The information contained herein is intended for educational purposes only. It is not intended and should not be construed as the delivery of medical care. If you have questions about specific foods not listed here or questions about your renal diet, please consult your physician or dietitian.
SEASONINGS AND SPICES

- Allspice
- Basil
- Bay leaf
- Caraway seed
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Extracts, almond, lemon, lime, maple, orange, peppermint, vanilla, walnut
- Fennel
- Garlic powder
- Ginger
- Horseradish, root
- Lemon juice
- Mrs. Dash®
- Nutmeg
- Onion powder or flakes
- Oregano
- Paprika
- Parsley or parsley flakes
- Pepper, ground
- Pimentos
- Poppy seed
- Rosemary
- Saccharin
- Saffron
- Sage
- Savory
- Sesame seeds
- Tarragon
- Thyme
- Turmeric
- Vinegar

DIABETICS, USE CAUTION

**Desserts/Snacks/Sweets**
- Gummy Bears®
- Hard candy
- Hot Tamale® candy
- Jelly beans
- Jolly Ranchers®
- LifeSavers®
- Lollipops
- Marshmallows
- Newtons®
- Pie (apple, berry, cherry, lemon, peach)

**Other**
- Apple butter
- Corn syrup
- Honey
- Jam
- Jelly
- Maple syrup
- Marmalade
- Powdered sugar
- Sugar (brown or white)

SERVING SIZES EXAMPLES

**Meat/Protein Foods**
- 2 to 3 ounces of cooked lean meat, or poultry = deck of cards
- 2 to 3 ounces of fish = checkbook

**Fruits**
- 1 medium fruit = a baseball
- 1/2 cup chopped, cooked, or canned fruit = 2 large eggs

**Vegetables**
- 1 cup of raw leafy vegetables = a baseball

**Breads/Cereals/Grains**
- 1 slice of bread = cassette tape
- 1 cup of cereal = a fist
- 1/2 cup of cooked cereal, rice, or pasta = half a baseball

**Dairy Substitutes**
- 1 cup of soy or unfortified rice milk = half a baseball

**Fats**
- 1 tsp margarine = 1 dice

**Beverages**
- 1/2 cup of fruit or vegetable juice = half a baseball

**Other**
- 2 tbsp apple butter = 2 ping-pong balls

Notes

References:

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