
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Turkey Sausage with Peppers, Onions and Tomatoes, served with whole grain rotini pasta and apple chunks & raisins.

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|-----------------|----------------|-----------------|--------------------|---------------------|
| 420 CALORIES | 21g PROTEIN | 337mg SODIUM | 693mg POTASSIUM | 158mg PHOSPHORUS |
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Manicotti Alfredo, served with seasoned peas and an Italian vegetable medley.

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|-----------------|----------------|-----------------|--------------------|---------------------|
| 311 CALORIES | 27g PROTEIN | 504mg SODIUM | 522mg POTASSIUM | 250mg PHOSPHORUS |
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Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

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| 360 CALORIES | 18g PROTEIN | 540mg SODIUM | 492mg POTASSIUM | 43mg PHOSPHORUS |
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Omelet with Cheese, served with roasted parsley potatoes and fruited granola.

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| 335 CALORIES | 11g PROTEIN | 402mg SODIUM | 565mg POTASSIUM | 27mg PHOSPHORUS |
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Country Knife & Fork Breakfast (egg patty, hash brown potatoes with country pepper gravy), served with turkey sausage links, and maple-pecan cinnamon apples.

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|-----------------|----------------|-----------------|--------------------|---------------------|
| 355 CALORIES | 16g PROTEIN | 473mg SODIUM | 533mg POTASSIUM | 131mg PHOSPHORUS |
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Potato Salad Va
 1/2 cup cubed cooked
 1 cup diced cele
 1/4 cup chopped be
 1/4 cup chopped pom
 1/2 tsp minced on
 hard-boiled eggs
 1/2 tsp. salt
 1/4 tsp. pepper
 1 tsp. mustard
 1/2 tsp. lemon ju
 1 cup mayonnaise
 1/2 diced green
 Place all ing
 servings

RECIPÉ FOR M
 2 c. miniature marsh
 1 cup milk
 1 (3 oz) pkg. lime
 2/3 c. mayonnaise
 2 (3 oz) pkg. crea
 2 1/2 (1 lb. 4 oz)
 1 cup whipping c
 Melt marshmall

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Why a Renal Meal Plan?

By Levinia Clark, RD/LDN, Nutrition Services Manager

The Facts about Chronic Kidney Disease (CKD)

- 26 million American adults have CKD and millions of others are at increased risk.
- High risk groups include those with diabetes, hypertension, and a family history of kidney disease.
- African Americans, Hispanics, Pacific Islanders, Native Americans and seniors are at increased risk.

Why Are the Kidneys So Important?

The major function of our kidneys is to remove waste products and excess fluid from the body. The kidneys are powerful chemical factories that perform the following functions:

- Remove waste products from the body.
- Remove drugs from the body.
- Balance the body's fluids.
- Release hormones that regulate blood pressure.
- Produce an active form of vitamin D that promotes strong, healthy bones.
- Control the production of red blood cells.

What Are Some of the Causes of Chronic Kidney Disease?

Chronic Kidney Disease is defined as having some type of kidney abnormality or "marker" such as protein in the urine and having decreased kidney function for three months or longer. There are many causes of Chronic Kidney Disease. The kidneys may be affected by diseases such as diabetes and high blood pressure. Some kidney conditions are hereditary (run in families).

- Diabetes is the leading cause of kidney disease.
- High blood pressure (also known as hypertension) is another common cause of kidney disease.
- Glomerulonephritis (gla-merry- ulow-neph-right-is) is a disease that causes inflammation of the kidney's tiny filtering units called the glomeruli (gla-merry -o-lie).
- Polycystic kidney disease is the most common inherited kidney disease.
- Congenital diseases may also affect the kidneys.
- Drugs and toxins can also cause kidney problems.

Renal Diet Tips

- Consult your doctor for a renal diet prescription specific to you. Not everyone with CKD follows the same diet.
- Eat the right amount of calories and protein, according to your diet prescription.
- Monitor your intake of potassium, phosphorus, sodium and fluids.
- Stay at a healthy body weight.

