

GROCERY SHOPPING IDEAS FOR DIALYSIS PATIENTS

Meats & Meat Alternatives			
Beef	Chicken (canned, fresh & frozen)	Turkey	Organ meats
Shellfish	Fish	Lamb	Chitterlings
Pork (no bacon, sausage, or hot dogs-they are high in salt)	Veal	Cheese (use sparingly, high in salt and phosphorus)	Lamb
Eggs & Egg substitutes	Tofu	Peanut butter (use sparingly, high in potassium and phosphorus)	Wild game
Chicken of the sea pink salmon packs	Frozen selection: Frozen turkey, chicken, Gorton's grilled tilapia or grilled fish fillets, Gorton's "Simply Bake Salmon"	Frozen: Mrs. Paul's Crunchy Fish Sticks, Newport whiting fillets, flounder fillets	Nuts (be careful, they are high in potassium and phosphorus)

Starches			
Bagels (limit if diabetic)	Dinner rolls	Plain Pastries	Rice (avoid whole grains)
White English Muffins	White hamburger buns	Pancakes, (avoid whole grains)	Cream of wheat
Lunch Buddies all natural fruit snacks	White hot dog buns	Waffles, (avoid whole grains)	Grits
White bread (wheat and dark breads have more phosphorus)	Muffins (no bran, nuts, raisins or banana)	Cornbread	Rice cakes
Pita bread	Plain doughnuts (no chocolate)	Pasta, white enriched	Animal crackers
Unsalted popcorn	Unsalted crackers	Graham crackers	White or yellow cake mixes
Vanilla wafers	Taco shells	Tortilla chips, unsalted is preferred	Angel food cake
Corn tortillas	Flour tortillas (avoid whole grain tortillas)	Benton's Maple Leaf Cream Cookies (limit if diabetic)	Vanilla Creme Cookies (limit if diabetic or use sugar free)
Savoritz Buttery crisp crackers (avoid salted tops)	Shortbread cookies (limit if diabetic)	Unsalted pretzels	Fruit Gushers or Great Value Original Fruit Smiles

Cold Cereals:
Apple jacks, corn flakes, rice krispies, corn pops, corn chex, rice chex, honey comb, honey snacks, puffed rice. Choose cereals without dried fruit, nuts, raisins, granola. (Serve with non dairy liquid creamer in stead of milk.)

Milk

Be careful, dairy products are high in phosphorus and calcium. Limit to 4oz. A day. Non liquid dairy creamer (i.e. Coffeemate can be any brand. Is a great substitute for milk in cereal. It's in the refrigerator section.)

Skim or 1%	Low fat ice cream (limit chocolate)	Low fat yogurt	Low fat pudding (limit chocolate and banana flavors)
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Vegetables

Green beans	Corn	Watercress	Green or snow peas
Wax beans	Cauliflower	Water chestnuts	Green pepper
Cabbage	Cucumber	Mushrooms	Summer squash: scallop, crookneck, straight neck, zucchini
Carrots	Eggplant	Okra	Turnips
Celery, raw	Mustard, collard or turnip greens	Onions	Zucchini
Alfalfa sprouts	Bamboo shoots, canned	Artichoke	Green peas
Iceberg lettuce	Endive lettuce	Escarole	Kale
Broccoli	Radishes	Tomatoes (use sparingly, high in potassium)	Asparagus
Coleslaw	Yellow Squash	Hominy	Peppers: green, red, yellow.

Fruit

<i>Fresh</i>	<i>Canned in juice or water</i>	<i>Juice type drinks</i>	<i>Juice</i>
Apples, any kind	Applesauce, unsweetened	Sunny D	Apple
Plums	Fruit cocktail	Tang	Grape
Cherries	Mandarin oranges	Hawaiian punch	Cranberry
Grapes	Peaches	Crystal light	
Lemon	Pears	Sugar free and regular kool-aid	
Lime	Pineapple	Lemonade	
Raspberries			
Blueberries			

Miscellaneous

Butter	Margarine	Olive Oil	Canola Oil
Cream cheese	Sour cream	Italian Dressing	Non dairy whipped topping
Jelly, jam	Sugar	Sugar substitutes	Catchup
Mayo	Mustard	Salad dressing	
Sherbert	Sorbet		

Beverages with less phosphorus

Sunny D	Lemonade - sugar free	Diet Sun drop	Slice
Tang	Fresca - all flavors	Sugar free and regular kool-aid	Cherry seven up
Hawaiian punch	Sprite	Mountain dew	Crystal light
Sprite zero	Orange soda	Seven up	Diet mellow yellow

Frozen Meals

Smart Ones French Toast & Turkey Sausage	Lean Cuisine Sesame Chicken	Lean Cuisine Shrimp & Angel Hair Pasta	Lean Cuisine Lemon Pepper Fish
Banquet Family Size Homestyle gravy & sliced turkey	Gorton's grilled tilapia or grilled sandwich fillets or Simply Bake salmon	Mrs. Paul's Crunchy Fish Sticks	

Items by Store

Walmart®

Smart Ones French Toast & Turkey Sausage	Banquet Family Size sliced white turkey & gravy	Keebler Sweet Cremes cookies	Lorna Doone shortbread cookies
Lean Cuisine Sesame Chicken	Gorton's grilled tilapia, grilled sandwich fillets, or Simply Bake salmon	Murray Sugar Free shortbread or vanilla creme cookies	Great Value Original Fruit Smiles
Lean Cuisine Shrimp & Angel	Mrs. Paul's Crunchy Fish sticks	Keebler Club Reduced Fat Crackers	Fruit Gushers
Lean Cuisine Lemon Pepper Fish	Chicken of the Sea Pink Salmon packs		

ALDI'S®:

Savoritz Buttery Crisp Crackers	Benton's Everyday vanilla wafers	Lunch Buddies All Natural Assorted Fruit Snacks	Kirkwood's Garlic & Herb frozen chicken
Benton's Cookies Graham Crackers	Benton's Maple Leaf Cream Cookies	Fit & Active Egg substitute	Frozen flounder fillets
Benton's Original Vanilla Sandwich Cookies	Brookdale canned chicken or canned chicken & dumplings	Frozen tilapia	

UGO (United Grocery Outlet):

Cameo Creme sandwich cookies	Ground Beef, Pork Chops, Fresh Chicken, Ground Turkey	Breaded Chicken Nibblers	Newport Whiting Fillets
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*Remember that every person has unique dietary needs and you should check with your physician and dietitian before following any specific dietary plan.