

# Grocery Shopping Guide

## For patients with kidney disease and their families

This guide will help you:

- Prepare to go grocery shopping
- Decide which foods to buy at the grocery store
- Learn how to store food safely
- Get started with some easy meal ideas



**Renal dietitian:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

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## Introduction

Now that you have kidney disease, you may need to change the types of foods and drinks that you eat. It is important to choose foods and drinks that will keep your body healthy and help you feel your best. For most people with kidney disease, this means choosing foods with the right amount of phosphorus, potassium, sodium and protein.

	Why do we need it?	Why is the right amount important?
<b>Phosphorus</b>	Keeps bones and teeth strong	Too much can cause: <ul style="list-style-type: none"><li>• Itchy skin</li><li>• Painful joints</li><li>• Loss of calcium from your bones</li><li>• Damage to your blood vessels</li></ul>
<b>Potassium</b>	Keeps your heart beating at a steady pace	Too much or too little can affect your heartbeat. It can be dangerous. The wrong amount can stop your heart.
<b>Sodium</b>	Helps your fluid balance and blood pressure	Too much will make your body hold too much water. You will have: <ul style="list-style-type: none"><li>• High blood pressure</li><li>• Swollen ankles and legs</li><li>• Trouble breathing</li><li>• Extra thirst</li></ul>
<b>Protein</b>	Helps your body <ul style="list-style-type: none"><li>• Build muscle</li><li>• Heal cuts</li><li>• Fight infections</li></ul>	Too little can cause you to lose muscles and make it hard to stay healthy.  Too much can damage your kidneys if you are not on dialysis yet.

This booklet can help you choose groceries that give you the right amounts of each of these. You will need to:

- Eat foods that are **low in phosphorus**.
- Make sure your body is getting the **right amount** of **potassium**. Some people need to choose foods that are low in potassium and others need to add potassium to their diet.
- Make sure you are eating **enough** meat, fish, poultry and eggs. These are good sources of **protein**.

### **What does this mean for me?**

My diet should include:

- Foods low in phosphorus
- Foods that are \_\_\_\_\_ potassium
- Foods that are low in sodium
- \_\_\_\_\_ ounces of protein from meat, fish, poultry or eggs every day

### **Will I have to change how I shop?**

Now that you know how to change your diet, you may feel that you do not have much choice about what foods and drinks to buy. You may:

- Wonder what foods and drinks you can buy
- Not know how to follow your kidney diet
- Feel that grocery shopping will be confusing, frustrating and overwhelming. It does not have to be!



## **How this guide can help you**

This booklet is meant to help you. It will show you how to shop for groceries now that you have kidney disease. It also offers some easy meal ideas and more information about how to prepare foods. The booklet is divided into 3 parts.

**Part 1: Before the Grocery Store** helps you get ready to grocery shop.

It includes information about:

- Why you should create a meal plan
- Why you should prepare a grocery shopping list
- How you can save money while grocery shopping

**Part 2: At the Grocery Store** walks you through each section of the grocery store.

It will help you understand:

- What you will find in each aisle and section of the grocery store
- What foods and drinks you can buy
- How to read food labels

**Part 3: After the Grocery Store** tells you about:

- How to handle food safely
- How to make some easy meals
- What spices can add flavour without adding sodium

## Part 1: Before the grocery store

There are 3 things you can do to make your trips to the grocery store less stressful:

- Plan your meals
- Make a grocery list
- Learn how to make healthy choices on a budget

### Plan your meals

If you plan what you are going to eat, your trips to the grocery store will be much easier. Planning what you will eat is called meal planning. To start meal planning, you need to set aside some time each week to plan your meals. Do this before you go to the grocery store. Write down what meals you plan to make for every day of the week or longer. You can list your favorite meal ideas or ask your family and friends for recipes and meals ideas.

Here are some good reasons to plan your meals:

- **You can save money.** If you plan to buy in bulk and make lots of one thing, you can have leftovers. This means you will waste less food and your food will last longer.
- **You can save time.** If you have a plan, you will never have to search at the last minute for something to make. You will never have to look all over the kitchen for one ingredient you thought you had.
- **You will eat more nutritious meals.** When you save time, you will be able to plan nutritious meals and snacks that you can make at home.

## **Make a grocery list**

Shopping with a grocery list is a great way to make sure you have all of the food and ingredients you need to prepare your meals and snacks. Grocery lists are easier to make if they are based on planned meals and snacks.

Here are some quick steps to get you started on your grocery list:

1. Keep a list of meals that are quick to fix, so you can eat something healthy in a hurry, with little effort.
2. Look at your meal plan.
3. Look at the ingredients you need to make the meals and snacks you have planned for the week.
4. Check to see what food you already have.
5. On your grocery list, write down any foods you will need to buy.

## How you can save money

It is possible to make healthy choices even if you have a small budget for groceries.

Here is how you can spend less money and still eat well:

- Look at grocery store flyers.** Plan your meals using foods from your diet that are on sale.
- Bring your own bags** to the grocery store.
- Try not to shop on an empty stomach.** If you are hungry you may buy food that you do not need.
- Shop at grocery stores instead of corner stores.** Prices are usually higher at corner stores.
- Buy fewer prepared foods.** These items cost more money. Many also have lots of sugar, salt and fat. Try to eat more meals that you cook yourself.
- Buy fresh local produce when it is in season.** It will be less expensive than the imported produce. It will also taste better!
- Try to find other places to buy fresh produce.** Some examples are farmer's markets and community gardens.
- Look for lower grade meats, vegetables and fruits.** Some food costs less because of how it looks. Low-grade foods still have all the nutrients you need.
- Look for generic items.** They usually cost less than brand names. Most of the time the quality is the same but the price is much lower.

