

Grocery List Suggestions for People on Dialysis



Meat/Protein Foods

- Beef
- Chicken
- Egg substitute (Egg Beaters, Scramblers)
- Eggs
- Fish
- Lamb
- Pork (fresh) (pork chops, roasted)
- 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
- 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
- Jalapenos
- Kale
- Leeks
- Lettuce
- Mixed vegetables
- Mushrooms
- Onions
- Parsley
- Peas (English)
- Pimientos
- Radicchio
- Radishes
- Seaweed kelp
- Spaghetti squash
- Summer squash (scallop, crookneck, straightneck, zucchini)
- Sweet peppers (green, red, yellow)
- Tomatillos
- Turnips
- Turnip greens

Dairy/Dairy Substitutes

(1/2 cup, or one ounce/day)

- Nondairy creamers
- Nondairy frozen dessert topping
- (Cool Whip)
- Nondairy frozen desserts
- Rice milk, unfortified

Bread/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 muffin
- 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)

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 Dressing
- Sour Cream
- Vegetable oils (preferably canola or olive oil)

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)
- Pimientos
- 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, yellos)
- Candy corn
- Chewing gum
- Cinnamon drops
- Cookies (ginger snaps, shortbread, sugar, vanilla wafers)

- Corn cakes
- Cooton 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
- HJam
- Maple syrup
- marmalade
- Powdered sugar
- Sugar, brown or white

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 phosphorous, potassium, and sodium

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

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

CarbSteady: Carbohydrates 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

Notes