

Grocery List Suggestions for People on Dialysis

Meat/Protein Foods

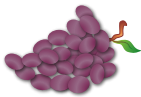
- Beef
- Chicken
- Egg substitute (Egg Beaters®, Scramblers®)
- Eggs
- Fish
- Lamb
- Pork (fresh) (pork chops, roast)
- Shellfish
- Tofu (soft)
- Tuna (canned in water)
- Turkey
- Veal



Fruits

(Serving size = 1 medium-size fruit or 1/2 cup canned, no added sugar)

- Apples
- Applesauce
- Apricots (canned)
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Figs (fresh)
- Fruit Cocktail
- Grapefruit (1 half)
- Grapes
- Lemons
- Limes
- Lime juice
- Lychees
- Peaches (canned)
- Pears (canned)
- Pineapples
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon



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
- 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) (Regular or diet)
- 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 (preferably canola or olive oil)


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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

Other

(People with diabetes - use caution)

- Apple butter
- Corn syrup 
- Honey
- Jelly
- Jam
- Maple syrup
- Marmalade
- Powdered sugar
- Sugar, brown or white



Use under medical supervision.

Specialized Ingredients for Renal Support

Protein: Excellent source of high-quality protein to help meet nutritional needs and replace protein lost during dialysis

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

CarbSteady: Carbohydrate blend designed to help manage blood glucose response

Omega-3 Fatty Acids: Excellent source of plant-based, omega 3 fatty acid ALA* to support heart health

*580 mg alpha-linolenic acid (ALA) per 8-fl-oz (237 mL)

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You can also order directly through Abbott Nutrition at abbottstore.com or by calling 1-800-986-8502.

For supplemental or sole-source nutrition.

Available in 4-packs and cases of 24 bottles* and cans.

*Homemade vanilla bottles only available at retail locations

Notes

References: 1. Huber K. Grocery List for People on Hemodialysis! (Food Your Patients Can Eat). *J Renal Nutr.* 2000;10:52-56. 2. Schiro-Harvey K. National Renal Diet: A Healthy Food Guide for People on Dialysis. 2nd Ed. Chicago, Ill. American Dietetic Association;2002.