



# Renal-Friendly Grocery List

## 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
- Lemon-lime soda
  - Sprite®
  - 7UP®
- Mello Yello™

- Mountain Dew® (original)
- Orange soda
- Root beer
- Slice®
- Tea (not canned or bottled)

## 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
- Chewing gum
- Hard candies, gummy bears, jelly beans (no nuts or dried fruit)
- Lemon cake
- Lorna Doone® cookies
- Marshmallows
- Rice Krispies Treats®
- Vanilla wafers
- Yellow cake

## Other groceries

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
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° 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 and individualized food choices.



# 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	Dairy/dairy alternatives	
<b>Meats</b>	<input type="checkbox"/> <b>Milk</b> (limit to ½ cup/day)	<input type="checkbox"/> English muffins
<input type="checkbox"/> Beef	<b>Nondairy creamer</b>	<input type="checkbox"/> Flour tortillas
<input type="checkbox"/> Chicken	<input type="checkbox"/> Coffee-mate®	<input type="checkbox"/> French
<input type="checkbox"/> Lamb	<input type="checkbox"/> Coffee Rich®	<input type="checkbox"/> Hamburger/ hot dog buns
<input type="checkbox"/> Pork	<b>Nondairy dessert topping</b>	<input type="checkbox"/> Italian
<input type="checkbox"/> Turkey	<input type="checkbox"/> Cool Whip®	<input type="checkbox"/> Melba toast
<input type="checkbox"/> Veal	<b>Milk alternatives</b>	<input type="checkbox"/> Pita bread
<input type="checkbox"/> Wild game	<input type="checkbox"/> Almond milk	<input type="checkbox"/> Rice cakes
<b>Seafood</b>	<input type="checkbox"/> Nonenriched soy milk	<input type="checkbox"/> Rye
<input type="checkbox"/> Fish (fresh or frozen)	<input type="checkbox"/> Rice Dream®	<input type="checkbox"/> Sourdough
<input type="checkbox"/> Shellfish	<b>Cereal/grains</b>	<input type="checkbox"/> White
<input type="checkbox"/> Tuna (canned in water, low sodium)	<b>Bagels</b>	<input type="checkbox"/> <b>Bread sticks</b> (plain)
<input type="checkbox"/> <b>Eggs</b> (any size)	<input type="checkbox"/> Blueberry	<b>Cold cereal</b>
<input type="checkbox"/> Egg substitutes	<input type="checkbox"/> Egg	<input type="checkbox"/> Corn Chex®
<input type="checkbox"/> Egg Beaters®	<input type="checkbox"/> Raisin	<input type="checkbox"/> Corn Pops®
<input type="checkbox"/> Scramblers®	<input type="checkbox"/> White	<input type="checkbox"/> Crispix®
<input type="checkbox"/> <b>Tofu</b>	<b>Bread</b>	<input type="checkbox"/> Double Chex®
	<input type="checkbox"/> Dinner/hard rolls	<input type="checkbox"/> Fruity Pebbles®
		<input type="checkbox"/> Honey Smacks®
		<input type="checkbox"/> Kellogg's Corn Flakes®
		<input type="checkbox"/> King Vitaman®



# Renal-Friendly Grocery List

## Cereal/grains *cont'd.*

- Kix®
- Quaker® cereal  
Puffed Rice
- Quaker® cereal  
Puffed Wheat
- Rice Chex®
- Rice Krispies®

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

## 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 pretzels
- Unsalted saltine crackers
- Wheat Thins® Hint of Salt

## Miscellaneous

- Couscous
- Egg noodles
- Lightly salted popcorn
- Macaroni
- Spaghetti
- 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



# Renal-Friendly Grocery List

## Vegetables *cont'd.*

- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Chives
- Collard greens<sup>a</sup>
- Cucumbers
- Eggplant
- Endive
- Escarole
- Garlic
- Hominy
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens<sup>a</sup>
- Okra
- Onions
- Pea pods/peas
- Pimientos
- Potatoes<sup>a</sup>
- Radishes

- Rhubarb
- Shallots
- Spaghetti squash
- Spinach
- Summer squash
- Turnip greens<sup>a</sup>
- 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<sup>®</sup> salt-free  
seasoning mixes
- Nutmeg
- Oregano
- Paprika
- Parsley
- Parsley flakes
- Pepper
- Rosemary
- Saffron
- Sage
- Sesame seeds
- Tarragon
- Thyme

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