

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 healthcare 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% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 430mg | 19% |
| Total Carbohydrate 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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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 1/8 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 healthcare 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 healthcare provider about how much is right for you.

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| <p>Fruit</p> <p>Serving size:</p> <ul style="list-style-type: none"> • 1/2 cup canned • 1/2 large fruit • 1 small fruit | <input type="checkbox"/> Apples | <input type="checkbox"/> Figs | <input type="checkbox"/> Mandarin oranges (canned) |
| | <input type="checkbox"/> Applesauce | <input type="checkbox"/> Fruit cocktail | <input type="checkbox"/> Peaches (canned) |
| | <input type="checkbox"/> Apricots (canned) | <input type="checkbox"/> Grapefruit (half) | <input type="checkbox"/> Pears (canned) |
| | <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Pineapple |
| | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Plums |
| | <input type="checkbox"/> Cherries | <input type="checkbox"/> Lime | <input type="checkbox"/> Raspberries |
| | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Logan berries | <input type="checkbox"/> Strawberries |
| | <input type="checkbox"/> Cranberry sauce | <input type="checkbox"/> Lychee | <input type="checkbox"/> Tangerine |

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| <p>Vegetables</p> <p>Serving size:</p> <ul style="list-style-type: none"> • ½ cup cooked • 1 cup raw | <input type="checkbox"/> Alfalfa sprouts <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Beets (canned) <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage (green, red) <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chayote <input type="checkbox"/> Chili peppers <input type="checkbox"/> Chives <input type="checkbox"/> Coleslaw <input type="checkbox"/> Collard greens | <input type="checkbox"/> Corn <input type="checkbox"/> Cucumbers <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Garlic <input type="checkbox"/> Gingerroot <input type="checkbox"/> Green beans <input type="checkbox"/> Hominy <input type="checkbox"/> Jalapeños (fresh) <input type="checkbox"/> Kale <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard greens <input type="checkbox"/> Onions <input type="checkbox"/> Parsley | <input type="checkbox"/> Peas (English) <input type="checkbox"/> Pimentos <input type="checkbox"/> Radicchio <input type="checkbox"/> Radishes <input type="checkbox"/> Seaweed kelp <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Summer squash (scallop, crookneck, straightneck, zucchini) <input type="checkbox"/> Sweet peppers (green, red, yellow) <input type="checkbox"/> Tomatillos <input type="checkbox"/> Turnips <input type="checkbox"/> Turnip greens <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Watercress <input type="checkbox"/> Wax beans |
| <p>Protein</p> <p>Serving size:</p> <ul style="list-style-type: none"> • 1 ounce | <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Egg substitute (Egg Beaters®, Scramblers®) <input type="checkbox"/> Eggs | <input type="checkbox"/> Fish <input type="checkbox"/> Lamb <input type="checkbox"/> Pork (pork chops, roast) <input type="checkbox"/> Seafood (salmon, tuna, lobster, shrimp) | <input type="checkbox"/> Tofu (soft) <input type="checkbox"/> Turkey <input type="checkbox"/> Veal |
| <p>Grains</p> <p>Serving size:</p> <ul style="list-style-type: none"> • ½ cup pasta, rice, cereal • 1 slice bread • ½ hot dog or hamburger bun | <input type="checkbox"/> Bagels (plain, blueberry, egg, raisin) <input type="checkbox"/> Barley <input type="checkbox"/> Bread (white, French, Italian, rye) <input type="checkbox"/> Breadsticks (plain) <input type="checkbox"/> Cereals, dry, low salt <input type="checkbox"/> Cereals cooked (cream of wheat, oatmeal, grits) | <input type="checkbox"/> Corn cakes <input type="checkbox"/> Couscous <input type="checkbox"/> Crackers (unsalted) <input type="checkbox"/> Dinner rolls or hard rolls <input type="checkbox"/> English muffins <input type="checkbox"/> Hotdog and hamburger buns <input type="checkbox"/> Macaroni <input type="checkbox"/> Melba toast | <input type="checkbox"/> Oyster crackers <input type="checkbox"/> Pasta (white) <input type="checkbox"/> Pita bread <input type="checkbox"/> Popcorn, unsalted <input type="checkbox"/> Pretzels, unsalted <input type="checkbox"/> Rice (white) <input type="checkbox"/> Rice cakes <input type="checkbox"/> Spaghetti <input type="checkbox"/> Tortillas (corn, flour) |