GA Foods' renal diet meal plan is intended for those receiving dialysis. The above information is intended for an education aid only. It is not intended as medical/nutritional advice for individual conditions or treatments. Talk to your doctor before following any regimen to see if it is safe and effective for you.



PUREED MEAL PLAN

Our pureed meals feature Hormel Health Labs Thick and Easy® Pureed Meats and Vegetables. These pre-formed menu items are appealing in flavor and appearance.

Pork Chop, served with mashed potatoes, broccoli, applesauce, and instant breakfast.

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|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|
| 719 CALORIES | 88g CARBS | 63mg CHOLESTEROL | 35g PROTEIN | 840mg SODIUM | 30g FAT | 5g FIBER |
|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|

Turkey Breast, served with mashed sweet potatoes, green beans, and chocolate pudding.

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|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|
| 480 CALORIES | 72g CARBS | 49mg CHOLESTEROL | 24g PROTEIN | 790mg SODIUM | 16g FAT | 3g FIBER |
|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|

Macaroni and Cheese, served with strawberry applesauce, broccoli, and chocolate pudding.

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|-----------------|--------------|--------------------|----------------|-----------------|------------|-------------|
| 397 CALORIES | 71g CARBS | 6mg CHOLESTEROL | 13g PROTEIN | 614mg SODIUM | 17g FAT | 5g FIBER |
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Roast Beef, served with whipped potatoes, green peas, and vanilla pudding.

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|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|
| 569 CALORIES | 90g CARBS | 43mg CHOLESTEROL | 28g PROTEIN | 820mg SODIUM | 14g FAT | 6g FIBER |
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Ham, served with mashed sweet potatoes, carrots, and vanilla pudding.

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|-----------------|--------------|---------------------|----------------|------------------|------------|-------------|
| 584 CALORIES | 85g CARBS | 46mg CHOLESTEROL | 26g PROTEIN | 1106mg SODIUM | 25g FAT | 3g FIBER |
|-----------------|--------------|---------------------|----------------|------------------|------------|-------------|

Chicken Breast, served with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

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|-----------------|--------------|---------------------|----------------|-----------------|------------|-------------|
| 660 CALORIES | 94g CARBS | 54mg CHOLESTEROL | 34g PROTEIN | 882mg SODIUM | 17g FAT | 8g FIBER |
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Beef, served with cheesy mashed potatoes, corn, and applesauce.

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|-----------------|---------------|---------------------|----------------|-----------------|------------|-------------|
| 652 CALORIES | 107g CARBS | 37mg CHOLESTEROL | 32g PROTEIN | 584mg SODIUM | 13g FAT | 6g FIBER |
|-----------------|---------------|---------------------|----------------|-----------------|------------|-------------|

SunMeadow® Nonfat Dry Milk provided with all meals.

*Liquids may need to be thickened as ordered by physician or speech pathologist.





Why a Pureed Meal Plan?

By Levinia Clark, RD/LDN, Nutrition Services Manager

What is the swallowing process?

Swallowing is a complex process that involves more than 50 pairs of muscles and many nerves. Food is moved from the mouth to the stomach in three stages. In the first stage, food is prepared for swallowing as it is moved around the mouth by the tongue. The second stage begins when the tongue pushes food or liquid to the back of the mouth. The third stage begins when food or liquid enters the esophagus.

What causes swallowing problems?

Some people are born with swallowing problems, but in many cases it develops as a result of a physical illness or medical condition. Difficulty swallowing, or dysphagia, can result from a diagnosis of stroke, Parkinson's disease, multiple sclerosis, other neurological disorders, or pain upon consuming regular foods following oral surgery. People with cancers of the head, neck, and mouth and/or cancer treatment may also have trouble swallowing.

What are the risks with swallowing difficulties?

