Kidney Friendly Grocery List



Protein	☐ Chicken Breast	\square Cod
*Limit portion to 3-	□ Turkey Breast	☐ Low sodium canned tuna
4 oz per meal or a ½	Lean Ground Beef	□ Salmon
cup of beans or tofu	☐ Ground Turkey	☐ Pork loin
	☐ Ground Chicken	□ Eggs
	□ Tilapia	□ Tofu
	☐ Low sodium canned	☐ Unsalted nuts
	beans	☐ Unsalted seeds
Dairy	□ 2% or Skim Milk	☐ Low Sodium Cottage Cheese
*Limit cow's milk	□ Yogurt	☐ Unsweetened Almond, Rice,
dairy to ½-1 cup per	□ Natural cheeses (cheddar,	Oat or Soy Milk
day	mozzarella, Swiss, Colby)	
Grains/Cereals	☐ Brown Rice	☐ Unsweetened cold cereals
	□ Wild Rice	☐ Oatmeal
	□ Whole Grain Pasta	☐ Unsalted pretzels
	□ Whole Wheat Bread	☐ Popcorn kernels
Vegetables	Low Potassium	High Potassium
3	□ Asparagus	☐ Acorn Squash
	☐ Bell Peppers	☐ Artichokes
	□ Broccoli	☐ Avocado
	□ Cabbage	☐ Beets
	□ Carrots	☐ Butternut Squash
	☐ Cauliflower	☐ Brussels Sprouts
	□ Celery	☐ Greens (mustard, turnip, etc.)
	□ Corn	☐ Kohlrabi
	\square Cucumbers	☐ Parsnips
	□ Eggplant	☐ Potatoes (all types, including
	☐ Green Beans	French Fries)
	☐ Green Peas	☐ Pumpkin
	☐ Lettuce	□ Rutabaga
	☐ Mushrooms	☐ Spinach
	□ Okra	☐ Sweet Potato
	□ Onions	☐ Tomato (including tomato juice
	Sugar Snap Peas	& sauce)
	□ Spaghetti Squash	☐ Zucchini
	\square Turnips	
	☐ Yellow Beans	

*Buy fresh, frozen or canned fruit in juice or light syrup. Apricots Cantaloupe	Fruits	Low Potassium	High Potassium
light syrup. Berries	*Buy fresh, frozen or	☐ Apples	☐ Bananas
Cherries Figs Kiwi Mango Grapes Nectarine Honeydew Melon Oranges (including orange juice) Lemons Papaya Limes Pomegranate Mandarin Oranges Peaches Pears Pineapple Plums Rhubarb Tangerines Watermelon Balsamic vinegar Dill Balsamic vinegar Chili Powder Olive Oil Basil Unsalted butter Oregano Paprika Onion Powder Sugar-Free Lemonade Clear Diet Soda Unsweetened Seltzer Water Clear Diet Soda Unsweetened Seltzer Water Commande Clear Diet Soda Clear Diet Soda Clear Diet Soda Consequence Clear Diet Soda Clear	canned fruit in juice or	☐ Apricots	☐ Cantaloupe
Cranberries	light syrup.	☐ Berries	☐ Dried Fruits
Fruit cocktail Mango Nectarine Honcydew Melon Oranges (including orange juice) Lemons Papaya Pomegranate Mandarin Oranges Peaches Pears Pincapple Plums Rhubarb Tangerines Watermelon Basil Unsalted butter Oregano Paprika Onion Powder Sugar-Free Lemonade Sugar-Free Lemonade Unsweetened Seltzer Water Sugar-Free Lemonade Unsweetened Seltzer Water Unsweetened Seltzer Wat		☐ Cherries	□ Figs
Grapes Nectarine Nectarine Honeydew Melon Oranges (including orange juice) Lemons Papaya Pomegranate Near Section Papaya Pomegranate Near Section Papaya Pomegranate Pomegranate Near Section Papaya Pomegranate Pomegrana		☐ Cranberries	□ Kiwi
Honeydew Melon Oranges (including orange juice) Lemons Papaya Limes Pomegranate		☐ Fruit cocktail	☐ Mango
Lemons		□ Grapes	☐ Nectarine
Limes		☐ Honeydew Melon	☐ Oranges (including orange juice)