## **Part 2: At the grocery store**

This section will help you make healthy choices when you shop. It tells you:

- How to read the Nutrition Facts label on packaged foods
- How to find phosphorus and potassium in the ingredient list
- How much sodium is safe
- What you will find in each aisle and section of the grocery store
- What foods and drinks you can buy in each section of the grocery store

## How to read the Nutrition Facts label on packaged foods

<b>Nutrition Facts</b>	
Per 1 English Muffin	
Amount Per Serving	%DV
Calories 130	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0.4g + <i>Trans</i> Fat 0.0g	<b>2%</b>
<b>Cholesterol 0mg</b>	
<b>Sodium 210mg</b>	<b>9%</b>
<b>Potassium 50mg</b>	<b>1%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fibre 3g	<b>12%</b>
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A	<b>0%</b>
Vitamin C	<b>0%</b>
Calcium	<b>6%</b>
Iron	<b>10%</b>
Phosphorus	<b>4%</b>

Here is an example of a food label. It is called “Nutrition Facts” because it lists the amounts of different nutrients in this food.

Here are 5 steps to follow when you read food labels:

1. Look at the serving size. In this example, the serving size is circled. This label says “Per 1 English Muffin.” All of the information on the label is for that amount – 1 English muffin.

If you eat a different amount of the food, you will also be getting a different amount of each nutrient.

2. Look at how much of each nutrient is in the food. The nutrient amounts are listed in two places.

- The numbers on the left-hand side of the chart show how much that nutrient weighs. In our example, look for how much sodium is in 1 serving. Did you find the number 210 mg? This means that there are 210 milligrams of sodium in 1 of the English muffins in this package.
- The nutrient amounts on the right-hand side are a percentage (%). They are listed under a heading that says %DV. This is short for percentage (%) of Daily Value. This number tells you what percentage of the nutrient you need is in 1 serving of this food.

In our example, find the %DV for sodium. Did you find 9%? This means that if you eat 1 English muffin from this package, you will be getting 9% of the sodium you should have each day.

3. Check how much phosphorus, potassium and sodium are in this food. Sodium will always be listed on the label. Phosphorus and potassium are not always listed. If they are not listed, you can

- Look for that food on your kidney diet handout
- Ask your dietitian if you can eat that food
- Read the list of ingredients

4. Decide if this food is safe for you to eat. Here are some guidelines for you to follow:

- The %DV of **phosphorus** should be a number **smaller than 10%**
- The %DV of **potassium** should be a number **smaller than 5%**
- For **sodium**, choose mostly foods with a %DV **less than 10%**

## How to find phosphorus and potassium in the list of ingredients

Many prepared and packaged foods contain phosphorus and potassium. These ingredients can be hard on your kidneys. To find out if the food includes potassium or phosphorus, read the list of ingredients carefully. **Manufacturers can change the ingredients at any time, so check labels often.**

Here is a sample ingredient list.

**INGREDIENTS:** WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOUR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D<sub>3</sub>, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K<sub>1</sub>, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B<sub>12</sub>.

Ingredients are listed from most to least. This means that there is more of the first ingredient than anything else in that food. In this example, what is the first ingredient?

Phosphorus and potassium will usually be close to the end of the list. The chart on the next page shows how to find them.

To find:	Look for:	Here are some examples:
Phosphorus	Ingredients that begin with “ <b>phos</b> ”	<ul style="list-style-type: none"> <li>• Coca Cola Classic™ Ingredients: water, sugar/glucose-fructose, caramel colour, <b>phosphoric acid</b>, natural flavour, caffeine.</li> <li>• Aunt Jemima® Original Pancake Ingredients: wheat flour, corn flour, sugar, monocalcium <b>phosphate</b>, dextrose, sodium bicarbonate, salt, dried egg yolk, glucose solids, modified corn starch, colour.</li> </ul>
Potassium	<p>Labels that claim the food is “reduced salt” or “reduced sodium”</p> <p>Any ingredient with the word “potassium” in it</p>	<p>The list of ingredients may say:</p> <ul style="list-style-type: none"> <li>• Potassium lactate</li> <li>• Potassium chloride</li> <li>• Potassium phosphate</li> </ul>

Now study the sample list of ingredients. Does this food include any phosphorus or potassium?

## How much sodium is safe?

Here is more information about sodium in packaged foods:

- Foods with less than 5%DV can be enjoyed every day. These are low sodium foods.
- Foods with 5 to 10%DV can be part of a low-sodium diet.
- Foods with 10 to 20%DV could be part of a low sodium diet, if you are careful.
- Foods with more than 20%DV have high amounts of sodium. You should **not** eat these foods if you are trying to follow a low-sodium diet.

What the label says	Is it safe for you?
less than 5%DV	Yes, you can enjoy these foods every day. These are low sodium foods.
5 to 10%DV	Yes, these foods can be part of a low sodium diet.
10 to 20%DV	Maybe. If you are careful these foods can be part of a low sodium diet.
More than 20%DV	No. These foods have high amounts of sodium. You should not eat these foods if you are trying to follow a low sodium diet.

