



# Kidney Diet

*promoting a healthy renal diet*

## Movie Night Snacks

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

Suitable snack ideas (Enjoy these foods as occasional treats if you are watching the fat or sugar in your diet):

Apple Tart

Jelly

Ginger ale

Lemonade

Jammie Dodgers

Unsalted Crackers

Cream Cheese

Jelly Babies

Marshmallows

Cream Slice

Sorbet

Unsalted Popcorn

Swiss Roll

Gingerbread

Jam Doughnut