

# CHRONIC KIDNEY DISEASE Grocery List

## Vegetables

Artichokes  
Alfalfa  
Asparagus  
Broccoli, broccoli sprouts  
Bean sprouts  
Beans, green wax  
Cauliflower  
Carrots  
Cabbage (red/white)  
Corn (kernels, spears)  
Celery  
Cucumber  
Collard greens  
Mustard greens  
Mushroom (shitake, button, oyster)  
Kale  
Okra  
Jicama  
Beets  
Peas (green, sugar snap, snow)  
Bell peppers (red, green, yellow)  
Chili peppers (jalapeno, capsicum)  
Rutabaga  
Squash  
Spinach  
Water chestnuts  
Eggplant/aubergine  
Watercress  
Arugula  
Swiss chard  
Chinese cabbage  
Kohlrabi  
Leeks  
Lettuce (iceberg, romaine)  
Endives  
Parsnips  
Potatoes  
Pumpkin  
Radish  
Tomato (romano, cherry, canned)  
Turnips  
Cassava/Yucca  
Yams  
Seaweed Kelp  
Mixed Vegetables  
Tomatillos  
Turnip Greens  
Scallions

## Vegetable Protein

Tempeh  
Edamame, fresh/frozen  
Edamame, dry roasted  
Tofu, firm  
Tofu, silk  
Lentils  
Beans  
Navy  
Fava  
Kidney  
White  
Black  
Lima  
Cannellini (white beans)  
Chickpeas  
Spirulina

## Poultry

Chicken Breasts, fillet  
Chicken Thighs  
Chicken Legs  
Chicken Wings  
Chicken, whole  
Turkey Breasts  
Turkey  
Chicken, spring  
Eggs, whole  
Egg Whites

## Nuts & Seeds

Macadamia  
Almond  
Walnut  
Pecans  
Cashew  
Hazelnuts  
Pine  
Pistachios  
Peanuts  
Chestnuts  
Acorn  
Chia  
Hemp  
Flaxseeds  
Sesame  
Sunflower  
Pumpkin  
Poppy Seeds  
Nut Butters  
Peanut  
Almond  
Cashew

## Seafood

Codfish  
Mahi Mahi  
Salmon, fresh  
Salmon, canned  
Tuna, fresh  
Tuna, canned  
Mackerel  
Sardines, fresh  
Sardines, canned/bottled  
Flatfish  
Halibut  
Trout  
Shrimps/Prawns  
Squid  
Langoustine  
Lobster  
Crab  
King Crab  
Crab, imitation/ surimi  
Mussels  
Scallops  
Herring  
Oysters  
Carp  
Pollock  
Clams  
Catfish  
Crayfish  
Alaskan Pollock  
Tilapia  
Pangasius (cream Dory)

# CHRONIC KIDNEY DISEASE Grocery List

## Meats

Beef  
Pork  
Lamb  
Veal  
Organ Meats  
Liver (beef, chicken, veal)  
Kidney, cooked  
Tripe, cooked  
Jerky, beef  
Meat Loaf  
Breakfast Links  
Sausages (Bratwurst)  
Bacon  
Luncheon Meat  
Ham  
Salami  
Pepperoni

## Yogurt Plus

Greek Yogurt  
Plain Yogurt  
Skyr  
Frozen Yogurt  
Yogurt, fruit /flavored  
Yogurt beverage/Liquid  
Greek Yogurt, flavored  
Sourcream  
Sorbet

## Fruits

Pineapple  
Cranberries (fresh)  
Cranberries (juice cocktail)  
Apples (fresh)  
Blackberries/blueberries  
Raspberries  
Strawberries  
Gooseberries  
Cherries  
Red Grapes  
Grapefruit  
Bananas  
Peaches  
Prunes (fresh, dried, juice)  
Cantaloupe  
Clementines  
Orange, Mandarin  
Lemon  
Lime  
Loganberries  
Lychees  
Orange, Navel  
Mango  
Pear  
Persimmon  
Plum  
Rhubarb  
Grapes  
Apricots  
Coconut  
Dates  
Durian  
Elderberries  
Figs  
Guava  
Honeydew Melon  
Jackfruit, fresh  
Kiwi  
Nectarine  
papaya  
Passionfruit  
Pomegranate  
Pomelo (Pummelo)  
Soursop  
Sugar apple  
Starfruit  
Tamarind  
Fruit Cocktail (light)