Mandarin Oranges Peaches Pears Pears Pineapple Plums Rhubarb Tangerines Watermelon Spices & Flavoring Chili Powder Red wine vinegar Balsamic vinegar Olive Oil Cumin Canola Oil Cumin Canola Oil Doregano Fresh lemons & limes Paprika Onion Powder Sugar-Free Lemonade Clear Diet Soda Unsweetened Seltzer Water Unsweetened Seltzer Water Clear Diet Soda Unsweetened Seltzer Water Construction Canola Oil Construction Canola Oil Canola O		☐ Lemons	□ Papaya
□ Peaches □ Pears □ Pincapple □ Plums □ Rhubarb □ Tangerines □ Watermelon Spices & Flavoring *Look for spice mixes without added salt □ Basil □ Basil □ Unsalted butter □ Oregano □ Pears □ Pears □ Pincapple □ Plums □ Red wine vinegar □ Olive Oil □ Balsamic vinegar □ Olive Oil □ Canola Oil □ Unsalted butter □ Oregano □ Paprika □ Onion Powder Beverages *Look for drinks □ Unsweetened Tea □ Sugar-Free Lemonade □ Clear Diet Soda □ Unsweetened Seltzer Water		□ Limes	☐ Pomegranate
Pears Pineapple Plums Rhubarb Tangerines Watermelon		☐ Mandarin Oranges	
Pineapple Plums Rhubarb Tangerines Watermelon		☐ Peaches	
Plums		☐ Pears	
Rhubarb Tangerines Watermelon Spices & Flavoring *Look for spice mixes without added salt Basil Cregano Paprika Onion Powder Unsweetened Tea Clear Diet Soda Sugar-Free Lemonade Unsweetened Seltzer Water		☐ Pineapple	
Tangerines Watermelon Spices & Flavoring *Look for spice mixes without added salt Basil Dill Basil Dill Basil Unsalted butter Oregano Paprika Onion Powder Unsweetened Tea Clear Diet Soda Canola Oil Unsweetened Seltzer Water		□ Plums	
Spices & Flavoring *Look for spice mixes without added salt Basil Oregano Paprika Onion Powder Unsweetened Tea Clear Diet Soda Red wine vinegar Balsamic vinegar Olive Oil Canola Oil Unsalted butter Fresh lemons & limes Sugar-Free Lemonade Unsweetened Seltzer Water		□ Rhubarb	
Spices & Flavoring *Look for spice mixes without added salt Basil Oregano Paprika Onion Powder Unsweetened Tea Clear Diet Soda Red wine vinegar Balsamic vinegar Olive Oil Canola Oil Unsalted butter Fresh lemons & limes Sugar-Free Lemonade Unsweetened Seltzer Water		☐ Tangerines	
Dill		☐ Watermelon	
Dill	Spices &	☐ Garlic Powder	☐ Red wine vinegar
*Look for spice mixes without added salt Basil Oregano Paprika Onion Powder Unsalted butter Fresh lemons & limes Onion Powder Unsweetened Tea Clear Diet Soda Unsweetened Seltzer Water	1	□ Dill	☐ Balsamic vinegar
without added salt Basil Oregano Paprika Onion Powder Unsweetened Tea Look for drinks Unsalted butter Fresh lemons & limes Sugar-Free Lemonade Unsweetened Seltzer Water	•	Chili Powder	☐ Olive Oil
Beverages *Look for drinks Dash	_	□ Cumin	☐ Canola Oil
Paprika ☐ Onion Powder Beverages *Look for drinks □ Unsweetened Tea ☐ Sugar-Free Lemonade ☐ Clear Diet Soda ☐ Unsweetened Seltzer Water	without added salt	□ Basil	☐ Unsalted butter
Beverages *Look for drinks Onion Powder Unsweetened Tea Sugar-Free Lemonade Unsweetened Seltzer Water		□ Oregano	☐ Fresh lemons & limes
Beverages *Look for drinks Unsweetened Tea Clear Diet Soda Unsweetened Seltzer Water		□ Paprika	
*Look for drinks Clear Diet Soda Unsweetened Seltzer Water		□ Onion Powder	
*Look for drinks Clear Diet Soda Unsweetened Seltzer Water	Reverages	☐ Unsweetened Tea	☐ Sugar-Free Lemonade
TOOK TOT CITIINS	_	☐ Clear Diet Soda	_
without added Coffee		□ Coffee	
phosphorus or			
potassium			