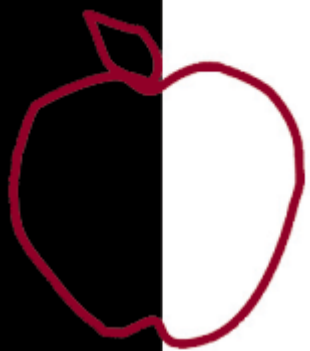




SHOPPING GUIDE

FOR A RENAL DIET

FOODS YOU CAN BUY

MEAT & MEAT SUBSTITUTES

Beef
Chicken
Fish (tuna, salmon, shrimp, lobster)
Lamb
Turkey
Pork (no bacon, sausage, hot dogs)
Veal
Eggs or egg substitute
Cottage cheese
Mozzarella cheese
Swiss cheese
Cheddar cheese
Low sodium tuna
Tofu



VEGETABLES (fresh or frozen, without salt)

Artichokes
Asparagus
Cabbage
Carrots
Cauliflower
Celery, raw
Corn
Cucumbers
Eggplant
Green Beans
Green Peas
Lettuce: iceberg, endive, escarole
Mushrooms
Okra
Onions
Peppers
Radishes
Rutabagas
Turnips
Water chestnuts
Wax Beans
Zucchini

BREADS/STARCHES

White Bread
Pita Bread
Bagels
Dinner Rolls
English Muffin
Plain Doughnut
Waffles
Pasta (noodles, spaghetti)
Rice
Tortilla and taco
Grits
Cooked or dry cereal
(without fruit, nuts, bran or granola)
Unsalted popcorn, pretzels or crackers
Rice cakes
Flour

DESSERTS

Vanilla wafers
Graham Crackers
Sandwich Crackers
Animal Crackers
White or yellow cake
Angel food cake

MILK

Whole, 2%, 1%, skim
Yogurt
Frozen yogurt

NON-DAIRY MILK SUBSTITUTE

Coffee Mate
Mocha Mix
Poly Rich
Vitamite
Coffee Rich

FRUITS (fresh, canned or frozen)

Apples
Applesauce
Blueberries
Cranberries
Fruit Cocktail
Grapefruit
Grapes
Limes
Peaches
Pears
Pineapple
Plums
Strawberries
Tangerines
Watermelon

BEVERAGES (limit fluids)

Apple juice
Grape juice
Cranberry juice
Lemonade
Peach nectar
Apricot nectar
Clear sodas
Kool Aid®
Hi-C®
Hawaiian Punch®
Crystal Light®
Coffee
Tea
Fruit flavor drinks

CALORIE BOOSTERS

Butter or margarine
Mayonnaise
Salad dressing
Cooking oil
Sour cream
Non-dairy whipped topping
Non-dairy creamer
Cream cheese
Jelly or jam/honey or syrup
Candy: hard, jelly beans, mints,
gumdrops, taffy, lollipops

DO NOT Buy:

Processed or seasoned foods
Breaded foods
Salted foods; like potato chips
ham, sausages, and hot dogs
Pickled products