What Can I Eat?

A Grocery List for People with Chronic Kidney Disease

General recommendations

Eat a diet low in sodium, phosphorus and potassium. Look at food labels or ask your health care provider for information about what foods are high and low in these nutrients.

Tips to lower the amount of sodium (salt) in your diet

- **Eat less than 2,300 milligrams (mg) of sodium each day.**
- Use seasonings and spices instead of salt to flavor food.
- Limit canned soups, frozen meals, processed snacks, and smoked or cured meats.
- Look for packaging that says low sodium, very low sodium or sodium-free.
  - **Low sodium = 140 mg or less per serving**
  - Very low sodium = 35 mg or less per serving
  - Sodium-free = 5 mg or less per serving
- Read Nutrition Facts food labels. Look at the % Daily Value of sodium.
  - Low in sodium = 5% or less sodium
  - High in sodium = 20% or more sodium

Tips to lower the amount of phosphorus in your diet

- **Choose foods with less than 50 mg of phosphorus per serving.**
- Limit foods such as fast foods, ready to eat foods, canned foods, soda, nuts and seeds, beans and lentils, processed meats and meat in brine, and most processed foods.
- Look out for "phosphorus" or words containing "phos" on ingredient labels, such as dicalcium phosphate, disodium phosphate, monosodium phosphate and phosphate acid.

Nutrition Facts

4 servings per container

Serving size	**1 1/2 cup (208g)**
Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 430mg	**19%**
Total Carbohydate 22g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutient in a serving of food contributes to a daily diet 2000 calories a day is used for general nutrition advice.

This food product is high in sodium (430 mg) and potassium (240 mg).

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Tips to lower the amount of potassium in your diet

- **Choose foods with less than 100 mg of potassium per serving.**
- Avoid salt substitutes, which can be high in potassium.
- Remove the liquid in canned fruits and vegetables before you eat them.
- To reduce some of the potassium in root vegetables, leach them using the double cook method:
  1. Wash the vegetables.
  2. Peel the vegetables and slice very thinly, about ⅛ inch width. A mandolin works well.
  3. Wash the vegetables thoroughly, and rinse.
  4. Place the vegetables in a pot and fill with twice the amount of water to the amount of vegetables (2:1 ratio).
  5. Bring to a boil, and then drain the water off.
  6. Fill pot again with fresh water (2:1 ratio), and boil until soft.
  7. Drain off the water.

Grocery list

Talk to your health care provider about foods not included on this list.

If you have diabetes, many foods and beverages on this list contain carbohydrates, which may raise your blood sugar level. Talk to your health care provider about how much is right for you.

Fruit Serving size: • ½ cup canned • ½ large fruit • 1 small fruit	❑ Apples ❑ Applesauce ❑ Apricots (canned) ❑ Blackberries ❑ Blueberries ❑ Cherries ❑ Cranberries ❑ Cranberry sauce	❑ Figs ❑ Fruit cocktail ❑ Grapefruit (half) ❑ Grapes ❑ Lemon ❑ Lime ❑ Logan berries ❑ Lychee	❑ Mandarin oranges (canned) ❑ Peaches (canned) ❑ Pears (canned) ❑ Pineapple ❑ Plums ❑ Raspberries ❑ Strawberries ❑ Tangerine
Vegetables Serving size: • ½ cup cooked • 1 cup raw	❑ Alfalfa sprouts ❑ Arugula ❑ Asparagus ❑ Bamboo shoots ❑ Bean sprouts ❑ Beets (canned) ❑ Broccoli ❑ Cabbage (green, red) ❑ Carrots ❑ Cauliflower ❑ Celery ❑ Chayote ❑ Chili peppers ❑ Chives ❑ Coleslaw ❑ Collard greens ❑ Corn	❑ Cucumbers ❑ Dandelion greens ❑ Eggplant ❑ Endive ❑ Garlic ❑ Gingerroot ❑ Green beans ❑ Hominy ❑ Jalapeños (fresh) ❑ Kale ❑ Leeks ❑ Lettuce ❑ Mushrooms ❑ Mustard greens ❑ Onions ❑ Parsley ❑ Peas (English)	❑ Pimentos ❑ Radicchio ❑ Radishes ❑ Seaweed kelp ❑ Spaghetti squash ❑ Summer squash (scallop, crookneck, straightneck, zucchini) ❑ Sweet peppers (green, red, yellow) ❑ Tomatillos ❑ Turnips ❑ Turnip greens ❑ Water chestnuts ❑ Watercress ❑ Wax beans