## Grocery store aisles and sections

Most grocery stores are organized in the same way. The main aisles and sections are the same in almost every store. To help you with your shopping, this guide is organized in the same way.

Here is what is in the main sections of every grocery store.

<b>Main section of the store</b>	<b>What does it include?</b>
<b>Produce</b>	Fresh fruit and vegetables
<b>Breads</b>	Packaged breads, bagels, hamburger and hot dog buns
<b>Meat and seafood</b>	Packaged beef, chicken and fish
<b>Dairy and alternatives</b>	Milk, eggs, yogurt and non-dairy milk
<b>Cereal</b>	Boxed breakfast cereals and oats
<b>Pasta, noodles and rice</b>	Spaghetti, penne, rice noodles
<b>Canned foods</b>	Canned fruit, canned vegetables Canned fish, canned beans Canned soup
<b>Frozen foods</b>	Frozen fruit, frozen vegetables Frozen meat, frozen entrees Frozen desserts
<b>Beverages</b>	Water, juice, pop Coffee and tea
<b>Bakery</b>	Fresh breads, muffins and cakes
<b>Snacks</b>	Crackers, popcorn and cookies
<b>Condiments</b>	Salad dressings, oil and hot sauce

This grocery shopping guide is organized in the same way. In each section you will find a list of foods that you can enjoy. These foods are lower in potassium, phosphorus and sodium.

Take this booklet with you to the store. You may want to check off the foods and drinks that you buy regularly.

To make shopping easier, some brand names have been listed. This is to help you find good choices. It does not mean that St. Michael's Hospital is endorsing or promoting these companies.

Remember to read the labels. Companies can change ingredients at any time.

This guide cannot replace the advice of your doctors and dietitians. If you have questions about any food, talk to your renal dietitian.

## Produce

All vegetables and fruits are low in phosphorus, but they have different amounts of potassium. The fruits and vegetables listed below are low in potassium.

Pay attention to the words **fresh**, **cooked** and **raw** in these lists. If you see fresh, raw or cooked beside an item, you should **only** eat that fruit or vegetable if it is prepared that way.

## Vegetables

For some vegetables, the amount of potassium changes when the vegetable is fresh, cooked, or raw.

- Alfalfa sprouts
- Arugula, raw
- Asparagus
- Bamboo shoots - canned and drained
- Bean sprouts
- Beans (wax, pinto, fava, green)
- Beet greens - raw
- Bitter melon (balsam pear)
- Broad beans – fresh or boiled
- Broccoli
- Cabbage (napa or suey choy, red, swamp, skunk)
- Cactus
- Calabash
- Carrots
- Cauliflower
- Celery
- Celeriac (celery root) - cooked
- Chayote
- Chicory
- Collard greens
- Corn
- Cucumber
- Daikon (oriental radish, white radish)
- Dandelion greens - raw
- Drumstick plant leaves
- Eggplant
- Endive
- Escarole
- Fennel bulb
- Ferns
- Fiddlehead greens
- Gai Lan (Chinese broccoli)
- Hearts of palm - raw or canned
- Hominy - canned, amount to make ½ cup)

- Irish moss (seaweed)
- Cloud or wood ear mushrooms
- Jicama - raw
- Kale - raw
- Leeks
- Lettuce - raw
- Mushrooms (raw Shitake, raw White, NOT portobello)
- Mustard greens
- Nopales (cactus leaves)
- Onions
- Okra
- Peas (green)
- Pepitas (pumpkin seeds)
- Peppers (red, green, yellow, orange)
- Hot peppers (hot chili or jalapeno)
- Radicchio
- Radish
- Rapini - raw
- Seaweed (kelp, nori, wakame)
- Shallots
- Snow peas
- Spinach - raw
- Squash (crookneck, summer, scallop, straight-neck, spaghetti)
- Swiss chard - raw
- Tomatillos - raw (1 medium)
- Turnip
- Turnip greens
- Watercress
- Water chestnuts - canned
- Wax beans
- Wax gourd (Chinese preserving melon)
- Winter melon (don qua)
- Zucchini - raw

**Vegetable recommendations for you:**

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## Fruit

You should limit the amount of some fruits. If you see a number in the list below, you should only eat that amount or less. For some fruits, the amount of potassium changes if the fruit is fresh, cooked or raw.

- Apple
- Acerola Cherries (West Indian cherry)
- Asian Pear - 1 fruit
- Blackberries
- Blueberries
- Boysenberries
- Casaba melon
- Cherries - less than 10
- Chokeberries
- Clementine
- Cloudberrries (bakeapple)
- Crabapples
- Cranberries - fresh
- Feijoa (pineapple guava)
- Gooseberries
- Grapefruit - no more than ½
- Grapes - less than 15
- Golden Berry (groundcherry, cape gooseberry)
- Jujubes (red date, Chinese date)
- Jackfruit, canned and drained
- Kumquat - less than 5
- Lemon
- Lingonberries
- Lime
- Loganberries
- Longans - less than 15 fresh
- Lychees - less than 10 fresh
- Mandarin orange - 1 medium fresh
- Mango – ½ medium
- Mangosteen
- Peach
- Pear
- Pineapple
- Pitanga
- Plum - only 1 fresh
- Pomegranate - ½ medium
- Quince
- Rambutan - less than 2 fresh
- Raspberries - fresh or frozen
- Rhubarb
- Rose-apple (pomarosa)
- Strawberries
- Tangelo - only 1
- Tangerine - only 1
- Watermelon

### Fruit recommendations for you:

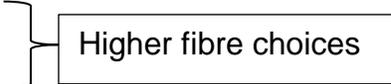
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## Bread products

Bread products are an important source of carbohydrates to help give you energy. Choices that are lower in potassium and phosphorus are: white (plain), 60% whole wheat, light rye, French, Italian and sourdough.

