### SHOPPING LIST
FOR DIABETES, HIGH BLOOD PRESSURE, AND KIDNEY DISEASE

#### Vegetables (fresh)
- Alfalfa Sprouts
- Arugula
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beans (green, waxed)
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili Peppers
- Chives
- Collard Greens
- Cucumbers
- Eggplant
- Endive
- Escarole
- Garlic
- Hominy
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Pea pods/peas
- Pimientos
- Radishes
- Rhubarb
- Shallots
- Spaghetti squash
- Spinach
- Summer Squash
- Turnip greens
- Turnips
- Water Chestnuts
- Watercress
- Zucchini

#### Fruits
- Apples
- Applesauce
- Apricots (canned)
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Clementine Oranges
- Cranberries
- Cranberry sauce
- Dewberries
- Figs (fresh or canned)
- Fruit cocktail
- Grapes
- Lemons
- Limes
- Mandarin oranges
- Mulberries
- Passion fruit
- Peaches (canned)
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

#### Cereals/Grains
- BREAD
  - Bread (whole grain)
  - (sodium <100mg/slice)
  - Corn tortilla
  - Melba Toast
  - Pumpernickel Bread
  - Rice Cakes
  - Rye Bread
- CEREALS
  - Cream of Wheat
  - Cream of Rice
  - Grits
  - Kashi Cereal
  - Muesli
- GRAINS
  - Amaranth, Spelt
  - Barley
  - Couscous
  - Kasha (buckwheat)
  - Oatmeal (not instant)
  - Oatmeal (whole grain)
  - Oats
  - Quinoa, Millet
  - Rye
  - Shredded Wheat
  - Spelt
  - Tricale, Kamut

#### Dairy Products
- Brie
- Cream Cheese
- Feta Cheese
- Margarine
- Sour Cream
- Milk and yogurt may fit into some patient’s diets. Talk with your dietitian about the quantity right for you.

#### Frozen Foods
- Chicken Breast*
- Fish Fillet (unbreaded)
- Fruit (no added sugar)
- 100% fruit popsicle
- Vegetables (plain)
- Some frozen meals*
- Sherbet
- Sorbet
- Whipped Topping

#### Beverages
- Tea (green, black, herbal)
- Coffee
- Iced Tea (tea bag)
- Sprite/7-up, diet
- Root beer, diet
- Orange Soda, diet
- Grape Soda, diet
- Almond Milk
- Rice Milk

#### Condiments
- Hot sauce (for flavor)
- "All fruit" jams/jellies
- Hummus
- Mayonnaise
- Mustard
- Oils (canola, olive, sesame)
- Pesto
- Salad Dressing (sodium <100mg/serv)
- Soy sauce (↓ sodium)
- Vinegars

#### Notes
Want more ideas on kidney-friendly foods and meals? Ask your doctor about visiting with a registered dietitian!

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* Frozen meals should have <600 mg sodium. Ask your dietitian for a list of frozen meals appropriate for you.

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