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| <p>Dairy and Dairy Substitutes</p> <p>Serving size:</p> <ul style="list-style-type: none"> • ½ cup or 4 ounces | <ul style="list-style-type: none"> <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Nondairy creamers <input type="checkbox"/> Nondairy frozen dessert topping (Cool Whip®) | <ul style="list-style-type: none"> <input type="checkbox"/> Nondairy frozen desserts <input type="checkbox"/> Rice milk, unfortified | <ul style="list-style-type: none"> <input type="checkbox"/> Soft cheese (brie, mozzarella, feta) |
| <p>Fats</p> <p>Serving size:</p> <ul style="list-style-type: none"> • 1 teaspoon | <ul style="list-style-type: none"> <input type="checkbox"/> Butter <input type="checkbox"/> Cream cheese <input type="checkbox"/> Margarine <input type="checkbox"/> Mayonnaise | <ul style="list-style-type: none"> <input type="checkbox"/> Miracle Whip® <input type="checkbox"/> Nondairy creamers <input type="checkbox"/> Salad dressings <input type="checkbox"/> Sour cream | <ul style="list-style-type: none"> <input type="checkbox"/> Vegetable oils (preferably canola or olive oil) <input type="checkbox"/> Vegetable shortening |
| <p>Seasonings and Spices</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Allspice <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Caraway seed <input type="checkbox"/> Chives <input type="checkbox"/> Cilantro <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Cumin <input type="checkbox"/> Curry <input type="checkbox"/> Dill <input type="checkbox"/> Extracts (almond, lemon, lime, maple, orange, peppermint, vanilla, walnut) | <ul style="list-style-type: none"> <input type="checkbox"/> Fennel <input type="checkbox"/> Garlic powder <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish (root) <input type="checkbox"/> Lemon juice <input type="checkbox"/> Nutmeg <input type="checkbox"/> Onion powder or flakes <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley or parsley flakes <input type="checkbox"/> Pepper (ground) | <ul style="list-style-type: none"> <input type="checkbox"/> Pimentos <input type="checkbox"/> Poppy seed <input type="checkbox"/> Rosemary <input type="checkbox"/> Saffron <input type="checkbox"/> Sage <input type="checkbox"/> Savory <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Vinegar |

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| <p>Desserts, Snacks, and Sweets</p> <ul style="list-style-type: none"> • Eat in moderation • Use caution if you have diabetes • Avoid chocolate and nuts | <ul style="list-style-type: none"> <input type="checkbox"/> Animal crackers <input type="checkbox"/> Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow) <input type="checkbox"/> Candy corn <input type="checkbox"/> Chewing gum <input type="checkbox"/> Cinnamon drops (Red Hots®) <input type="checkbox"/> Cookies (ginger snaps, shortbread, sugar, vanilla wafers) <input type="checkbox"/> Corn cakes <input type="checkbox"/> Cotton candy <input type="checkbox"/> Doughnuts <input type="checkbox"/> Fruit ice <input type="checkbox"/> Graham crackers | <ul style="list-style-type: none"> <input type="checkbox"/> Gumdrops <input type="checkbox"/> Gummy bears <input type="checkbox"/> Hot Tamales® candy <input type="checkbox"/> Jell-O® <input type="checkbox"/> Jelly beans <input type="checkbox"/> Jolly Ranchers® <input type="checkbox"/> Lifesavers® <input type="checkbox"/> Lollipops <input type="checkbox"/> Marshmallows <input type="checkbox"/> Muffins (blueberry, lemon) <input type="checkbox"/> Newtons (fig, strawberry, apple, blueberry) <input type="checkbox"/> Nondairy frozen desserts <input type="checkbox"/> Nondairy frozen dessert topping (Cool Whip®) | <ul style="list-style-type: none"> <input type="checkbox"/> Pie (apple, berry, cherry, lemon, peach) <input type="checkbox"/> Popcorn (unsalted) <input type="checkbox"/> Pretzels (unsalted) <input type="checkbox"/> Rice cakes <input type="checkbox"/> Rice Krispies® Treats™ <input type="checkbox"/> Sherbet <input type="checkbox"/> Skittles® <input type="checkbox"/> Sorbet <input type="checkbox"/> Strawberry shortcake <input type="checkbox"/> Sweet rolls <input type="checkbox"/> Sweet Tarts® <input type="checkbox"/> Tortilla chips (unsalted) <input type="checkbox"/> Twizzlers® |
| <p>Beverages</p> <ul style="list-style-type: none"> • Watch your fluid intake if recommended by your doctor • Drink sugar free drinks if you have diabetes • Serving size: ½ cup or 4 ounces | <ul style="list-style-type: none"> <input type="checkbox"/> Coffee <input type="checkbox"/> Fruit juices (apple, cranberry, grape, lemon, lime) <input type="checkbox"/> Fruit punch <input type="checkbox"/> Kool-Aid® <input type="checkbox"/> Lemonade or limeade | <ul style="list-style-type: none"> <input type="checkbox"/> Mineral water <input type="checkbox"/> Nectars (apricot, papaya, peach, pear) <input type="checkbox"/> Nondairy creamers | <ul style="list-style-type: none"> <input type="checkbox"/> Soda (cream soda, ginger ale, grape soda, orange soda, lemon-lime soda, root beer) <input type="checkbox"/> Sunny Delight® <input type="checkbox"/> Tea |
| <p>Condiments</p> <p>Serving size:</p> <ul style="list-style-type: none"> • 1 teaspoon | <ul style="list-style-type: none"> <input type="checkbox"/> Barbecue sauce <input type="checkbox"/> Chili sauce <input type="checkbox"/> Corn syrup <input type="checkbox"/> Cornstarch <input type="checkbox"/> Cream cheese <input type="checkbox"/> Dry tapioca <input type="checkbox"/> Honey | <ul style="list-style-type: none"> <input type="checkbox"/> Jam <input type="checkbox"/> Jelly <input type="checkbox"/> Ketchup <input type="checkbox"/> Margarine <input type="checkbox"/> Marmalade <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Miracle Whip® | <ul style="list-style-type: none"> <input type="checkbox"/> Mustard <input type="checkbox"/> Steak sauce <input type="checkbox"/> Sugar <input type="checkbox"/> Sugar substitute <input type="checkbox"/> Taco sauce |