

Renal Grocery List

This list combines all of the foods that are safe to eat on a renal diet. Follow a healthy diet that includes foods from all major food groups with a limited intake of sweets. More specific diet changes may be needed if you are concerned about your weight, diabetes, or heart disease. Talk to your dietitian and doctor about your personal diet needs.

Special notes: If you are monitoring your blood sugar, you will want to control your portions of carbohydrate foods. Foods or food groups that contain **carbohydrates** are marked with an (*). If you struggle with constipation, a high fiber diet can help. Higher **fiber** foods are marked with (♥).

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)

(Fruits, continued)

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
Dairy substitutes

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