## Packaged bread

- Country Harvest<sup>®</sup> Vitality White with Whole Wheat
  - Dimpflmeier<sup>®</sup>
    - Holzofen Art Brot - Real Stone Bread
    - Viking French Stick Bread
  - Stonemill<sup>®</sup> Sourdough Classic French
  - Wonder<sup>®</sup>
    - White + Fibre Bread
    - White Thin Sandwich Bread
  - Chapati or Roti
  - Naan bread
  - Pita bread
  - President's Choice<sup>®</sup> Original English Muffins
  - Wonder<sup>®</sup> White with Fibre English Muffin
  - Dempster's<sup>®</sup> Smart White with 16 Whole Grains
  - Silver Hills Bakery Little Big<sup>®</sup> or Steady Eddie<sup>®</sup>
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### **Packaged bagels**

- Plain, blueberry or raisin
- Dempster's® Original Bagels
- Stonemill® Swiss Muesli Bagels

### **Hamburger and hot dog buns**

- Wonder® white hot dog buns
- Wonder® white hamburger bun
- Dempster's® hot dog bun

### **Taco shells and tortillas**

- White flour or corn-based tortillas
- Old El Paso® flour tortillas
- President's Choice® soft flour tortillas
- Old El Paso® taco shells

### **Bread product recommendations for you:**

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## **Fresh meat, poultry and seafood**

Meat, poultry and seafood are excellent sources of high quality protein. Limit your intake of smoked and processed meats, poultry and fish as they are higher in sodium. Try having your fish baked, poached or grilled. Avoid eating fish such as herring, mackerel and sardines – the bones are high in phosphorus.

- Beef and ground beef
- Chicken
- Duck
- Goat
- Lamb
- Pork
- Turkey
- Veal
- Wild game
- Ready-to-serve roasted or rotisserie chicken  
(Always check the Nutrition Facts label. These can have very high amounts of sodium)
- President's Choice Blue Menu®
  - Chicken breasts, strips and butterflied chicken
  - Cajun chicken, boneless skinless breasts
  - Turkey breast strips
- Fish (salmon, sole, tilapia, trout)

## **Fresh meat, poultry and seafood recommendations for you:**

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## **Milk, dairy, eggs and alternatives**

Dairy, eggs and alternatives can be a nutritious part of a balanced diet, but they can also be high in phosphorus. The items listed here are lower in phosphorus.

### **Milk**

- Milk - ½ to 1 cup per day

### **Non-dairy milk**

Rice milk contains the lowest amount of phosphorus and potassium.

- Rice Dream Rice Drink®  
(Non-Enriched Original Classic or Vanilla Classic)
- Natura Organic Fortified Rice Beverage® (Original or Vanilla)
- PC Organics Fortified Rice Beverage®

Other choices include almond, flax and soy milks.

- Almond Breeze®  
(Original, Original Unsweetened, Vanilla or Vanilla Unsweetened)
- Almond Fresh®  
(Original, Unsweetened or Vanilla)
- Good Karma Flax Delight®  
(Original, Unsweetened or Vanilla)
- Silk True Almond Beverage®  
(Original, Unsweetened Original, Vanilla or Unsweetened Vanilla)
- Silk Soy Beverage®  
(Original, Unsweetened or Vanilla)

### **Coffee creamer**

- Nestle Coffee-Mate®  
(Original, Original Fat Free or Original Low Fat)

## **Cheese**

- Brie - 1 ounce
- Feta - 1 ounce
- Grated Parmesan cheese - 2 tablespoons
- Goat cheese, soft
- Liberte<sup>®</sup> fresh cheese, crème fraiche
- Nanak<sup>®</sup> Paneer
- President's Choice<sup>®</sup> Bocconcini
- Trestelle<sup>®</sup>  
(Bocconcini, 40% Light Bocconcini or Mascarpone)
- Western<sup>®</sup> Pressed Dry Cottage Cheese 0.1% or 0.5%, No Salt
- Lucerne<sup>®</sup> Cottage Cheese, 2% No-Added-Salt – ½ cup

## **Cream cheese**

- Organic Meadow<sup>®</sup> Light Cream Cheese
- President's Choice Blue Menu<sup>®</sup>
  - Original Cream Cheese Spread
  - Apple Cinnamon Cream Cheese Spread
  - Strawberry Cream Cheese Spread
  - Light Cream Cheese Spread
- Philadelphia<sup>®</sup>
  - Light Original Whipped Cream Cheese
  - Herb and Garlic Cream Cheese Spread
  - Chives and Onion Cream Cheese Spread, light

## **Other dairy products**

- Butter (regular or unsalted)
- Non-hydrogenated margarine (regular or salt-free)
- Sour cream - 2 tablespoons
- Whipping cream
- Whipped cream (ready-to-use spray can is lower in phosphorus)

## **Eggs**

- Fresh eggs, all types
- Egg Beaters<sup>®</sup>
- Naturegg<sup>®</sup>

(Break-Free, Omega Plus, Simply Eggs or Simply Egg Whites)

## **Tofu**

If you are a vegetarian, talk to your dietitian to design a meal plan that will meet your protein needs.

