

American Renal Associates: Renal-friendly Grocery List

Only your nephrologist and your renal dietitian can determine what foods will be best for you based on your individual needs, especially if you are diabetic, so always check with your renal dietitian first before setting your grocery list.

Meat/Protein Foods:

- ___ Beef
- ___ Chicken
- ___ Eggs and egg substitutes
- ___ Fish (salmon, tuna)
- ___ Lamb
- ___ Pork (fresh, chops or roast)
- ___ Shellfish
- ___ Tofu (soft)
- ___ Turkey
- ___ Veal
- ___ Wild game

Vegetables: (serving size = 1/2 cup)

- ___ Arugula
- ___ Asparagus
- ___ Broccoli
- ___ Beets (canned)
- ___ Cabbage (green, red)
- ___ Carrots
- ___ Cauliflower
- ___ Celery (raw)
- ___ Corn
- ___ Cucumbers
- ___ Dry beans, Black, pinto, kidney, navy & black-eyed peas (1/3 cup)
- ___ Eggplant
- ___ Endive
- ___ Green beans
- ___ Kale
- ___ Leeks
- ___ Lettuce
- ___ Mushrooms (raw)
- ___ Mustard greens
- ___ Onions
- ___ Peppers (green, red, yellow)
- ___ Radishes
- ___ Rhubarb
- ___ Shallots
- ___ Spaghetti Squash
- ___ Spinach (raw)
- ___ Sprouts (alfalfa, bean)
- ___ Summer squash
- ___ Sweet Peppers
- ___ Turnip greens
- ___ Turnips
- ___ Water chestnuts

___ Watercress

___ Wax beans

___ Zucchini

Fruits: (Serving Size 1 small fruit or 1/2 cup)

- ___ Apples
- ___ Applesauce
- ___ Apricots (canned)
- ___ Blackberries
- ___ Blueberries
- ___ Cherries
- ___ Cranberries
- ___ Fruit cocktail
- ___ Gooseberries
- ___ Grapes
- ___ Lemons
- ___ Lime
- ___ Mandarin oranges (canned)
- ___ Peaches
- ___ Pears (canned)
- ___ Pineapple
- ___ Plums
- ___ Raspberries
- ___ Strawberries
- ___ Tangerine

Breads/Grains/Cereals:

- ___ Bagels (plain, blueberry, egg, raisin)
- ___ Bread (white, French, Italian, rye, sourdough)
- ___ Bread sticks (plain)
- ___ Buns (hamburger or hot dog)
- ___ Dinner or hard rolls
- ___ English muffins
- ___ Muffins (no nuts, no bran, no whole wheat)
- ___ Pita bread
- ___ Tortilla (corn or flour)
- ___ Couscous
- ___ Cereal (dry type: no nuts, no dried fruits, no bran or granola)
- ___ Cereal (hot type: grits, oatmeal, Cream of wheat, Cream of rice)
- ___ Cornmeal
- ___ Crackers (animal, graham, oyster, unsalted)

___ Pasta (noodles, macaroni, spaghetti)

___ Quinoa

___ Rice (brown, white)

Dairy & Substitutes: (Limit to 1-2 Servings per day)

- ___ Cheese
- ___ Cottage cheese
- ___ Cream cheese (regular or light)
- ___ Milk (2%, buttermilk, skim, whole, soy)
- ___ Non-dairy creamers
- ___ Rice milk, unfortified
- ___ Sherbet
- ___ Sour cream
- ___ Whipped topping (non-dairy)
- ___ Yogurt (plain, frozen, flavored)

Beverages: Don't forget your fluid allowance!

- ___ Coffee
- ___ Fruit punch
- ___ Hi-C® (cherry, grape)
- ___ Juice (apple, cranberry, grape, grapefruit, pineapple)
- ___ Kool-Aid®
- ___ Lemonade
- ___ Limeade
- ___ Nectars (apricot, peach, pear)
- ___ Non-dairy creamers
- ___ Soda (cream soda, ginger ale, grape, 7-Up®, lemon-lime, Mello Yello®, Mountain Dew®, orange, root beer, Slice®, Sprite®)
- ___ Tea

Fats: (use sparingly)

- ___ Butter
- ___ Margarine
- ___ Mayonnaise (regular or imitation)
- ___ Miracle Whip®
- ___ Salad dressing
- ___ Vegetable oils
- ___ Vegetable shortening
- ___ Vinegar and oil salad dressing