Work with your dietitian to find the best choices and amounts for you.

**KIDNEY FRIENDLY GROCERY LIST**

<table>
<thead>
<tr>
<th>Meat / Protein Foods:</th>
<th>Fruits: (Serving Size 1 small fruit or ½ cup)</th>
<th>Dairy / Dairy Substitutes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Beef</td>
<td>✓ Apples</td>
<td>✓ Cheese</td>
</tr>
<tr>
<td>✓ Chicken</td>
<td>✓ Applesauce</td>
<td>✓ Cottage cheese</td>
</tr>
<tr>
<td>✓ Eggs &amp; Egg</td>
<td>✓ Apricots - canned</td>
<td>✓ Cream cheese - regular or lite</td>
</tr>
<tr>
<td>Substitutes</td>
<td>✓ Blackberries</td>
<td>✓ Milk - 2%, buttermilk, skim, whole, soy</td>
</tr>
<tr>
<td>✓ Fish (Salmon &amp; Tuna)</td>
<td>✓ Blueberries</td>
<td>✓ Non-dairy creams</td>
</tr>
<tr>
<td>✓ Lamb</td>
<td>✓ Cherries</td>
<td>✓ Rice milk, unfortified</td>
</tr>
<tr>
<td>✓ Pork (fresh, chops or roast)</td>
<td>✓ Cranberries</td>
<td>✓ Sherbet</td>
</tr>
<tr>
<td>✓ Shellfish</td>
<td>✓ Fruit cocktail</td>
<td>✓ Sour cream</td>
</tr>
<tr>
<td>✓ Tofu (soft)</td>
<td>✓ Gooseberries</td>
<td>✓ Whipped cream - non-dairy</td>
</tr>
<tr>
<td>✓ Turkey</td>
<td>✓ Grapes</td>
<td>✓ Yogurt - plain, frozen, flavored</td>
</tr>
<tr>
<td>✓ Veal</td>
<td>✓ Lemons</td>
<td></td>
</tr>
<tr>
<td>✓ Wild Game</td>
<td>✓ Lime</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Mandarin oranges - canned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Peaches</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Pears - canned</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Pineapple</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Plums</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Raspberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Strawberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✓ Tangerine</td>
<td></td>
</tr>
</tbody>
</table>

**Vegetables: (serving size = 1/2 cup)**

- Arugula
- Asparagus
- Broccoli
- Beets (canned)
- Cabbage - green, red
- Carrots
- Cauliflower
- Celery - raw
- Corn
- Cucumbers
- Dry beans, Black, pinto, kidney, navy & black-eyed peas (1/3 cup)
- Eggplant
- Endive
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms - raw
- Mustard greens
- Onions
- Peppers - green, red, yellow
- Radish
- Rhubarb
- Shallots
- Spaghetti Squash
- Spinach - raw
- Sprouts - alfalfa, bean
- Summer squash
- Sweet Peppers
- Turnip greens
- Turnips
- Water chestnuts
- Watercress
- Wax beans
- Zucchini

**Breads/Grains/Cereals:**

- Bagels - plain, blueberry, egg, raisin
- Bread - white, French, Italian, rye, sourdough
- Bread sticks - plain
- Buns - hamburger or hot dog
- Dinner or hard rolls
- English muffins
- Muffins - no nuts, no bran, no whole wheat
- Pita bread
- Tortilla - corn or flour
- Couscous
- Cereal (dry type) - no nuts, no dried fruits, no bran or granola
- Cereal (hot type) - grits, oatmeal, Cream of wheat, Cream of rice
- Cornmeal
- Crackers - animal, graham, oyster, unsalted
- Pasta - noodles, macaroni, spaghetti
- Quinoa
- Rice - brown, white

**Fats:** (use sparingly)

- Butter
- Margarine
- Mayonnaise - regular or imitation
- Miracle Whip®
- Salad dressing
- Vegetable oils
- Vegetable shortening
- Vinegar and oil salad dressing.

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