



Kidney Diet

promoting a healthy renal diet

Let's Pack A Picnic!

M	V	S	W	P	Z	V	P	Z	G	L	B	V	S	C	S	C	H
A	P	H	K	Y	A	Q	J	P	R	X	F	Q	R	O	Z	L	N
C	D	R	J	C	U	R	B	N	X	A	E	T	A	L	G	E	J
A	U	O	E	N	I	Y	L	L	E	J	E	O	E	E	R	S	H
R	C	G	L	R	C	T	A	M	E	B	B	F	P	S	I	E	K
O	A	V	L	O	C	V	S	K	S	G	T	R	D	L	L	E	E
N	R	S	Y	C	R	H	R	D	Z	B	S	E	E	A	L	H	I
I	R	K	B	P	E	S	P	D	A	S	A	N	N	W	E	C	C
S	O	C	A	O	A	E	I	R	Z	E	O	C	N	E	D	M	R
A	T	I	B	P	M	L	N	U	V	H	R	H	I	I	C	A	A
L	S	T	I	D	B	P	E	M	U	C	Z	B	T	S	H	E	C
A	T	S	E	E	I	P	A	S	R	I	V	R	H	Y	I	R	K
D	I	Y	S	T	S	A	P	T	O	W	S	E	M	E	C	C	E
Y	C	R	K	L	C	S	P	I	P	D	B	A	A	K	K	F	R
P	K	E	V	A	U	V	L	C	Z	N	K	D	J	R	E	Z	S
B	S	L	U	S	I	K	E	K	I	A	I	N	M	U	N	L	V
A	M	E	S	N	T	P	U	S	M	S	N	A	B	T	T	I	O
D	L	C	H	U	S	M	R	I	L	E	M	O	N	A	D	E	X

Suitable foods for your picnic basket:

Crackers	Celery Sticks	Grapes
Jam	Grilled Chicken	Jelly Babies*
Bread Sticks	Drumsticks	Lemonade*
Cream Cheese	Coleslaw	Jelly
Roast Beef	Macaroni Salad	French Bread
Turkey	Tinned Pears	Cream Biscuits*
Sandwiches	Pineapple	Unsalted Popcorn
Carrot Sticks	Apple	

*These foods are energy (calorie) dense and high in sugar. It is usually recommended that they should be avoided if you have diabetes or are trying to lose weight. Speak to your Kidney (Renal) Dietitian.