### Meat/Protein Foods
- Beef
- Chicken
- Egg substitute (Egg Beaters®, Scramblers®)
- Eggs
- Fish
- Lamb
- Pork (fresh) (pork chops, roast)
- Shellfish
- Tofu (soft)
- Tuna (canned in water)
- Turkey
- Veal

### Vegetables
(Serving size = 1/2 cup, no added salt)
- Alfalfa sprouts
- Arugula
- Asparagus
- Bean sprouts
- Beets (canned)
- Broccoli
- Cabbage (green, red)
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Chives
- Coleslaw
- Corn
- Cucumbers
- Eggplants
- Endive
- Garlic
- Gingerroot
- Green beans
- Hominy
- Jalapeños (fresh)
- Kale
- Leeks
- Lettuce
- Mixed vegetables
- Mushrooms
- Onions
- Parsley
- Peas (English)
- Pimentos
- Radicchio
- Radishes
- Seaweed kelp
- Spaghetti squash
- Summer squash (scallop, crookneck, straightneck, zucchini)
- Sweet peppers (green, red, yellow)
- Tomatillos
- Turnips
- Turnip greens

### Breads/Cereals/Grains
- Bagels (plain, blueberry, egg, raisin)
- Bread (white, French, Italian, rye, soft wheat)
- Bread sticks (plain)
- Cereals, dry, low salt
- Cereals cooked
- Couscous
- Crackers (unsalted)
- Dinner rolls or hard rolls
- English muffins
- Grits
- Hamburger buns
- Macaroni
- Melba toast
- Noodles
- Oyster crackers
- Pita bread
- Popcorn, unsalted
- Pretzels, unsalted
- Rice (brown, white)
- Rice cakes (apple-cinnamon, etc.)
- Spaghetti
- Tortillas (flour)

### Dairy/Dairy Substitutes
(1/2 cup, or one ounce/day)
- Nondairy creamers
- Nondairy frozen dessert topping (Cool Whip®)
- Nondairy frozen desserts
- Rice milk, unfortified

### Beverages
(Keep in mind your fluid restriction) (People with diabetes — use caution for sugar intake)
- Cream soda
- Ginger ale
- Grape soda
- Lemon-lime soda
- Orange soda
- Root beer
- Fruit punch
- Juices (apple, cranberry, grape)
- Lemonade or limeade
- Mineral water
- Nectars (apricot, peach, pear, 1/2 c serving)
- Tea

### Fats
- Butter
- Cream cheese
- Margarine
- Mayonnaise
- Salad dressings
- Sour cream
- Vegetable oils

The information contained herein is intended for educational purposes only. It is not intended and should not be construed as the delivery of medical care. If you have questions about specific foods not listed here or questions about your renal diet, please consult your physician or dietitian.
### Seasonings & Spices
- Allspice
- Basil
- Bay leaf
- Caraway seed
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Extracts (almond, lemon, lime, maple, orange, peppermint, vanilla, walnut)
- Fennel
- Garlic powder
- Ginger
- Horseradish (root)
- Lemon juice
- Nutmeg
- Onion powder or flakes
- Oregano
- Paprika
- Parsley or parsley flakes
- Pepper (ground)
- Pimentos
- Poppy seed
- Rosemary
- Saffron
- Sage
- Savory
- Sesame seeds
- Tarragon
- Thyme
- Turmeric
- Vinegar

### Desserts/Snacks/Sweets
(People with diabetes - use caution)
- Animal crackers
- Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)
- Candy corn
- Chewing gum
- Cinnamon drops
- Cookies (ginger snaps, shortbread, sugar, vanilla wafers)
- Corn cakes
- Cotton candy
- Doughnuts
- Fruit ice
- Graham crackers
- Gumdrops
- Hard candy
- Jelly beans
- Lollipops
- Marshmallows
- Pie (apple, berry, cherry, lemon, peach)
- Sherbet/Sorbet

### Desserts/Snacks/Sweets
(Diabetes - use caution)
- Animal crackers
- Angel food cake
- Butter cookies
- Lemon pound cake
- Pound cake
- Strawberry shortcake
- White cake
- Yellow cake
- Candy corn
- Chewing gum
- Cinnamon drops
- Cookies (ginger snaps, shortbread, sugar, vanilla wafers)
- Corn cakes
- Cotton candy
- Doughnuts
- Fruit ice
- Graham crackers
- Gumdrops
- Hard candy
- Jelly beans
- Lollipops
- Marshmallows
- Pie (apple, berry, cherry, lemon, peach)
- Sherbet/Sorbet

### Other
(People with diabetes - use caution)
- Apple butter
- Corn syrup
- Honey
- Jelly
- Jam
- Maple syrup
- Marmalade
- Powdered sugar
- Sugar, brown or white

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**Low in Electrolytes:** Low in phosphorus, potassium, and sodium

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**Notes**

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