- Tofu (soft)

## **Milk, dairy, eggs and alternatives recommendations for you:**

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## Cereal

Cereal can make a great breakfast or snack. Look for cereals made with rice or corn. They will be lower in potassium and phosphorus. Try adding a serving of fruit for some added nutrition!

- Cornflakes
- Corn Pops<sup>®</sup>
- Crispix<sup>®</sup>
- Kashi<sup>®</sup>
  - Flakes & Berries
  - 7 Whole Grain Puffs
- Life Cereal<sup>®</sup>
- President's Choice Organics Crunchy Corn<sup>®</sup>
- Post Honey Bunches of Oats<sup>®</sup>
- Puffed Rice
- Rice Krispies<sup>®</sup>
- Special K<sup>®</sup>
  - (Oats & Honey or Special K<sup>®</sup> with Red Berries)
- Corn Bran Squares<sup>®</sup>
- Mini Wheats<sup>®</sup>
- Kashi<sup>®</sup> Organic Cinnamon Harvest
- Nature's Path<sup>®</sup> Organic Instant Original Oatmeal
- Shreddies<sup>®</sup>
- Shredded Wheat
- Weetabix<sup>®</sup>
- Cream of Rice
- Cream of Wheat

These cereals are higher in fibre, but also higher in potassium and phosphorus. They can be included in your diet 3 times a week.

### Cereal recommendations for you:

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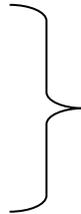
## Pasta, noodles, rice and grains

These noodles and grains make great meals. Try pasta with olive oil and herbs, or stir-fry rice with vegetables and low-sodium sauce.

- All plain types of pasta
- Catelli Smart® Pasta
- Catelli Healthy Harvest® Whole Wheat Pasta
- Ziggy's Internationale® Fresh Pasta

(Linguini, Fettuccini, Beef Tortellini)

- Couscous
- Polenta
- Rice (white or brown)
- Rice noodles



Avoid packaged seasoned mixes. They could contain phosphate additives and sodium.

### Pasta, noodles, rice and grain recommendations for you:

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## **Canned foods**

Canned foods are more affordable than fresh and they can make meal preparation a lot quicker! Always look for low sodium varieties when you are buying canned foods.

### **Canned vegetables**

- Bamboo shoots
- Pumpkin
- Water chestnuts
- Grape leaves
- Aylmer<sup>®</sup> Sliced Beets
- Del Monte<sup>®</sup>
  - Corn, No Salt Added
  - Sweet Peas, No Salt Added
  - Cut Sweet Potatoes
  - Cut Whole Style Carrots
  - French Style Seasoned Green Beans
  - Cut Green Beans
- Green Giant<sup>®</sup> Peas 1/3 Less Salt
- No Name<sup>®</sup>
  - Sliced Beets
  - Mini Cobs of Corn
  - Mushroom Pieces and Stems
  - Sliced Carrots
  - Peas
- President's Choice Blue Menu<sup>®</sup>
  - French Cut Style Green Beans
  - Green Beans
  - Peas

### **Canned fruit**

When eating canned fruit, drain the juice and just have the fruit! This will lower the amounts of potassium and liquid.

- Fruit cocktail
- Peach
- Pear
- Maraschino cherries
- Mandarin
- Rambutan

## **Canned fish**

Avoid eating the bones. They are high in phosphorus.

- Canned tuna and salmon
- Clover Leaf<sup>®</sup>
  - Sockeye Salmon Wild Red Pacific
  - Chunk Light Tuna in Vegetable Broth
  - Flaked Light Tuna in Water
- Gold Seal<sup>®</sup>
  - Solid Light Tuna with Spring Water
  - Solid White Tuna, Low Sodium in Water
  - Salmon, Low Sodium
- President's Choice Blue Menu<sup>®</sup> Wild Pacific Pink Salmon, No Salt Added

## **Canned food recommendations for you:**

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## Freezer section

Frozen foods are often cheaper than fresh, and just as nutritious! Here are some good choices that are low in phosphorus, potassium and sodium.

### Frozen vegetables

- Broccoli
- Corn
- Peas
- Mixed peas and carrots

### Frozen fruit

- Berry blend
- Blackberries
- Blueberries
- Raspberries
- Strawberries

### Frozen seafood

Frozen fish that is breaded may have added phosphorus. To choose fish with less phosphorus, try more fresh fish instead.

- Jane's<sup>®</sup> Multigrain Haddock
- High Liner<sup>®</sup> Frozen Tilapia Fillet
- President's Choice Blue Menu<sup>®</sup>
  - Frozen Rainbow Trout, skinless fillet
  - Frozen Wild Sockeye Salmon, skin-on fillets
  - Frozen Atlantic Salmon, skinless fillet
  - Wild Pacific Cod, skinless fillet
  - Frozen Responsibly Farmed Tilapia, skinless fillet
  - Wild Nova Scotian Frozen Sea Scallops, Jumbo
  - Scottish Haddock fillets (breaded)
- SeaQuest<sup>®</sup>
  - Calamari Rings, uncooked
  - Frozen Bay Scallops, uncooked
  - Skinless Boneless Wild Haddock fillets
  - Skinless Boneless Wild Sole fillets

## **Frozen meat**

Frozen varieties of fresh meats:

- Beef and ground beef
- Chicken
- Duck
- Goat
- Lamb
- Pork
- Turkey
- Veal
- Wild game

## **Frozen entrees**

Many of the reduced-sodium, healthy cuisine frozen meals are acceptable for people on dialysis. To be sure, avoid meals made with:

- Beans, cheese and cheese sauces. These are high in phosphorus.
- Tomato and potato products. These are high in potassium.

