

Renal Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Beverages

Hot Drinks

- Coffee – regular, decaf
- Hot Tea – regular, decaf
- Herbal Tea – lemon, orange & spice, cranberry apple, mint medley

Condiments: *sugar (3g), Equal®, Splenda®, creamer, non-dairy creamer (2g), lemon, honey (5g)*

Milk

- 4 oz. Milk (5g) – skim, 2%, whole
- 8 oz. Lactose-Free Milk (10g)
- 8 oz. Rice Milk (25g) – original, vanilla

Juice (4oz)

- Juice – apple (15g), cranberry (20g), grape (20g)
- Crystal Light® – orange sunrise, raspberry ice

Fountain Drinks

- Sierra Mist® (25g), Mountain Dew® (30g), Diet Sierra Mist®, Sugar-Free Lemonade, Iced Tea

Desserts

Bakery

- Angel Food Cake (35g) – with strawberry sauce (20g)
- Carrot Cake (25g)
- Cookies – chocolate chip (25g), oatmeal raisin (25g), vanilla wafers (15g), Lorna Doone® shortbread (20g)

On The Lighter Side

- Fresh Apple (15g)
- Fresh Grapes (15g)
- Applesauce (15g)
- Diced Fruit (15g) – peaches, pears
- Yogurt – regular (30g), light (15g)
- Vanilla Pudding (25g)
- Gelatin – regular (15g), sugar-free

Frozen Delights

- Ice Cream – regular (15g), fat-free (20g)
- Sherbet – orange (30g), raspberry (25g)
- Italian Fruit Ice (20g)
- Sugar-Free Lemon Sorbet (5g)
- Popsicles – regular (15g), sugar-free (5g)

Specialty Frozen Beverages

Limited to one per meal

- Fruit Smoothie (45g)