

# Kidney Friendly Grocery List

<p><b>Protein</b> *Limit portion to 3-4 oz per meal or a 1/2 cup of beans or tofu</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken Breast</li> <li><input type="checkbox"/> Turkey Breast</li> <li><input type="checkbox"/> Lean Ground Beef</li> <li><input type="checkbox"/> Ground Turkey</li> <li><input type="checkbox"/> Ground Chicken</li> <li><input type="checkbox"/> Tilapia</li> <li><input type="checkbox"/> Low sodium canned beans</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cod</li> <li><input type="checkbox"/> Low sodium canned tuna</li> <li><input type="checkbox"/> Salmon</li> <li><input type="checkbox"/> Pork loin</li> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Tofu</li> <li><input type="checkbox"/> Unsalted nuts</li> <li><input type="checkbox"/> Unsalted seeds</li> </ul>
<p><b>Dairy</b> *Limit cow's milk dairy to 1/2-1 cup per day</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2% or Skim Milk</li> <li><input type="checkbox"/> Yogurt</li> <li><input type="checkbox"/> Natural cheeses (cheddar, mozzarella, Swiss, Colby)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Low Sodium Cottage Cheese</li> <li><input type="checkbox"/> Unsweetened Almond, Rice, Oat or Soy Milk</li> </ul>
<p><b>Grains/Cereals</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Brown Rice</li> <li><input type="checkbox"/> Wild Rice</li> <li><input type="checkbox"/> Whole Grain Pasta</li> <li><input type="checkbox"/> Whole Wheat Bread</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Unsweetened cold cereals</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Unsalted pretzels</li> <li><input type="checkbox"/> Popcorn kernels</li> </ul>
<p><b>Vegetables</b></p>	<p><b>Low Potassium</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Bell Peppers</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Cabbage</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Cucumbers</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Green Beans</li> <li><input type="checkbox"/> Green Peas</li> <li><input type="checkbox"/> Lettuce</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Okra</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Sugar Snap Peas</li> <li><input type="checkbox"/> Spaghetti Squash</li> <li><input type="checkbox"/> Turnips</li> <li><input type="checkbox"/> Yellow Beans</li> </ul>	<p><b>High Potassium</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Acorn Squash</li> <li><input type="checkbox"/> Artichokes</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> Butternut Squash</li> <li><input type="checkbox"/> Brussels Sprouts</li> <li><input type="checkbox"/> Greens (mustard, turnip, etc.)</li> <li><input type="checkbox"/> Kohlrabi</li> <li><input type="checkbox"/> Parsnips</li> <li><input type="checkbox"/> Potatoes (all types, including French Fries)</li> <li><input type="checkbox"/> Pumpkin</li> <li><input type="checkbox"/> Rutabaga</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sweet Potato</li> <li><input type="checkbox"/> Tomato (including tomato juice &amp; sauce)</li> <li><input type="checkbox"/> Zucchini</li> </ul>

<p><b>Fruits</b></p> <p>*Buy fresh, frozen or canned fruit in juice or light syrup.</p>	<p><b>Low Potassium</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apples</li> <li><input type="checkbox"/> Apricots</li> <li><input type="checkbox"/> Berries</li> <li><input type="checkbox"/> Cherries</li> <li><input type="checkbox"/> Cranberries</li> <li><input type="checkbox"/> Fruit cocktail</li> <li><input type="checkbox"/> Grapes</li> <li><input type="checkbox"/> Honeydew Melon</li> <li><input type="checkbox"/> Lemons</li> <li><input type="checkbox"/> Limes</li> <li><input type="checkbox"/> Mandarin Oranges</li> <li><input type="checkbox"/> Peaches</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Plums</li> <li><input type="checkbox"/> Rhubarb</li> <li><input type="checkbox"/> Tangerines</li> <li><input type="checkbox"/> Watermelon</li> </ul>	<p><b>High Potassium</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bananas</li> <li><input type="checkbox"/> Cantaloupe</li> <li><input type="checkbox"/> Dried Fruits</li> <li><input type="checkbox"/> Figs</li> <li><input type="checkbox"/> Kiwi</li> <li><input type="checkbox"/> Mango</li> <li><input type="checkbox"/> Nectarine</li> <li><input type="checkbox"/> Oranges (including orange juice)</li> <li><input type="checkbox"/> Papaya</li> <li><input type="checkbox"/> Pomegranate</li> </ul>
<p><b>Spices &amp; Flavoring</b></p> <p>*Look for spice mixes without added salt</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Garlic Powder</li> <li><input type="checkbox"/> Dill</li> <li><input type="checkbox"/> Chili Powder</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Oregano</li> <li><input type="checkbox"/> Paprika</li> <li><input type="checkbox"/> Onion Powder</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Red wine vinegar</li> <li><input type="checkbox"/> Balsamic vinegar</li> <li><input type="checkbox"/> Olive Oil</li> <li><input type="checkbox"/> Canola Oil</li> <li><input type="checkbox"/> Unsalted butter</li> <li><input type="checkbox"/> Fresh lemons &amp; limes</li> </ul>
<p><b>Beverages</b></p> <p>*Look for drinks without added phosphorus or potassium</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Unsweetened Tea</li> <li><input type="checkbox"/> Clear Diet Soda</li> <li><input type="checkbox"/> Coffee</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sugar-Free Lemonade</li> <li><input type="checkbox"/> Unsweetened Seltzer Water</li> </ul>