

Foods That Fit Every Lane

THE MEASURED PLATE

These foods are in the “everyday” sodium lane, the “lower” potassium lane and the “lower” phosphorus lane at the portion shown, and are not product types that usually carry added phosphate. The portion is part of the answer: a larger amount can move a food out of a lane.

Vegetables

Cabbage, green, cooked (½ cup)
Cabbage, green, raw (1 cup shredded)
Carrots, cooked (½ cup)
Carrots, raw (1 medium)
Cauliflower, cooked (½ cup)
Celery, raw (1 medium stalk)
Collard greens, cooked (½ cup)
Corn, fresh or frozen, cooked (½ cup)
Cucumber, raw (½ cup slices)
Eggplant, cooked (½ cup)
Garlic, raw (1 clove)
Green beans, canned, no salt added, drained (½ cup)
Green beans, fresh or frozen, cooked (½ cup)
Kale, cooked (½ cup)
Kale, raw (1 cup)
Lettuce, iceberg (1 cup)
Lettuce, romaine (1 cup)
Mixed vegetables, frozen, cooked (½ cup)
Mushrooms, raw (½ cup slices)
Mustard greens, cooked (½ cup)
Okra, cooked (½ cup)
Onion, raw (¼ cup chopped)
Peas, green, fresh or frozen, cooked (½ cup)
Pepper, bell, green, raw (½ cup chopped)
Pepper, bell, red, raw (½ cup chopped)
Radishes, raw (½ cup slices)
Snow peas, cooked (½ cup)

Spinach, raw (1 cup)
Turnip greens, cooked (½ cup)
Turnips, cooked (½ cup)

Fruits

Apple, with skin (1 medium)
Applesauce, unsweetened (½ cup)
Apricots, raw (2 fruits)
Blackberries (½ cup)
Blueberries (½ cup)
Cherries, sweet (½ cup)
Cranberries, dried, sweetened (¼ cup)
Cranberry sauce, canned (¼ cup)
Figs, dried (2 fruits)
Fruit cocktail, canned in juice (½ cup)
Grapefruit (½ fruit)
Grapes (½ cup)
Lemon juice (1 tablespoon)
Mandarin oranges, canned in juice (½ cup)
Mango (½ cup)
Peaches, canned in juice (½ cup)
Pears, canned in juice (½ cup)
Pineapple, canned in juice (½ cup)
Pineapple, raw (½ cup)
Plum (1 fruit)
Raspberries (½ cup)
Strawberries (½ cup)
Tangerine (1 fruit)
Watermelon (1 cup cubes)

Foods That Fit Every Lane (continued)

THE MEASURED
PLATE

Grains

Barley, pearled, cooked (½ cup)
Bread, white (1 slice)
Couscous, cooked (½ cup)
Crackers, saltine (5 crackers)
Crackers, saltine, unsalted tops (5 crackers)
Egg noodles, cooked (½ cup)
Farina (hot wheat cereal), cooked with water (½ cup)
Graham crackers (2 squares)
Oatmeal, regular, cooked with water (½ cup)
Pasta, whole wheat, cooked (½ cup)
Puffed rice cereal (1 cup)
Rice, white, cooked (½ cup)
Shredded wheat cereal, spoon-size (1 cup)
Spaghetti, cooked (½ cup)
Tortilla, corn (1 tortilla, 6 inch)

Meat, poultry, fish, eggs

Egg white, cooked (1 large)
Egg, whole, cooked (1 large)

Beans, lentils, nuts, seeds, tofu

Chia seeds (1 tablespoon)
Flaxseed, ground (1 tablespoon)
Hummus (2 tablespoons)
Pecans (1 ounce)

Milk, yogurt, cheese and substitutes

Butter, salted (1 teaspoon)
Butter, unsalted (1 teaspoon)
Cheese, cream (1 tablespoon)
Cheese, Parmesan, grated (1 tablespoon)
Cream, heavy (1 tablespoon)
Half-and-half (1 tablespoon)
Ice cream, vanilla (½ cup)
Margarine, tub (1 teaspoon)

Milk, evaporated (2 tablespoons)
Sherbet, orange (½ cup)
Sour cream (1 tablespoon)

Snacks, sweets, condiments, sauces

Chocolate chip cookies (2 cookies)
Chocolate, dark (1 ounce)
Chocolate, milk (1 bar, 1.5 ounces)
Garlic powder (1 teaspoon)
Gelatin dessert (½ cup)
Hard candy (3 pieces)
Honey (1 tablespoon)
Jam or jelly (1 tablespoon)
Maple syrup (1 tablespoon)
Mayonnaise (1 tablespoon)
Mustard, yellow (1 teaspoon)
Olive oil (1 tablespoon)
Popcorn, air-popped, unsalted (3 cups)
Pretzels, unsalted (1 ounce)
Rice cakes, plain, unsalted (2 cakes)
Sugar cookies (2 cookies)
Sugar, white (1 teaspoon)
Tortilla chips, salted (1 ounce)
Vanilla wafers (5 cookies)
Vinegar (1 tablespoon)

Drinks

Apple juice (½ cup)
Coffee, brewed (1 cup)
Cranberry juice cocktail (½ cup)
Ginger ale (12 fluid ounces)
Grape juice (½ cup)
Lemon-lime soda (12 fluid ounces)
Lemonade (1 cup)
Root beer (12 fluid ounces)
Tea, black, brewed (1 cup)
Water, tap (1 cup)