In the worst cases, difficulty in swallowing can result in aspiration pneumonia. This occurs when food enters the lungs instead of the esophagus, causing bacterial infection, pneumonia, and occasionally death. Left untreated, dysphagia can lead to malnutrition and dehydration, unintentional weight loss, and decreased quality of life. This can affect all age groups, but it is most often seen in the elderly population.

What is the purpose of a pureed diet?

A pureed food diet provides nutrition for individuals suffering from many different diseases and conditions, but is designed specifically for patients who have difficulty swallowing. Pureed food is described as a smooth, cohesive, pudding-like consistency. A pureed consistency makes it easier to form a bolus, or ball of food, in the mouth before swallowing. The cohesive, smooth texture of pureed foods keeps the bolus together throughout the entire swallowing process to prevent food particles from going into the lungs. Sometimes when a person has dysphagia, it is necessary to thicken liquids to make swallowing them easier.

People with dysphagia, or difficulty swallowing, usually follow this type of diet to prevent choking or silent aspiration. The length of time a person uses a pureed diet varies depending on the cause. People recovering from a stroke often use the diet for a period of weeks to months, and those with worsening throat cancer or a progressive degenerative disease may need to use the diet for the remainder of their lives.

People have different nutritional needs depending on a variety of medical and nutritional factors. As with any therapeutic diet plan, consult your physician and dietitian to individualize any diet to meet those needs.

What foods are allowed in a pureed diet?

Few individual foods are excluded from this diet because most foods can be processed to a pureed consistency, however, foods that require chewing are excluded.

The above information is intended for an education aid only. It is not intended as medical/nutritional advice for individual conditions or treatments. Talk to your doctor before following any regimen to see if it is safe and effective for you.



KOSHER GOURMET

OPTION 1 TMS001101

Pineapple-Glazed Fish, served with diced potatoes and carrots.

Cheese-Stuffed Shells, served with green beans.

Beef Meatloaf with Gravy, served with mashed potatoes and peas & carrots.

Chicken Cacciatore, served with pasta and cabbage.

Vegetable Lasagna, served with carrots.

Salisbury Steak, served with baked potato and green beans.

Chicken Stew, served with brown rice and carrots.

OPTION 2 TMS001102

Tilapia Almondine, served with fried rice and cabbage.

Stuffed Cabbage with Sweet & Sour Sauce, served with mashed potatoes and peas & carrots.

Spanish Omelet, served with hash browns and green beans.

BBQ Chicken, served with vegetarian baked beans and carrots.

Beef Meatballs in Sweet & Sour Sauce, served with brown rice and peas & carrots.

Lemon Pepper Fish, served with baked sweet potato and cabbage.

Eggplant Parmesan, served with pasta and green beans..

All meals served with SunMeadow® nonfat dry milk, whole wheat bread, and fruit juice.

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7-DAY MEAL PLANS



OPTION 3 TMS001103

Meatloaf with Tomato Sauce, served with mashed potatoes and peas & carrots.

Vegetable Lasagna, served with green beans.

Herbed Fish, served with brown rice and carrots.

Chicken Stew, served with white rice and peas & carrots.

Salisbury Steak, served with mashed sweet potatoes and carrots.

Cheese-Stuffed Shells, served with green beans.

Caribbean Chicken, served with Spanish rice and carrots.

OPTION 4 TMS001104

Stuffed Cabbage with Sweet & Sour Sauce, served with baked potato and green beans.

Lemon Pepper Chicken, served with white rice and peas & carrots.

Spanish Omelet, served with parsley potatoes and green beans.

Honey Glazed Fish, served with brown rice and peas & carrots.

Beef Meatballs in Marinara, served with pasta and carrots.

Honey Mustard Chicken, served with diced potatoes and cabbage.

Eggplant Parmesan, served with pasta and green beans.

All meals served with **SunMeadow**[®] nonfat dry milk, whole wheat bread, and fruit juice.