Here are some good choices:

- President's Choice Blue Menu®
  - Ginger Glazed Chicken
  - Spinach, Roasted Vegetable and Goat Cheese Pizza
- Healthy Choice Gourmet Steamers®
  - Sweet Sesame Chicken
  - General Tao's Spicy Chicken
- Lean Cuisine® Shrimp Alfredo
- VH Steamers® Mango Chicken or Sweet and Sour Chicken
- Michelinas® Penne Primavera

**Frozen desserts**

- President’s Choice Blue Menu® Sherbet (Key Lime or Mango)
- Chapman’s® Sorbet (Rainbow or Triple Berry)
- Rice Dream® Non-Dairy Frozen Dessert  
(Cookies n’ Dream, Strawberry or Vanilla)
- Sherbet (lemon, lime, rainbow, raspberry or strawberry)
- So Delicious Dairy Free®  
(Creamy Vanilla or Minis Vanilla Sandwiches)
  
- Cool Whip® Whipped Topping
  
- Chapman’s® Li’l Lolly® (Fruity)
- Del Monte® Fruit Juice Bars
- President’s Choice Blue Menu® Fruit Bars (Raspberry)
- President’s Choice® Green Tea Lemonade Ice Pops

**Freezer section recommendations for you:**

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## Bakery

- Freshly baked bread, baguettes and rolls (White, French, Italian, light rye or sourdough)
- Cinnamon buns
- Pie (Apple, Blueberry, Lemon Meringue, Peach or Rhubarb)
- Dufflet® Gluten-Free Carrot Cake or Luscious Lemon Tart
- President's Choice® Mini Muffins (Blueberry or Carrot)
- President's Choice Blue Menu® Apple Crisp
- La Petite Bretonne® Micro Croissants
- Farmer's Market® Assorted Mini Tarts
- Strudel (fruit-filled)

### Bakery section recommendations for you:

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## **Condiments, sauces, spreads and oils**

- Cranberry jelly or sauce
- Horseradish
- Mint jelly or sauce
- Pepper jelly
- Tabasco® sauce (Note: some other brands of hot sauce are high in sodium)
- Cucina Antica® La Vodka Cooking Sauce
- Bragg® All Purpose Liquid Soy Seasoning
- Liquid smoke
- Simply Natural® Organic Mustard  
(Dijon prepared mustard, yellow prepared mustard or stone ground prepared mustard)
- Mr. Spice® Ginger Stir Fry or Thai Peanut
- President's Choice Blue Menu® Plum Sauce
- Amaya® Indian Spicy Ketchup or Mango and Mint Chutney
- Amazing Dad's Sauce® BBQ, Honey Lemon Rosemary
- Heinz® Organic Tomato Ketchup
- President's Choice Organics® Tomato Ketchup
- Vinegar (apple cider, balsamic, red wine or white)
- Mayonnaise
- Spectrum Naturals® Canola Mayo
- Miracle Whip®
- Vegetable Oil (canola oil or olive oil)

## **Fruit spreads**

- Crofter's® Fruit Spread  
(Blackberry, Concord Grape, Morello Cherry, Pomegranate, Strawberry or Wild Blueberry)
- President's Choice Organics® Fruit Spread  
(Apricot, Strawberry, Raspberry or Wild Blueberry)
- Eden Organic® Apple Butter

## **Soup and broth**

- Campbell's® No Salt Added Chicken or Beef Broth
- Imagine® Organic Low Sodium Beef, Vegetable or Chicken Broth
- President's Choice Blue Menu®
  - Chicken or Beef Broth
  - Chicken and Rotini
  - Mushroom Barley

## **Salad dressing**

- Bolthouse Farms®  
(Raspberry Merlot Vinaigrette or Tropical Mango Vinaigrette)
- Litehouse®  
(Balsamic or Raspberry Walnut)
- Renee's Gourmet®  
(Balsamic, Honey Dijon, Pear Guava, Ravin Raspberry or Tangerine Lime)
- President's Choice Blue Menu®  
(Honey Pear Vinaigrette, Lemon and Poppy Seed or Raspberry Vinaigrette)
- Simply Natural® Organic  
(Balsamic, Italian, Honey Mustard, Goddess, Ranch or Roasted Garlic)
- JC Japanese Dressing®  
(Original or Sesame)

## **Salt-free seasonings**

- Clubhouse La Grille®  
(No Salt Added Chicken Seasoning or No Salt Added Steak Spice)
- McCormack®  
(All Purpose or Salt-Free Garlic and Herb)
- Mrs. Dash®

## Herbs and spices

- Allspice, Anise
- Basil, Bay Leaves
- Caraway Seeds, Cardamom, Celery Seeds
- Chives, Cilantro, Cinnamon, Cloves
- Coriander, Cumin, Curry Powder
- Dill
- Fennel, Fenugreek
- Garlic Powder, Ginger
- Mace, Marjoram, Mustard
- Nutmeg
- Onion Powder, Onion Flakes, Oregano
- Paprika, Parsley, Pepper (Black or Cayenne)
- Poppy Seeds, Poultry Seasoning
- Rosemary
- Saffron, Sage, Savory
- Tarragon, Thyme, Turmeric

## Sugars and sweeteners

- Equal<sup>®</sup> (aspartame)
- Honey
- Icing sugar
- Jet Puffed<sup>®</sup> Marshmallow Creme
- Marshmallow Fluff<sup>®</sup>
- Splenda<sup>®</sup> (sucralose)
- Syrup
- White sugar

## Condiments, sauces, spreads and oils recommendations for you:

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## Drinks

If you are on limited fluids, divide your daily allowance between meals, snacks and medication times.

If you are having fruit juice, drink only ½ cup.

- Water
- Sparkling water
- Coffee (regular or decaffeinated)
- Tea (regular, herbal or decaffeinated)
- Crystal Light flavour crystals
- Club soda
- Cream soda
- Ginger ale, diet ginger ale, green tea ginger ale
- Grape pop
- Orange pop
- Root beer
- 7-Up® or Diet 7-Up®
- Sprite® or Diet Sprite®
- Tonic water
- Apple juice
- Apple cider
- Apricot nectar
- Cranberry juice
- Cranberry cocktail (CranRaspberry, CranGrape or CranBlueberry)
- Five Alive®
- Grape juice
- Lemonade
- Peach nectar
- Pear nectar
- Pineapple juice

**Drink recommendations for you:**

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## **Snacks**

### **Cookies**

- Peek Freans<sup>®</sup>  
(Assorted Creme, Assorted Shortcake, Digestive, Family Shortcake or Fruit Creme)
- Dare<sup>®</sup> Simple Pleasures Spice Snaps
- Mr. Christie's<sup>®</sup>  
(Animal Crackers or Arrowroot Biscuits)
- President's Choice<sup>®</sup> Arrowroot Biscuits
- Rice Krispies Squares<sup>®</sup>

### **Crackers**

- Carr's<sup>®</sup> Table Water<sup>®</sup> Crackers
- Christie Original Rice Thins<sup>®</sup>
- President's Choice<sup>®</sup> Unsalted Tops Soda Crackers
- Premium Plus Unsalted Tops<sup>®</sup>
- Ryvita<sup>®</sup> Snackbread Light and Crispy
- Grissol<sup>®</sup>  
(Bread Sticks, Crispy Baguettes or Melba Toast)
- Triscuit<sup>®</sup> Crackers
- Stoned Wheat Thins<sup>®</sup> 60% Less Sodium

### **Home baking aisle**

- Duncan Hines Angel Food Cake Mix
- Dr. Oetker Vanilla Organic Cake Mix
- No Name<sup>®</sup> Flavoured Gelatin powder (Do **not** buy Jell-O<sup>®</sup> brand)

## Popcorn, pretzels, tortilla chips

- Pretzels, unsalted
- Quaker® Rice Cakes  
(Apple Cinnamon, Butter Popcorn, Caramel, Lightly Salted, Plain, Salt-free)
- Garden Fresh Gourmet® Tortilla Chips
- President's Choice®  
(Blue Corn Tortilla Chips or Kettle Style Tortilla Chips)
- Tostitos® Low Sodium Rounds Tortilla Chips
- Air-popped popcorn (Try plain or with butter or margarine. Limit added salt)
- Orville Redenbacher® Smart Pop
- President's Choice Blue Menu® popcorn  
(Butter Flavour or Natural Flavour)

## Candy

- |   |  |
|---|--|
| <input type="checkbox"/> Candy corn     | <input type="checkbox"/> Mentos®               |
| <input type="checkbox"/> Chewing gum    | <input type="checkbox"/> Mints (not chocolate) |
| <input type="checkbox"/> Cinnamon drops | <input type="checkbox"/> Nibs®                 |
| <input type="checkbox"/> Fruit gums     | <input type="checkbox"/> Skittles®             |
| <input type="checkbox"/> Fuzzy Peach®   | <input type="checkbox"/> Sourballs             |
| <input type="checkbox"/> Gumdrops       | <input type="checkbox"/> Sour Patch Kids®      |
| <input type="checkbox"/> Gummy bears    | <input type="checkbox"/> Starburst®            |
| <input type="checkbox"/> Hard candy     | <input type="checkbox"/> Swedish Berries®      |
| <input type="checkbox"/> Jelly beans    | <input type="checkbox"/> Taffy                 |
| <input type="checkbox"/> Jolly Rancher® | <input type="checkbox"/> Toffee                |
| <input type="checkbox"/> Jujubes        | <input type="checkbox"/> Twizzlers®            |
| <input type="checkbox"/> Lemon drops    | <input type="checkbox"/> Werther's® hard candy |
| <input type="checkbox"/> Life Savers®   | <input type="checkbox"/> Wine Gums             |
| <input type="checkbox"/> Lollipops      |  |

## Snack recommendations for you:

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## Part 3: After the grocery store

Below are some helpful tips for when you prepare meals. This section tells you more about how to handle food safely. It offers some easy meal ideas and information about healthy spices to use when cooking.

