Renal-Friendly Frozen Meals

What to know…

Not all frozen meals are created equally, so checking the Nutrition Facts label is an important part of choosing a frozen meal as part of your renal diet.

Remember to look for items that meet the following criteria:

- Less than 600mg sodium
- Less than 600mg potassium
- Less than 300mg phosphorus (or less than 30% phosphorus)

While most products will list the amount of sodium and potassium, the amount of phosphorus usually is not included.

High phosphorus ingredients that may be in a frozen dinner that should be avoided include:

- Dairy products, including milk, cheese, and yogurt
- Nuts and peanuts
- Beans and peas
- Hot dogs and sausages

Although the Nutrition Facts label does not usually include the phosphorus content of a product, looking in the ingredients list will help you identify foods that contain phosphorus or phosphate additives. Look for words like:

- Phosphoric acid
- Pyrophosphate
- Dicalcium phosphate
- Sodium phosphate

Where to look…

Check out this Nutrition Facts label to see where to look for the amount of sodium, potassium, and phosphorus in a frozen meal.
To get you started...

Below is a list of sample meals containing less than **600mg Sodium, 600mg Potassium**, and **300mg Phosphorus**.

### Lean Cuisine Meals*
- Lemon Chicken
- Glazed Chicken
- Apple Cranberry Chicken
- Rosemary Chicken
- Roasted Honey Chicken
- Grilled Chicken Primavera
- Ginger Garlic Stir Fry with Chicken
- Orange Chicken
- Grilled Chicken Caesar
- Chicken Portabello
- Chicken Chow Mein with Rice
- Chicken Fried Rice
- Chicken Teriyaki Stir Fry
- Beef Chow Fun
- Steak Tips Portabello
- Spaghetti with Meatballs
- Lemon Pepper Fish
- Tortilla Crusted Fish
- Salmon with Basil
- Butternut Squash Ravioli

### Healthy Choice Meals*
- Sesame Chicken
- Sweet and Sour Chicken
- Chicken Parmigiana
- Chicken and Spinach Alfredo
- Slow Roasted Turkey Bake
- Four Cheese Ziti Marinara
- Italian Sausage Pasta Bake
- Fettucine Alfredo Bake
- Lemon Pepper Fish

### Banquet Meals*
- Sweet & Sour Chicken Meal
- Lasagna with Meat Sauce
- Fish Stick Meal

*Manufacturers frequently change their food products, therefore it is still important for you to check the label and make sure these items still meet the requirements before consuming.

### Additional Online Resources:
- [www.leanCUISINE.com](http://www.leanCUISINE.com)
- [www.healthyChoice.com](http://www.healthyChoice.com)
- [www.banquet.com](http://www.banquet.com)

### References: