


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)
Pears (canned)
Peaches (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

- Apple juice*
- Cranberry juice*
- Cream soda*
- Fruit punch*
- Ginger ale*
- Grape juice*
- Grape soda*
- Horchata*
- Kool-Aid® or Hi-C®*
- Lemonade*
- Lemon-lime soda*
(e.g. Sprite®, 7-Up®)
- Limeade*
- Mineral water
- Mountain Dew®*
- Nectars* (apricot, peach,
pear)
- Orange soda*
- Pineapple juice*
- Root beer*
- Sunny Delight®* citrus punch
- Tea

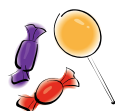


Fats

- 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



- Honey
- Jam/jelly
- Jellybeans
- Maple syrup
- Marmalade
- Marshmallows
- Peppermints
- Pie (apple, cherry, lemon)
- Popsicles (fruit-flavored)
- Rice Krispie® treats
- Red licorice
- Sorbet
- Sugar
- Vanilla wafers
- Vanilla cupcakes

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



- Paprika
- Parsley
- Pimento
- Poultry seasoning
- Rosemary
- Saffron
- Sage
- Savory
- Sesame seeds
- Tabasco®
- Tarragon
- Thyme
- Turmeric
- Vinegar

Notes:

