





Below are some of the needs of people who have special dietary needs. By purchasing some of the items you will make it possible for us to provided them to our clients to make them healthier.

Note: Any non-perishable foods that are no sugar or no salt added are greatly appreciated.

LOW SODIUM DIET / RENAL DIET

Canned Low sodium Items (including Soups)	Unsalted Salad Dressings
Low Sodium Pre-packed Meals	Canned Tuna & Salmon without Salt
No Salt Spices	

DIABETIC DIET

Low sugar cereals	Low sugar snacks
Canned Fruit (in natural juices)	Juices (apple, cranberry & pear)

MISC.

Peanut butter	High fiber non-perishable foods
Box of Instant Dry Milk/Boxed Milk	Supplemental Protein drinks: Boost/Ensure/Glucerna

Providing Help
Creating Hope
Serving All





Serving All

Low Sodium Diet / Renal Diet

Eating too much sodium can lead to high blood pressure, which may raise your risk of heart attack and stroke. The good news is that cutting down on sodium can help lower your blood pressure and keep your heart healthy. Renal Disease may be caused by Diabetes. The DASH diet focuses on vegetables, fruits and whole grains. It includes fat-free or low-fat dairy products, fish, poultry, beans and nuts. The diet limits foods that are high in salt, also called sodium.

CONSUME	AVOID
	Providing Help
	Providing Help Creating Hope





AVOID

Diabetic Diet

The plan helps you control your blood sugar, also called blood glucose, manage your weight and control heart disease risk factors. These factors include high blood pressure and high blood fats. When you eat extra calories and carbohydrates, your blood sugar levels rise. It's a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Choose healthy carbohydrates, such as fruit, vegetables, whole grains, beans, and low-fat milk

CONSUME	AVOID

Serving All