

Supplementary Table 1. Food exchange list for renal disease patients

Food group	Category	Examples of 1 exchange unit	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Calories (kcal)		
Grain		Steamed rice 1/3 bowl (70 g)	2	2	30	30	100		
		1 Slice of bread (35 g)							
		Boiled thin noodles 1/2 bowl (90 g)							
Meat and meat substitute		3 Injeolmi (50 g)	8	50	120	90	75		
		Meat (40 g)							
		Fish (40 g)							
		1 Egg (60 g)							
Vegetable	Low potassium	3 Shrimp (40 g)	1	Trace	100	20	20		
		Carrot 1/2 cup (30 g)							
		Cucumber 1/2 cup (70 g, cooked)							
		Radish 1/2 cup (70 g, cooked)							
		Bean sprouts 1/2 cup (70 g, cooked)							
	Moderate potassium	Acorn jelly 1/2 cup (100 g)							
		Spinach 1/2 cup (70 g, cooked)						200	
		Lotus roots 1/2 cup (100 g, cooked)							
		Zucchini 1/2 cup (70 g, cooked)							
	High potassium	Spinach 1/2 cup (70 g, cooked)						400	
	Sweet pumpkin 1/2 cup (100 g, cooked)								
Fat		Soybean, sesame oil (5 g)	0	0	0	0	45		
		Mayonnaise (7 g)							
Milk and dairy		Milk 1 cup (200 g)	6	100	300	180	125		
		Soybean milk 1 cup (200 g)							
Fruit	Low potassium	1/2 Apple (100 g)	Trace	Trace	100	20	50		
								1 Piece of pineapple (100 g)	
								19 Grapes (100 g)	
	Moderate potassium							1 Mandarin orange (100 g)	200
								1/4 Pear (100 g)	
								10 Strawberry (150 g)	
	High potassium							1 Piece of watermelon (200 g)	400
								1 Banana (120 g)	
								1 Tomato (250 g)	
Caloric supplement		1 Kiwi (100 g)	0	3	20	5	100		
		Sugar (25 g)							
		Honey (30 g)							
		Jam (35 g)							