## Cheese

Brie  
Cammembert  
Cream Cheese  
Feta  
Fontina  
Goat (soft)  
Neufchatel  
Sharp Cheddar  
Parmesan (shredded)  
Mozarella  
Gruyere  
Gouda  
Emmental (Swiss)  
Provolone  
Ricotta  
Cottage  
Edam  
Roquefort (Blue Cheese)  
Babybel  
Tilster  
monterey  
swiss  
Brick a  
colby  
caraway  
Mexican Blend cheese  
American  
Muenster

## Milk & Dairy Protein

Milk, full fat  
Milk, 2%  
Milk, low fat  
Milk, skim  
Milk, evaporated  
Milk, condensed  
Milk, chocolate  
Oat Milk  
Rice Milk  
Almond Milk  
Soy Milk  
Buttermilk  
Heavy Cream  
Half and Half  
Coffee Cream, plain  
Coffee Cream, flavored  
Kefir

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## Glazed Fruits

Cherries  
Apricots  
Papaya  
Plantain  
Sapodilla  
Tangerine/ Mandarin  
Watermelon  
Avocado  
Mangosteen

## Grains & Cereals

Rice (grain, ground)  
Brown/Red Rice  
Wild Rice  
Quinoa  
Amaranth  
Barley  
Semolina  
White (all purpose) Flour  
Bread Flour  
Cake Flour  
Self-Raising Flour  
Corn Grits  
Couscous  
Oats, quick cooking  
Steel Oats  
Rolled Oats  
Cream of Wheat  
Corn Flakes  
Rice Crispies  
Cocoa Puffs  
Cereals (Various Brands)  
Corn Flakes  
Granola  
Muesli  
Rice Krispies  
Cocoa Puffs  
Wheat Bran  
Polenta

## Breads

White Bread  
Whole Wheat Bread  
Sprouted Bread  
Sourdough  
French  
Brioche  
Ciabatta  
Focaccia  
Chiapatti  
Pita  
English Muffins  
Croissants/ Danish Pastry  
Dinner Rolls  
Hamburger Buns (plain)  
Bagel  
Corn Tortillas  
Flour Tortillas  
Naan Bread  
Pretzel Sandwich Roll  
Hotdog Bun  
Rye  
Multigrain  
Melba Toast  
Bread Sticks  
Waffle  
French Toast  
Crepes  
Pancakes  
Ezekiel/sprouted  
Paratha

## Dried/Dehydrated Fruits

Raisins  
Prunes  
Apples  
Pineapple  
Oranges  
Apricots  
Cranberries  
Blueberries  
Cherries

## Pasta & Noodles (Enriched)

Spaghetti (cooked, salted)  
Fetuccini (cooked, salted)  
Macaroni (cooked, salted)  
Spirals (cooked, salted)  
Ravioli  
Penne  
Ziti  
Tagliatelle  
Farfalle  
Lasagna  
Fusilli

## Pasta & Noodles (Whole Grain/Wheat)

Spaghetti (cooked, salted)  
Fetuccini (cooked, salted)  
Macaroni (cooked, salted)  
Spirals (cooked, salted)  
Ravioli  
Penne  
Ziti  
Tagliatelle  
Farfalle  
Lasagna

## Pasta & Noodles (Gluten Free)

Soba Noodles  
Rice Noodles  
Sesame Noodles  
Vermicelli  
Egg Noodles  
Spring Roll Wrappers/Sheets  
Hong Kong Noodles  
Vegetable Noodles

# CHRONIC KIDNEY DISEASE *Grocery List*

## Oil

Olive Oil  
Sunflower Oil  
Canola/Rapeseed Oil  
Coconut oil  
Soybean Oil  
Peanut Oil  
Flaxseed Oil  
Walnut Oil  
Truffle Oil  
Safflower Oil  
Macadamia Oil  
Flaxseed Oil  
Sesame Oil  
Butter  
Margarine  
Ghee  
Vegetable Oil  
Almond

