

## KIDNEY FRIENDLY GROCERY LIST



### Meat / Protein Foods:

- ✓ Beef
- ✓ Chicken
- ✓ Eggs & Egg Substitutes
- ✓ Fish (Salmon & Tuna)
- ✓ Lamb
- ✓ Pork ( fresh, chops or roast)
- ✓ Shellfish
- ✓ Tofu (soft)
- ✓ Turkey
- ✓ Veal
- ✓ Wild Game

### 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

### Fruits: (Serving Size 1 small fruit or 1/2 cup)

- ✓ Apples
- ✓ Applesauce
- ✓ Apricots - canned
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cherries
- ✓ Cranberries
- ✓ Fruit cocktail
- ✓ Gooseberries
- ✓ Grapes
- ✓ Lemons
- ✓ Lime
- ✓ Mandarin oranges - canned
- ✓ Peaches
- ✓ Pears - canned
- ✓ Pineapple
- ✓ Plums
- ✓ Raspberries
- ✓ Strawberries
- ✓ Tangerine

### 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

### Dairy/ Dairy Substitutes:

(Limit to 1-2 Servings per day) 4oz milk or yogurt / 1 oz. cheese

- ✓ Cheese
- ✓ Cottage cheese
- ✓ Cream cheese - regular or lite
- ✓ Milk - 2%, buttermilk, skim, whole, soy
- ✓ Non-dairy creamers
- ✓ Rice milk, unfortified
- ✓ Sherbet
- ✓ Sour cream
- ✓ Whipped topping - non-dairy
- ✓ Yogurt - plain, frozen, flavored

### Beverages:

Don't forget your fluid allowance..

- ✓ Coffee
- ✓ Hi-C® - cherry, grape
- ✓ Juice - apple, cranberry, grape, grapefruit, pineapple
- ✓ Lemonade
- ✓ Limeade
- ✓ Nectars - apricot, peach, pear
- ✓ Non-dairy creamers
- ✓ Soda - cream soda, ginger ale, grape, 7-Up®, lemon-lime, Mello Yello®, Mountain Dew®, orange, root beer, Slice®, Sprite®
- ✓ Fresh Brewed Tea

### Fats: (use sparingly)

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

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