

GROCERY LIST FOR **HEALTHY KIDNEYS**

DAIRY

- Low-Fat Milk
- Margarine
- Yogurt
- Low-Fat Sour Cream
- Low-Fat Cottage Cheese
- Low-Fat Cream Cheese
- Cheese
- Rice Milk
- Soy Milk
- Sherbet
- Soy Cheese
- _____
- _____
- _____

BREAD

- Bread, Whole Wheat
- Couscous, Plain
- Crackers, Unsalted
- Buns, Whole Wheat

- English Muffins
- Rolls, Whole Wheat
- Pita Bread, Wheat
- Corn Tortillas
- Rice Cakes
- _____
- _____
- _____

FRUIT

- Apples
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Dried Cranberries
- Grapes
- Grapefruit
- Melons
- Fresh Pears
- Pineapple

- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Apricots
- Oranges
- Kiwi
- Bananas
- Apricots/Peaches
- Lemons/Limes
- Pomegranates
- _____
- _____
- _____

VEGETABLES

- Asparagus
- Green Beans
- Bean Sprouts
- Broccoli
- Brussels Sprouts
- Beets
- Cabbage
- Carrots
- Cauliflower
- Mushrooms
- Onions
- Peas
- Green Peppers
- Radishes
- Turnips
- Water Chestnuts

- Tomatoes
- Squash
- Potatoes
- Greens: Beet, Collard, Mustard
- Corn
- Celery
- Yams
- Sweet Potatoes
- Spinach
- Lettuce
- Eggplant
- Cucumber
- Green Pepper
- Fresh Basil
- Fresh Cilantro
- Fresh Parsley
- Fresh Herbs
- Fresh Ginger Root
- Frozen Vegetables, Plain, No Sauces
- _____
- _____
- _____

CANNED GOODS

- Tuna Fish, Rinsed
- Salmon, Rinsed
- Canned Peaches
- Canned Pears
- Applesauce
- Fruit Cocktail
- _____

MORE >



GROCERY LIST FOR HEALTHY KIDNEYS

CONTINUED

DRY GOODS

- Cereal
- Oatmeal
- Noodles
- Pasta, Whole Wheat
- Rice, Brown
- Peanut Butter
- Jelly/Jam
- Apple Butter
- Couscous, Plain
- Flour
- Sugar
- Low-Sodium Baking Powder
- Dried Beans: Navy, Kidney, Pinto, Split Pea, Lima
- Nuts
- _____
- _____
- _____

CONDIMENTS

- Saffola Mayonnaise
- Mustard
- Syrup
- Low-Fat Salad Dressing
- Vinegar
- Olive Oil
- Tabasco Sauce
- Lemon Juice
- _____
- _____
- _____

DESSERTS/SNACKS

- Animal Crackers
- Angel Food Cake
- Chewing Gum
- Cookies: Sugar, Vanilla Wafers
- Corn/Rice Cakes
- Fruit Ice, Sherbet
- Graham Crackers
- Fig Newtons
- Popcorn, Regular, Not Microwave
- _____
- _____
- _____

BEVERAGES

- Coffee
- Tea
- Diet Soda Pop
- Mineral Water
- _____
- _____
- _____

MEATS

- Beef
- Chicken
- Eggs
- Egg Substitute
- Fish
- Lamb
- Pork
- Tofu
- Shellfish
- Turkey
- _____
- _____
- _____

SEASONING/SPICES

- Allspice
- Basil
- Bay Leaf
- Caraway Seed
- Cardamom
- Celery
- Chili Powder
- Chives
- Cilantro

- Cinnamon
- Cloves
- Coriander
- Curry
- Cumin
- Dill
- Extracts: Almond, Lemon, Orange, Vanilla, Peppermint
- Fennel
- Fresh Garlic
- Ginger
- Horseradish Root
- Mrs. Dash Seasoning
- Marjoram
- Mustard
- Nutmeg
- Onion or Garlic Powder/Flakes
- Oregano
- Paprika
- Parsley
- Pepper, Ground
- Poppy Seeds
- Rosemary
- Saffron
- Sage
- Savory
- Sesame Seeds
- Tarragon
- Thyme
- Turmeric
- _____
- _____
- _____

