

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 ½ 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