



## Milk Substitutes On a Kidney Preservation Diet

A kidney preservation diet is low in both protein and phosphorus. *Rice Milk* is low in both phosphorus and protein, and is therefore a good choice. *Almond Breeze* is also a good choice as it is low in protein and phosphorus.

Product	Kcal	Carbo (gm)	Protein (gm)	Fat (gm)	Calcium (mg)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)
Cow's milk (2%)	120	12	10	5	350	145	280	450
Mocha Mix	300	20	1.6	26	16	110	130	300
Soy Milk	80	5	11	5	90	155	135	300
Almond Breeze Unsweetened	40	2	1	2.5	300	180	20	190
Hemp Dream Original	100	8	4	6	600	5		
Oat Dream unflavored	120	20	4	3	600	20		
Rice Dream "Classic"	120	24	1	2.5	20	100	35	70

\*nutrients based on 8 fluid ounces

\*\*from information published on [www.Nutritiondata.com](http://www.Nutritiondata.com) , Bowes and Church's Food Values of Portions Commonly Used, 17<sup>th</sup> Ed., and [www.tastethedream.com](http://www.tastethedream.com)