



Renal-Friendly Grocery List

This grocery list is intended to be used as a tool to help you track your low phosphorus grocery purchases. Please consult your healthcare provider or dietitian to be sure that you are making the food choices that are right for you.

Protein

Meats

- Beef
- Chicken
- Lamb
- Pork
- Turkey
- Veal
- Wild game

Seafood

- Fish (fresh or frozen)
- Shellfish
- Tuna (canned in water, low sodium)

Eggs (any size)

- Egg substitutes
 - Egg Beaters[®]
 - Scramblers[®]

Tofu

Dairy/dairy alternatives

Milk

(limit to 1/2 cup/day)

Nondairy creamer

- Coffee-mate[®]
- Coffee Rich[®]

Nondairy dessert topping

- Cool Whip[®]

Rice milk

- Rice Dream[®]

Cereal/grains

Bagels

- Blueberry
- Egg
- Raisin
- White

Bread

- Dinner/hard rolls
- English muffins
- Flour tortillas
- French
- Hamburger/hot dog buns
- Italian
- Melba toast

- Pita bread
- Rice cakes
- Rye
- Sourdough
- White
- Bread sticks** (plain)

Cold cereal

- Corn Chex[®]
- Corn Pops[®]
- Crispix[®]
- Double Chex[®]
- Fruity Pebbles[®]
- Honey Smacks[®]
- Kellogg's Corn Flakes[®]
- King Vitaman[®]
- Kix[®]
- Quaker[®] cereal
 - Puffed Rice
- Quaker[®] cereal
 - Puffed Wheat
- Rice Chex[®]
- Rice Krispies[®]

Avoid: cereals with nuts, dried fruit, granola, or bran



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Cereal/grains *cont'd.*

Hot cereal

- Cream of Rice®
- Cream of Wheat®
- Farina®
- Grits
- Malt-o-Meal®

Crackers (unsalted)

- Animal crackers
- Better Cheddars
- Graham crackers (not chocolate)
- Low Sodium Ritz® Crackers
- Oyster crackers
- Rusk
- Teddy Grahams® (not chocolate)
- Unsalted saltine crackers
- Wheat Thins® Hint of Salt

Miscellaneous

- Couscous
- Egg noodles
- Macaroni
- Rice cakes
- Spaghetti
- Unsalted popcorn

- Unsalted pretzels
- White rice

Fruit

- Apples
- Applesauce
- Apricots (canned, not dried)
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Clementine oranges
- Cranberries
- Cranberry sauce (canned)
- Figs (canned or fresh)
- Fruit cocktail
- Grapefruit
- Grapes
- Lemons
- Limes
- Mandarin oranges
- Mulberries
- Passion fruit
- Peaches
- Pears
- Pineapple

- Plums
- Raspberries
- Strawberries
- Tangerines

Vegetables

- Alfalfa sprouts
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beans (green or waxed)
- Bell peppers (green, red, or yellow)
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Chives
- Collard greens*
- Cucumbers
- Eggplant
- Endive
- Escarole
- Garlic
- Hominy



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Vegetables *cont'd.*

- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens*
- Okra
- Onions
- Pea pods/peas
- Pimientos
- Potatoes*
- Radishes
- Rhubarb
- Shallots
- Spaghetti squash
- Spinach
- Summer squash
- Turnip greens*
- Turnips
- Water chestnuts
- Watercress
- Zucchini

Something to season

- Allspice
- Basil
- Bay leaf
- Caraway seeds

- Cardamom
- Celery seed
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Dry mustard
- Extracts of almond/
maple/orange/
peppermint
- Fennel
- Fresh garlic
- Garlic powder
- Ginger
- Horseradish
- Marjoram
- Mrs. Dash® salt-free
seasoning mixes
- Nutmeg
- Oregano
- Paprika
- Parsley
- Parsley flakes
- Pepper
- Rosemary

- Saffron
- Sage
- Sesame seeds
- Tarragon
- Thyme

Something to drink

Fruit Juice

- Apricot nectar
- Cran-apple juice
- Cran-raspberry juice
- Cranberry juice
- Grape juice
- Grapefruit juice
- Lemon juice
- Lemonade
- Lime juice
- Limeade
- Papaya nectar
- Pear nectar
- Pineapple juice

Other

- Club soda
- Coffee
- Cream soda
- Fresca®
- Ginger ale
- Grape soda



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Something to drink *cont'd.*

- Kool-Aid®
- Lemon-lime soda
 - Sprite®
 - 7UP
- Mello Yello™
- Mountain Dew®
- Orange soda
- Root beer
- Slice®
- Tea

Condiments

- BBQ sauce
- Chili sauce
- Corn syrup
- Cornstarch
- Cream cheese
- Dry tapioca
- Honey
- Jam
- Jelly
- Ketchup
- Margarine
- Marmalade
- Mayonnaise
- Miracle Whip®
- Mustard

- Steak sauce
- Sugar
- Sugar substitute
- Taco sauce
- Vinegar
- Worcestershire sauce

Something sweet to eat

- Angel food cake
- Bit-O-Honey®
- Candy corn
- Cinnamon drops
- Cotton candy
- Cracker Jack®
- Danish cookies
- Dots®
- Doughnuts
- Fig Newtons®
- Fruit chews
- Graham crackers
- Gum
- Gum drops
- Gummy bears
- Hard candy
- Hot Tamales®
- Jelly beans
- Lemon cake
- Life Savers®

- Lollipops
- Lorna Doone® cookies
- Marshmallows
- Red licorice
- Rice Krispies® bars
- Skittles®
- Spice cake
- Spree®
- Starburst®
- SweeTARTS®
- Toaster pastries
- Vanilla wafers
- Yellow cake

Other groceries

- _____
- _____
- _____
- _____
- _____
- _____

* These foods tend to have higher levels of potassium than other foods on this list. Please consult your dietitian or healthcare provider for appropriate portion sizes.