### Food safety

To stay as healthy as possible, patients with kidney disease should follow basic rules for food safety. You could get sick from the harmful bacteria in spoiled foods. To make sure you do not get food poisoning, follow these simple food safety tips:

1. Keep your countertops, cooking surfaces and cooking utensils clean.
2. Wash your hands with soap and water before handling or eating food.
3. Use water to wash all fruits and vegetables.
4. Keep hot foods hot. Keep cold foods cold.
5. Try not to let food that can spoil sit at room temperature for more than 4 hours. If it sits for longer, throw it out.
6. Always keep raw meat separate from foods you do not cook such as vegetables and fruits.
7. When you buy juice and dairy products such as milk and cheese, check that they are pasteurized. Look for the word pasteurized on the label.
8. Remember that leftovers only keep for 3 to 4 days in the refrigerator. If you don't think you will be able to eat leftovers within 4 days, freeze them right away.
9. When you reheat leftovers, make sure they are really hot. Warm on the stove or in the oven or microwave until the temperature inside is at least 165° Fahrenheit (74° Celsius). Never use a slow cooker to reheat leftovers. Slow cookers may not make the food hot enough to kill any bacteria.
10. When it comes to leftovers, follow the handy rule: "If in doubt, throw it out!"

## Easy meal ideas

Making your own meals does not have to be a long and hard job. Some meals can be very easy to make. Quick meals can be just as delicious as complicated ones. You can make lots of interesting dishes using the ingredients you already have. Here are some easy meal ideas to get you started.

### Breakfast ideas:

- Cornflakes<sup>®</sup> or Rice Krispies<sup>®</sup> with 2% milk or rice milk and berries
- Omelette with peppers, mushrooms and ¼ cup cheese
- Homemade pancakes with fruit or sautéed apples and syrup
- Egg and cheese on an English muffin
- French toast with berries

### Lunch ideas:

- Tuna melt: Mix tuna, celery, mayonnaise and 2 tablespoons of shredded cheese. Spread it on buns and melt it in the oven.
- Sandwich: Put leftover chicken or turkey, 2 tomato slices and some lettuce on white or light rye bread.
- Fry an egg. Put it on a toasted whole grain bun. Add cheese, lettuce and 2 slices of tomato. Serve with vegetable sticks.
- Spread 1 tablespoon of peanut butter over pita bread. Slice fresh apples over top and sprinkle with cinnamon. Broil for 3 to 5 minutes.

## **Dinner ideas:**

- One-pot casserole. Mix together and bake:
  - One cup meat or poultry
  - Two cups vegetables (such as peas, carrots, tomatoes or celery)
  - Two cups cooked rice, macaroni or noodles
  - Sauce to moisten (such as a can of low sodium cream soup)
- Bake salmon, rainbow trout, halibut or other fish. Serve with side dishes of broccoli and white rice.
- Cook pasta with broccoli, mushrooms and red peppers. Melt in herb and garlic cream cheese.
- Bake meat loaf in muffin tins. Serve with mixed vegetables and white rice. Make an easy meat loaf by mixing ground beef, chopped onion and spices.
- Make salmon chowder with canned salmon, creamed corn and evaporated milk. Serve with whole grain toast.

## Pairing spices with different foods

To help cut down the sodium in your diet, try flavouring your food with other seasonings instead of salt. Try these different herbs and spices to liven up your dishes!

Try this spice	With these foods
Allspice	Beef, eggs, fish, fruits, vegetables, beverages, baked products, desserts
Basil	Lamb, fish, eggs, vegetables, sauces
Bay leaf	Beef, chicken, veal, fish
Cinnamon	Chicken, pork, fruits, baked products, beverages, vegetables
Cloves	Beef, pork, fruits
Curry (salt-free)	Beef, chicken, lamb, veal, eggs
Dill	Chicken, veal, fish, vegetables
Ginger	Chicken, pork, fruits, vegetables, baked products, beverages
Marjoram	Eggs, fish, meats, poultry
Mustard Powder	Meats, poultry, fish, eggs, vegetables
Parsley	Beef, chicken, fish, salads, sauces
Rosemary	Beef, lamb, chicken, turkey
Sage	Meats, fish, stuffing, vegetables
Savory	Egg dishes, meats, poultry, stuffing, rice, vegetables
Tarragon	Chicken, fish, meats, egg dishes, sauces, vegetables
Thyme	Fish, meats, poultry, eggs, stuffing, vegetables

### Spice-pairing recommendations for you:

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## Where to get more information

If you are looking for extra meal ideas, recipes, grocery shopping tips and more information, try these websites. These groups offer lots of helpful information for people with kidney disease.

Name	What they offer
<b>Kidney Community Kitchen</b> <a href="http://www.kidneycommunitykitchen.ca">www.kidneycommunitykitchen.ca</a>	Provides recipes, meal plans and general eating tips for a kidney diet.
<b>Ontario Renal Network</b> <a href="http://www.renalnetwork.on.ca">www.renalnetwork.on.ca</a>	This government of Ontario website has information about kidney diseases and lists the services available to you.
<b>DaVita</b> <a href="http://www.davita.com">www.davita.com</a>	Offers lots of information such as kidney-friendly recipes and general advice on diet and nutrition.
<b>BC Renal Agency</b> <a href="http://www.bcrenalagency.ca">www.bcrenalagency.ca</a>	Includes handouts to help you with grocery shopping.  Their YouTube channel includes a 9-part series on Grocery Shopping for your Kidney Diet. Follow the link at: <a href="http://www.bcrenalagency.ca/health-info/managing-my-care/diet">www.bcrenalagency.ca/health-info/managing-my-care/diet</a>



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This information does not replace the advice you receive from your health care provider. If you have questions, ask your health care team.

