

1800 CALORIES








Protein 35g
 Carbohydrates 60%
 Fats 40%

in 3 meals, 2 snacks
 1 bottle of Novasource Renal 1x/day

Diet Rx:
 1800kcal
 (30 kcal/IBW)
 35g Protein
 (0.6g Protein/IBW)

NOVASOURCE[®]renal

Cardio-Renal Friendly Diet Plan for Pre-Dialysis

	Total servings for the day	Breakfast	Snack	Lunch	Snack	Dinner
 Rice/Bread	7	¹ 2 slices bread (small sizes)	¹ 1/2 cup binatog	² 1 cup rice	¹ 1 pc. mamon	² 1 cup rice
 Meat	1	^{.25} 1/4 piece egg		^{.25} 1/4 slice fish		^{.5} 1/2 matchbox size meat
 Vegetables	2			¹ 1/2 cup cooked		¹ 1/2 cup cooked
 Fruits	3	¹ 1 piece pear		¹ 1 slice mango		¹ 5 pcs. grapes
 Novasource	1	¹ 1 bottle Novasource				
 Fat	12	⁴ 4 tsp. oil for cooking		⁴ 4 tsp. oil for cooking		⁴ 4 tsp. oil for cooking
 Sugar	1		¹ 1 tsp. sugar			

1800 CALORIES

Protein 35g
Carbohydrates 250g
Fats 75g
3 meals and 2 snacks
1 bottle Novasource

Cardio-Renal Friendly Diet Plan for Pre-Dialysis

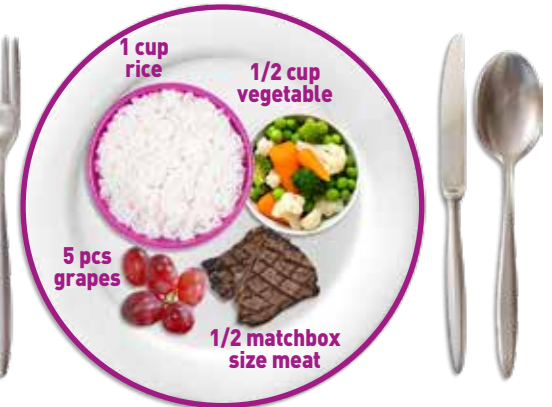
BREAKFAST



LUNCH



DINNER



AM SNACK



PM SNACK



NOVASOURCE[®]renal

with
cardiorenal-friendly
protein blend

1800 CALORIES

Protein 35g
Carbohydrates 250g
Fats 75g
3 meals and 2 snacks
½ bottle Novasource 2x a day

Cardio-Renal Friendly Diet Plan for Pre-Dialysis

BREAKFAST



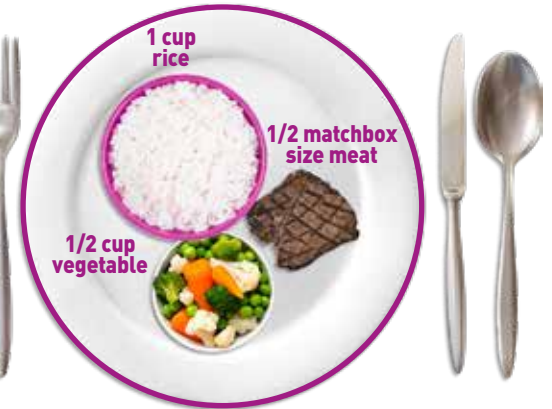
3 tsp cooking oil

LUNCH



4 tsp cooking oil

DINNER



4 tsp cooking oil

AM SNACK



1 tbsp sugar

NOVASOURCE[®]renal



with
cardiorenal-friendly
protein blend

PM SNACK



1800 CALORIES








Protein 50g
 Carbohydrates 60%
 Fats 40%

in 3 meals, 2 snacks
 1/2 bottle of Novasource Renal 1x/day

Diet Rx:
 1800kcal
 (30 kcal/IBW)
 50g Protein
 (0.8g Protein/IBW)

NOVASOURCE[®]renal

Cardio-Renal Friendly Diet Plan for Pre-Dialysis

	Total servings for the day	Breakfast	Snack	Lunch	Snack	Dinner
 Rice/Bread	6	¹ 2 slices bread (small sizes)	¹ 1 piece suman	² 1/2 cup rice	¹ 3 pcs. unsalted crackers	² 1/2 cup rice
 Meat	3	^{.25} 2 tbsp. Tuna Flakes in water		^{.25} 1 matchbox size meat		^{.5} 1 slice fish
 Vegetables	2			¹ 1/2 cup cooked		¹ 1/2 cup cooked
 Fruits	3	¹ 1 pc. apple		¹ 1 slice watermelon		¹ 5 pcs. grapes
 Novasource	1	^{.5} 1/2 bottle Novasource			^{.5} 1/2 bottle Novasource	
 Fat	11	⁴ 3 tsp. oil for cooking		⁴ 4 tsp. oil for cooking		⁴ 4 tsp. oil for cooking
 Sugar	1		¹ 1 tsp. sugar			

1800 CALORIES

Protein 50g
Carbohydrates 60%
Fats 40%
3 meals and 2 snacks
Novasource 2x a day

Cardio-Renal Friendly Diet Plan for Pre-Dialysis

BREAKFAST



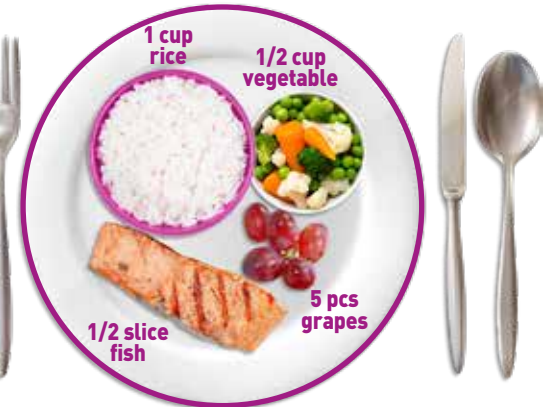
3 tsp cooking oil

LUNCH



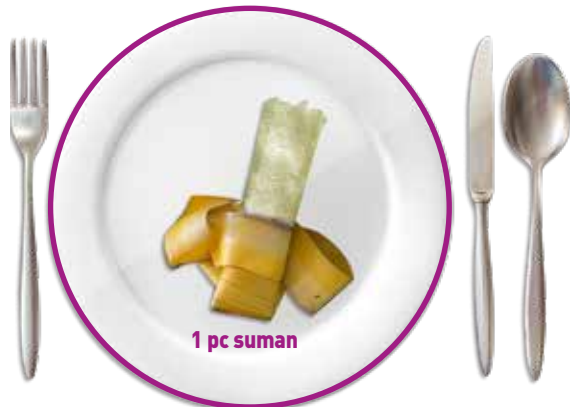
4 tsp cooking oil

DINNER



4 tsp cooking oil

AM SNACK



1 tbsp sugar

NOVASOURCE[®]renal



with
cardiorenal-friendly
protein blend

PM SNACK

