On - The - Go
Lower sodium, kidney-friendly Ideas for people who need easy and quick options for meals

**Fast Food**

**Burgers - McDonald's**
All choices listed have <600 mg Sodium
- Oatmeal
- Side Salad
- Filet-O-Fish
- Hamburger

**Chicken - Chick-Fil-A**
All choices listed have <600 mg Sodium, no phos additives per company
- Multi-grain Oatmeal
- Grilled Chicken Nuggets (6ct)
- Grilled Market Salad
- Side Salad  
  - No Cheese

**Mexican - Chipotle**
Lowest sodium options noted
Meat does not have phos additives per company
- Full Watermelon Feta Salad
- Full Strawberry Poppysseed Chicken Salad
- Full Fuji Apple Chicken Salad
- Crispy Taco Shell
- Fajita Vegetables
- Tostada Shell
- Tomato Salsa
- Cilantro Lime Brown Rice

**Sandwiches/Deli - Panera**
All choices listed have <600 mg Sodium, No phos additives per company
- Tuna Salad
- Half Steak and Arugula on Sourdough
- Half Napa Almond Chicken Salad on Sesame Semolina

**Frozen Food**

**Aim for <600mg sodium/meal. Sodium content listed below.**

- Healthy Choice Sweet & Spicy Orange Zest Chicken 550 mg  
- Healthy Choice Lemon Pepper Fish 350 mg  
- Lean Cuisine Grilled Caesar Chicken 550 mg  
- Healthy Choice Asian Potstickers 550 mg  
- Lean Cuisine Grilled Chicken 470 mg  
- Healthy Choice Thai Style Noodle w/ Chicken 480 mg  
- Lean Cuisine Sweet Sriracha Braised Beef 550 mg  
- Lean Cuisine Southwest-Style Chicken Panini 550 mg  
- Healthy Choice Lemon Pepper Fish 350 mg  

**Quick Cook**

- Barilla Rotini Pasta  
- Classico Pesto  
- Vegetable Stir Fry  
- Tyson Grilled Chicken  
- Scrambled Eggs  
- Birds Eye Pepper Onion Blend  
- Frozen Fish  
- Birds Eye Rice and Veggie Blend

This is not a comprehensive list. Talk with your dietitian for more ideas on following your renal diet for quick and easy meals.
All nutrition information current as of 8/2016.
Lunch Bag

Use these portable proteins as fillers for sandwiches or wraps.

- Starkist Plain Tuna
- Starkist Lemon Pepper Tuna
- Hormel Natural Choice Chicken
- Hormel Natural Choice Turkey
- Boar’s Head Natural Roast Beef
- Small Bagel with Cream Cheese

Portable Produce

- Grapes
- Apples
- Mini Sweet Peppers
- Celery Sticks
- Raspberries
- Fruit Cup
- Individually Boxed Dried Cranberries
- Applesauce
- Sugar Snap Peas
- Carrots

Snacks

- Hard Boiled Eggs
- Smart Balance Popcorn
- Snyder’s Unsalted Pretzels
- Honey Maid Graham Crackers
- Animal Crackers
- Vanilla Wafers
- Hint of Salt Ritz
- Rice Cakes

Supplements

- Boost Glucose Control
- Nepro
- Novasource Renal
- Ensure Clear
- NuGo Vanilla Bar
- Zone Bar Cinnamon Roll
- Special K Strawberry Protein Bar
- Suplena (for protein-restricted CKD patients)