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, 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.
<table>
<thead>
<tr>
<th>BREAD/GRAIN</th>
<th>DESSERTS</th>
<th>FATS</th>
<th>SPICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bagels</td>
<td>Cake:</td>
<td>• Butter</td>
<td>• Allspice</td>
</tr>
<tr>
<td>• Bread</td>
<td>• Angel food</td>
<td>• Cream cheese</td>
<td>• Basil</td>
</tr>
<tr>
<td>• Bread sticks</td>
<td>• White or Yellow</td>
<td>• Margarine</td>
<td>• Chili powder (low sodium)</td>
</tr>
<tr>
<td>• Buns (hamburger, hot dog)</td>
<td>• Cookies/pastries:</td>
<td>• Olive oil</td>
<td>• Chives</td>
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<tr>
<td>• Couscous</td>
<td>• Butter cookies</td>
<td>• Salad dressing, low sodium</td>
<td>• Cilantro</td>
</tr>
<tr>
<td>• Dinner rolls or hard rolls</td>
<td>• Crispy rice treats</td>
<td>• Vegetable oil (canola)</td>
<td>• Cinnamon</td>
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<tr>
<td>• English muffins</td>
<td>• Doughnuts, yeast</td>
<td></td>
<td>• Cloves</td>
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<tr>
<td>• Melba toast</td>
<td>• Gingersnaps</td>
<td></td>
<td>• Cumin</td>
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<tr>
<td>• Noodles (macaroni, spaghetti,</td>
<td>• Sugar cookies</td>
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<td>• Curry</td>
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<tr>
<td>etc.)</td>
<td>• Vanilla wafers</td>
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<td>• Garlic (fresh or powder without</td>
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<tr>
<td>• Pita bread</td>
<td>Pies:</td>
<td></td>
<td>salt)</td>
</tr>
<tr>
<td>• Rice (white or brown)</td>
<td>• Apple, berry, lemon, cherry,</td>
<td>• Ginger</td>
<td>• Mint</td>
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<tr>
<td>• Tortillas (corn)</td>
<td>peach</td>
<td>• Mint</td>
<td>• Mustard (dry powder)</td>
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<tr>
<td>Crackers/Snacks:</td>
<td>Candy:</td>
<td>• Nutmeg</td>
<td>• Onion powder or flakes</td>
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<tr>
<td>• Animal crackers</td>
<td>• Gummy bears</td>
<td>• Oregano</td>
<td>• Oregano</td>
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<tr>
<td>• Corn chips, unsalted</td>
<td>• Hard candies</td>
<td>• Paprika</td>
<td>• Parsley</td>
</tr>
<tr>
<td>• Crackers, unsalted</td>
<td>• Jelly beans</td>
<td>• Parsley</td>
<td>• Pepper</td>
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<tr>
<td>• Graham crackers</td>
<td>• Lollipops</td>
<td>• Rosemary</td>
<td>• Rosemary</td>
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<tr>
<td>• Oyster crackers, unsalted</td>
<td>• Marshmallows</td>
<td>• Sage</td>
<td>• Sage</td>
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<tr>
<td>• Pita chips, unsalted</td>
<td></td>
<td>• Seasoning blends without salt</td>
<td>• Sesame seeds</td>
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<tr>
<td>• Popcorn, unsalted</td>
<td></td>
<td>• Seltzer water</td>
<td>• Tarragon</td>
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<td>• Pretzels, unsalted</td>
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<td></td>
<td>• Thyme</td>
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<td>• Rice cakes</td>
<td></td>
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<td>• Turmeric</td>
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<tr>
<td>• Saltines, unsalted</td>
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<tr>
<td>• Tortilla chips, unsalted</td>
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<tr>
<td>Cereal, Cold:</td>
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<tr>
<td>• Corn, rice or oat cereals</td>
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<tr>
<td>• Puffed rice or wheat</td>
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<tr>
<td>Cereal, cooked:</td>
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<tr>
<td>• Cream of rice</td>
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<tr>
<td>• Cream of wheat</td>
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<tr>
<td>• Farina</td>
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<tr>
<td>• Grits</td>
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<tr>
<td>• Oatmeal</td>
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