Protein Serving size: • 1 ounce	❑ Beef ❑ Chicken ❑ Egg substitute (Egg Beaters®, Scramblers®) ❑ Eggs	❑ Fish ❑ Lamb ❑ Pork (pork chops, roast) ❑ Seafood (salmon, tuna, lobster, shrimp)	❑ Tofu (soft) ❑ Turkey ❑ Veal
Grains Serving size: • ½ cup pasta, rice, cereal • 1 slice bread • ½ hot dog or hamburger bun	❑ Bagels (plain, blueberry, egg, raisin) ❑ Barley ❑ Bread (white, French, Italian, rye) ❑ Breadsticks (plain) ❑ Cereals, dry, low salt ❑ Cereals cooked (cream of wheat, oatmeal, grits)	❑ Corn cakes ❑ Couscous ❑ Crackers (unsalted) ❑ Dinner rolls or hard rolls ❑ English muffins ❑ Hotdog and hamburger buns ❑ Macaroni ❑ Melba toast	❑ Oyster crackers ❑ Pasta (white) ❑ Pita bread ❑ Popcorn, unsalted ❑ Pretzels, unsalted ❑ Rice (white) ❑ Rice cakes ❑ Spaghetti ❑ Tortillas (corn, flour)
Dairy and Dairy Substitutes Serving size: • ½ cup or 4 ounces	❑ Cottage cheese ❑ Nondairy creamers ❑ Nondairy frozen dessert topping (Cool Whip®)	❑ Nondairy frozen desserts ❑ Rice milk, unfortified	❑ Soft cheese (brie, mozzarella, feta)
Fats Serving size: • 1 teaspoon	❑ Butter ❑ Cream cheese ❑ Margarine ❑ Mayonnaise	❑ Miracle Whip® ❑ Nondairy creamers ❑ Salad dressings ❑ Sour cream	❑ Vegetable oils (preferably canola or olive oil) ❑ Vegetable shortening
Seasonings and Spices	❑ Allspice ❑ Basil ❑ Bay leaf ❑ Caraway seed ❑ Chives ❑ Cilantro ❑ Cinnamon ❑ Cloves ❑ Cumin ❑ Curry ❑ Dill ❑ Extracts (almond, lemon, lime, maple, orange, peppermint, vanilla, walnut)	❑ Fennel ❑ Garlic powder ❑ Ginger ❑ Horseradish (root) ❑ Lemon juice ❑ Nutmeg ❑ Onion powder or flakes ❑ Oregano ❑ Paprika ❑ Parsley or parsley flakes ❑ Pepper (ground)	❑ Pimentos ❑ Poppy seed ❑ Rosemary ❑ Saffron ❑ Sage ❑ Savory ❑ Sesame seeds ❑ Tarragon ❑ Thyme ❑ Turmeric ❑ Vinegar

Desserts, Snacks, and Sweets

- Eat in moderation
- Use caution if you have diabetes
- Avoid chocolate and nuts

- ❑ Animal crackers
- ❑ Cake (angel food,butter, lemon, pound, spice, strawberry, white, yellow)
- ❑ Candy corn
- ❑ Chewing gum
- ❑ Cinnamon drops (Red Hots®)
- ❑ Cookies (ginger snaps, shortbread, sugar, vanilla wafers)
- ❑ Corn cakes
- ❑ Cotton candy
- ❑ Doughnuts
- ❑ Fruit ice
- ❑ Graham crackers
- ❑ Gumdrops
- ❑ Gummy bears
- ❑ Hot Tamales® candy
- ❑ Jell-0®
- ❑ Jelly beans
- ❑ Jolly Ranchers®
- ❑ Lifesavers®
- ❑ Lollipops
- ❑ Marshmallows
- ❑ Muffins (blueberry, lemon)
- ❑ Newtons (fig, strawberry, apple, blueberry)
- ❑ Nondairy frozen desserts
- ❑ Nondairy frozen dessert topping (Cool Whip®)
- ❑ Pie (apple, berry, cherry, lemon, peach)
- ❑ Popcorn (unsalted)
- ❑ Pretzels (unsalted)
- ❑ Rice cakes
- ❑ Rice Krispies® Treats™
- ❑ Sherbet
- ❑ Skittles®
- ❑ Sorbet
- ❑ Strawberry shortcake
- ❑ Sweet rolls
- ❑ Sweet Tarts®
- ❑ Tortilla chips (unsalted)
- ❑ Twizzlers®

Beverages

- Watch your fluid intake if recommended by your doctor
- Drink sugar-free drinks if you have diabetes

Serving size:

- ½ cup or 4 ounces

- ❑ Coffee
- ❑ Fruit juices (apple, cranberry, grape, lemon, lime)
- ❑ Fruit punch
- ❑ Kool-Aid®
- ❑ Lemonade or limeade
- ❑ Mineral water
- ❑ Nectars (apricot, papaya, peach, pear)
- ❑ Nondairy creamers
- ❑ Soda (cream soda, ginger ale, grape soda, orange soda, lemon-lime soda, root beer)
- ❑ Sunny Delight®
- ❑ Tea

Condiments

Serving size:

- 1 teaspoon

- ❑ Barbecue 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

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to **wexnermedical.osu.edu/patiented** or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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