

Renal Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Beverages

Milk

- 4 oz. Milk (5g) – skim, 2%, whole
- 8 oz. Lactose-Free Milk (12g)
- 8 oz. Rice Milk – original (23g), vanilla (26g)

Juice (4oz)

- Juice – apple (15g), cranberry (20g), grape (20g)

Cold Drinks

- Crystal Light® – orange sunrise, raspberry ice
- Sugar-Free Lemonade
- Iced Tea

Hot Drinks

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

Condiments: *sugar (3g per packet), Equal®, Splenda®,
creamer, non-dairy creamer (2g), lemon, honey (12g)*

Desserts

Bakery

- Angel Food Cake (35g) – with strawberry sauce (20g)
- Carrot Cake (30g)
- Cookies – chocolate chip (25g), oatmeal raisin (25g), vanilla wafers (15g), Lorna Doone® shortbread (19g)

On The Lighter Side

- Fresh Apple (15g)
- Fresh Grapes (15g)
- Applesauce (15g)
- Diced Fruit (15g) – peaches, pears
- Regular Yogurt – vanilla (25g), blueberry (27g), strawberry (30g), peach (28g)
- Light Yogurt – vanilla (14g), blueberry (14g), strawberry (14g), peach (14g)
- Greek Yogurt – vanilla (19g), blueberry (20g), strawberry (19g), black cherry (21g)
- 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 (14g), sugar-free (4g)

Specialty Frozen Beverages

Limited to one per meal

- Fruit Smoothie (45g)