# Renal Grocery List

This list combines all of the appropriate foods for a renal diet. Remember to eat these food items in moderation, and follow a balanced diet with foods from all food groups. If you are concerned about your weight, diabetes or heart disease, your specific needs may be different. Check with your renal dietitian or doctor about how to tailor this grocery list.

If you have diabetes, limit carbohydrate portions of starches, fruit, and sweets. Foods or food groups that contain carbohydrates are marked with a (*).

## Starches*

- Whole grain versions of these foods may be okay to eat. Talk to your dietitian about whether whole grains are okay for you.

- Bagels (plain)
- Bread (white, French, sourdough, rye)
- Breadsticks (plain)
- Cereals, ready-to-eat
  - (Rice Krispies®, Puffed Rice, Rice Chex®, Cornflakes)
- Cereals, cooked
  - (Cream of Wheat or Rice, Farina®, Malt-o-Meal®)
- Couscous
- Crackers (unsalted, graham or animal crackers)
- Croissant
- Dinner rolls
- English muffins
- Grits
- Hamburger/hotdog buns
- Melba toast
- Pita bread
- Pasta & noodles
- Pita bread
- Popcorn, unsalted
- Pretzels, unsalted
- Rice, white
- Rice cakes
- Tortillas, flour

## Dairy Substitutes

- Nondairy creamer*
- Mocha Mix®
- Nondairy dessert topping
  - (e.g. Cool Whip®)
- Rice milk, unfortified*
- Almond milk, unfortified*
- Soy milk, unfortified*

## Vegetables

- Alfalfa or bean sprouts
- Asparagus
- Bamboo shoots (canned)
- Beets (canned)
- Bell peppers
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Dandelion greens
- Eggplant
- Endive/escarole
- Green beans
- Hominy
- Jalapenos
- Jicama
- Leeks
- Lettuce
- Mushrooms (raw)
- Okra
- Onions
- Radishes
- Seaweed kelp
- Spaghetti squash
- Summer squash
  - (e.g. crookneck, spaghetti)
- Tomatillos
- Water chestnuts (canned)
- Wax beans

## Fruits*

- Apple
- Applesauce
- Apricots (canned)
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Cranberry sauce
- Fruit cocktail
- Grapes
- Kumquat
- Lemon
- Lime
- Loganberries
- Lychees
- Mandarin oranges (canned)
- Peaches (canned)
- Pears (canned)
- Pineapple
- Plum
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Watermelon

## Meat / Protein

- Beef
- Chicken
- Egg whites
- Fish
- Lamb
- Pork (fresh)
- Tofu (soft)
- Tuna (low sodium)
- Turkey
- Shellfish
- Wild game
### Beverages

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple juice*</td>
<td>Honey</td>
</tr>
<tr>
<td>Cranberry juice*</td>
<td>Jam/jelly</td>
</tr>
<tr>
<td>Cream soda*</td>
<td>Jellybeans</td>
</tr>
<tr>
<td>Fruit punch*</td>
<td>Maple syrup</td>
</tr>
<tr>
<td>Ginger ale*</td>
<td>Marmalade</td>
</tr>
<tr>
<td>Grape juice*</td>
<td>Marshmallows</td>
</tr>
<tr>
<td>Grape soda*</td>
<td>Peppermints</td>
</tr>
<tr>
<td>Horchata*</td>
<td>Pie (apple, cherry, lemon)</td>
</tr>
<tr>
<td>Kool-Aid® or Hi-C®*</td>
<td>Popsicles (fruit-flavored)</td>
</tr>
<tr>
<td>Lemonade*</td>
<td>Rice Krispie® treats</td>
</tr>
<tr>
<td>Lemon-lime soda*</td>
<td>Red licorice</td>
</tr>
<tr>
<td>Limeade*</td>
<td>Sorbet</td>
</tr>
<tr>
<td>Mineral water</td>
<td>Sugar</td>
</tr>
<tr>
<td>Mountain Dew®*</td>
<td>Vanilla wafers</td>
</tr>
<tr>
<td>Nectars* (apricot, peach, pear)</td>
<td>Vanilla cupcakes</td>
</tr>
<tr>
<td>Orange soda*</td>
<td></td>
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<tr>
<td>Pineapple juice*</td>
<td></td>
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<tr>
<td>Root beer*</td>
<td></td>
</tr>
<tr>
<td>Sunny Delight®* citrus punch</td>
<td></td>
</tr>
<tr>
<td>Tea</td>
<td></td>
</tr>
</tbody>
</table>

### Fats

- Butter or margarine
- Cream cheese
- Mayonnaise
- Miracle Whip®
- Sour cream
- Vegetable oils (Canola or olive oil)

### Sweets*

- Apple butter
- Cake (sponge, angel, pound, spice, yellow, lemon)
- Candy corn
- Chewing gum
- Cinnamon drops
- Cookies (sugar, shortbread, gingersnap, lemon cream)
- Cotton candy
- Doughnuts (without nuts or chocolate)
- Fruit ice
- Gelatin
- Gumdrops
- Hard candy
- Paprika
- Parsley
- Pimento
- Poultry seasoning
- Rosemary
- Saffron
- Sage
- Savory
- Sesame seeds
- Tabasco®
- Tarragon
- Thyme
- Turmeric
- Vinegar

### Seasonings

- Allspice
- Basil
- Bay leaf
- Black pepper
- Caraway seed
- Cardamom
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Crushed red pepper flakes
- Cumin
- Curry powder
- Dill
- Extracts (vanilla, almond, peppermint)
- Fennel
- Garlic (fresh or powder)
- Ginger
- Horseradish (root or powder)
- Lemon or lime juice
- Liquid smoke
- Mint
- Mrs. Dash®
- Mustard, dried
- Nutmeg
- Onion (fresh, powder, flakes)
- Oregano

### Notes:

- __________________________
- __________________________
- __________________________
- __________________________
- __________________________