



Dialysis Clinic, Inc.
A Non-Profit Corporation

DCI Coronavirus (COVID-19) Tips for Grocery Shopping and Food Preparation

TIPS FOR FOOD PREPARATION

- Prepare foods at home; limit use of fast food and restaurants.
- Plan out meals and snacks for several days. Make a shopping list.
- When shopping, some grocery stores allow you to order online and pick up at the store. Some stores will also deliver or ship to you. The delivery may be free if you purchase a certain dollar amount. This will limit your exposure to crowds and other people who may be sick.
- Buy goods that have a longer shelf life, such as canned or dry items. Save money by purchasing foods you will eat and only buying what you need.
- If you have freezer space, fresh meats can be purchased and frozen for later use. Bags of frozen fruits and frozen vegetables without sauces are also good options.
- Try to limit convenience items such as frozen pizzas.

GROCERY LIST

PROTEIN:

- Canned, low-sodium: (drained and rinsed)
 - Tuna
 - Salmon
 - Meat
 - Turkey
 - Chicken
- Shelf stable tofu
- Dried or no sodium added/low-sodium canned beans, such as pintos - $\frac{1}{4}$ cup (drained and rinsed)
- Unsalted nut butter
- Eggs

FRUITS:

$\frac{1}{2}$ cup = 1 serving (limit to 2-3 servings/day)

- Canned or sealed container, no sugar added: (drained and rinsed)
 - Applesauce
 - Fruit cocktail
 - Peaches
 - Pears
 - Pineapples
 - Mandarin Oranges
- Juice
 - Cranberry
 - Apple
 - Grape
 - Pineapple
- Fruit punch
- Lemonade
- Limeade

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VEGETABLES:

½ cup = 1 serving (limit to 2-3 servings/day)

- Canned, low-sodium or no salt added: (drained and rinsed)
 - Carrots
 - Corn
 - Green beans
 - Sweet peas

Peas and Carrots

GRAINS:

- Bread
 - White
 - Light Rye
 - Sourdough
- Dry Cereal: unsalted, puffed wheat or rice (avoid bran and high fiber)

Good choices include, but are not limited to:

- Corn flakes
- Honey Bunches of Oats
- Life Cereal
- Puffed Rice
- Rice Krispies
- Special K Oats & Honey
- Cooked Cereal
 - Cream of rice or wheat
 - Grits
- Pasta
- White or brown rice
- Unsalted crackers

DAIRY:

½ cup/day

- Milk from dry milk powder
- Evaporated milk
- Ultra-pasteurized milk
- Milk alternatives (refrigeration required after opening)
 - Rice Milk
 - Soy Milk
 - Almond Milk

FATS:

- Unsalted butter or margarine
- Low-sodium mayonnaise
- Vegetable oil
 - Olive Oil
 - Canola Oil

SWEETS:

- Animal crackers
- Chewing gum
- Graham crackers
- Hard candy
- Jellybeans
- Vanilla Wafers

OTHER:

- Honey
- Jelly
- Jam

FOR MORE INFO VISIT: WWW.DCIINC.ORG