## Herbs & Spices

All Spice  
Anise  
Basil  
Cardamom  
Cayenne  
Celery Flakes  
Chives  
Chinese Five Spice  
Curry Powder  
Cinammon  
Cumin  
Cloves  
Coriander  
Dill  
Fennel Seeds  
Fennel  
Garlic  
Ginger  
Garam Masala  
Horseradish  
Italian Herbs  
Lemon grass  
Leeks  
Marjoram  
Nutmeg  
Onion  
Oregano  
Parsley  
Paprika  
Pepper (black/white)  
Rosemary  
Sage  
Savory  
Spring onions  
Saffron  
Thyme  
Tarragon

## Condiments/Flavorings

Ketchup  
Mayonnaise  
Sandwich Spread  
Japanese Mayonnaise  
Soy Sauce, dark  
Soy Sauce, light  
Soy Sauce, sweet  
Wasabi  
Sriracha  
Cane Vinegar  
Apple Cider Vinegar  
Wine Vinegar  
Salsa  
Tomato Sauce  
Tomato Paste  
Sweet Pickles  
Mustard, french  
Mustard, sweet  
Hot Sauce  
Hoisin Sauce  
Bouillon Cubes  
Coco Aminos  
Soya Aminos  
Worcester sauce  
Fruit Jams  
Fruit Marmalades  
Honey, raw organic  
Maple Syrup  
Flavor Extracts  
Jelly  
Apple Butter  
Corn Syrup  
Sugar, brown  
Sugar, white  
Sugar, Coconut  
Sugar, powdered  
Molasses  
Miso  
Balsamic Vinegar, liquid  
Balsamic Vinegar, concentrate  
Salt Substitutes  
Salad Dressings

# CHRONIC KIDNEY DISEASE Grocery List

## Fruit Juices

Apple  
Cranberry  
Grape  
Pineapple  
Orange  
Cherry  
Peach  
Berries  
Nectars  
Apricot  
Guava  
Papaya  
Pear  
Peach  
Soda  
Club  
Lemon-lime  
Cola  
Rootbeer  
Coffee, fresh brewed  
Coffee, instant  
Tea, fresh brewed  
Water (tap, sparkling)  
Ginger Ale  
Tonic Water  
Ice Tea, instant  
Kool-Aide  
Fruit Punch

## Candies/Sweets

Fruit leather, all natural  
Gummi Bears  
Apple Sauce  
Frozen Fruit bars  
Sherbet  
Ice Cream  
Hard Candy  
Milk Chocolate  
White Chocolate  
Dark Chocolate (65-80%)  
Truffles  
Rice Krispies  
Candy Cane  
Jelly Beans  
Jello  
Pudding, flavored  
Choco Mousse

## Baked Goods/Crisps

Churros  
Madeleine  
Graham Crackers  
Soda Crackers  
Butter Cookies (plain)  
Vanilla Wafers  
Sugar Cookies (plain)  
Doughnut (plain)  
Lady Fingers  
Angel Cake  
Pound Cake  
Chiffon Cake  
Marble Cake  
Red Velvet Cake  
Animal Crackers  
Fruit Pies  
Chocolate Chip Cookies, plain  
Choco Chip Cookies, w/ nuts  
Oatmeal cookies  
Lemon Squares  
Brownies, plain  
Brownies, with nuts  
Popcorn, microwavable  
Popcorn kernels, cooked/ popped  
Nutrition Bars  
Balance  
Zone perfect  
Power Bar  
KIND nuts&spices  
KIND fruit&nut  
Health Warrior, Chia Bar  
22 Days Nutrition  
NuGo, Fiberd'Lish  
Trail Mix, 28 g  
Pretzels, unsalted  
Rice Cakes  
Mochi  
Cookies, Shortbread  
Cookies, Gingersnaps  
Corn cakes  
Pizza  
Quiche  
French fries  
Potato Chips  
Tortilla Chips  
Fruit Chips  
Fruit Chips  
Cassava Chips

# CHRONIC KIDNEY DISEASE *Grocery List*

**Vegetables**

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**Vegetable Protein**

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**Nuts & Seeds**

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**Poultry**

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**Seafood**

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**Meats**

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**Milk & Dairy**

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**Fruits**

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**Grains & Cereals**

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# CHRONIC KIDNEY DISEASE *Grocery List*

**Breads**

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**Pasta, Noodles**

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**Oil**

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**Herbs & Spices**

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**Condiments/Flavorings**

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**Fruit Juices**

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**Baked Goods/Crisps**

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**Candies/Sweets**

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