



The Grocery Store – where it all begins

Shopping for food can be overwhelming when dealing with kidney disease. Some people have other health problems such as heart disease or diabetes that come with even more diet suggestions. These Diet Tips and also the Grocery Shopping List can be used to guide you at the grocery store or when ordering foods on-line. It is important to check with your dietitian for diet recommendations specific to your individual needs.

Diet Tips

If you need to limit sodium (salt):

- Read food labels. Items with less than 140 mg of sodium are considered to be low in sodium.
- Buy plain, unseasoned foods such as rice, noodles, meats, poultry, and frozen vegetables.
- Buy unsalted or low sodium crackers and snacks.
- Buy canned foods with no added salt or low sodium.
- Buy and use some of the listed spices.
- Use condiments cautiously. Some of the saltiest condiments include ketchup, mustard, soy sauce, barbecue sauce, hot sauce.

If you need to limit phosphorus:

- Limit milk to ½ cup or less per day. Limit cheese to 1 ounce or less per day.
- Buy meats and poultry without coatings, breading or solutions that may contain added phosphorus.
- Read food labels for ingredients containing “phos” or “phosphate”. A few labels may list the amount of phosphorus as a percentage.

If you need to limit potassium:

- Ask your dietitian for a list of foods low in potassium.
- Avoid salt substitutes which contain potassium.
- Some low sodium foods have potassium added.

If you need to limit sugar:

- Limit foods and beverages with added sugar.
- Work with your dietitian to include other carbohydrate sources such as breads or fruits.
- If you have diabetes, control your blood sugar to manage thirst.

If you need to limit fluid:

- Limit sodium (salt).
- Buy smaller containers of beverages, such as 6-8 ounce cans.
- Limit fruits and vegetables to the number of servings recommended.
- Items that are liquid at room temperature count as fluid (ice, soups, gelatin desserts, frozen desserts such as popsicles).

Shopping List for Kidney Patients

MEAT/PROTEIN

- Eggs
- Beef
- Chicken
- Lamb
- Pork (uncured)
- Turkey
- Veal
- Wild game
- Fish
- Shellfish
- Tuna and salmon
(No Added Salt; water packed and rinsed)
- Tofu, soft
- Tempeh

DAIRY

- Milk (½ cup serving)
- Milk alternatives (almond, cashew, coconut, rice)
- Cheese
(Serving size = 1 ounce)
blue, brick, Brie, Cheddar, cream cheese, goat, mozzarella, parmesan, ricotta, Swiss
- Cottage cheese
- Sour cream
- Yogurt (Greek or regular)

VEGETABLES

(Serving size = ½ cup cooked, no added salt or 1 cup raw)

- Alfalfa sprouts
- Asparagus
- Bamboo shoots
(canned only)
- Bean sprouts
- Beans (green, waxed)
- Beets (canned only)
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cole slaw
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Endive
- Escarole
- Kale
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Pea pods
- Peas, English
- Peppers, sweet (green, red orange, yellow)
- Peppers, hot (jalapeno, serrano, habanero)
- Radishes
- Spinach (raw)
- Squash (spaghetti, yellow, zucchini)
- Turnip greens
- Turnips
- Water chestnuts
(canned only)

FRUITS

(Serving size = 1 medium fruit or ½ cup canned)

- Apples
- Applesauce
- Apricots
- Blackberries
- Blueberries
- Cherries
- Clementine oranges
- Cranberries
- Cranberry sauce
- Figs (fresh)
- Fruit cocktail
- Grapes
- Lemons
- Limes
- Mandarin oranges
- Peaches
- Pears
- Plums
- Pineapple
- Raspberries
- Strawberries
- Tangerines

CONDIMENTS/FLAVORINGS

- Apple butter
- Corn syrup
- Cornstarch
- Honey
- Hot sauce (low sodium)
- Jam/jelly
- Ketchup
- Lemon juice
- Mayonnaise
- Mustard
- Pesto
- Sugar/sugar substitute
- Vanilla
- Vinegar
- Worcestershire sauce

* Consult your dietitian for recommended amounts of items listed without a serving size.

BREAD/GRAIN

- Bagels
- Bread
- Bread sticks
- Buns (hamburger, hot dog)
- Couscous
- Dinner rolls or hard rolls
- English muffins
- Melba toast
- Noodles (macaroni, spaghetti, etc.)
- Pita bread
- Rice (white or brown)
- Tortillas (corn)

Crackers/Snacks:

- Animal crackers
- Corn chips, unsalted
- Crackers, unsalted
- Graham crackers
- Oyster crackers, unsalted
- Pita chips, unsalted
- Popcorn, unsalted
- Pretzels, unsalted
- Rice cakes
- Saltines, unsalted
- Tortilla chips, unsalted

Cereal, Cold:

- Corn, rice or oat cereals
- Puffed rice or wheat

Cereal, cooked:

- Cream of rice
- Cream of wheat
- Farina
- Grits
- Oatmeal

* Consult your dietitian for recommended amounts of items listed without a serving size.

DESSERTS

Cake:

- Angel food
- White or Yellow

Cookies/pastries:

- Butter cookies
- Crispy rice treats
- Doughnuts, yeast
- Gingersnaps
- Sugar cookies
- Vanilla wafers

Pies:

- Apple, berry, lemon, cherry, peach

Candy:

- Gummy bears
- Hard candies
- Jelly beans
- Lollipops
- Marshmallows

Frozen desserts:

- Nondairy frozen desserts
- Nondairy whipped topping
- Popsicles
- Sherbet
- Sorbet

BEVERAGES

- Carbonated beverages (ginger ale, grape, lemon-lime, orange, root beer, seltzer water)
- Coffee (beans or ground)
- Juice (apple, cranberry, grape)
- Lemonade
- Nectar (guava, mango, papaya, peach, pear)
- Tea (tea bags)

FATS

- Butter
- Cream cheese
- Margarine
- Olive oil
- Salad dressing, low sodium
- Vegetable oil (canola)

SPICES

- Allspice
- Basil
- Chili powder (low sodium)
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Garlic (fresh or powder without salt)
- Ginger
- Mint
- Mustard (dry powder)
- Nutmeg
- Onion powder or flakes
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Seasoning blends without salt
- Sesame seeds
- Tarragon
- Thyme
- Turmeric