

# What Can I Eat?

## A Grocery List for People with Chronic Kidney Disease



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

### General recommendations

Eat a diet low in sodium, phosphorus, and potassium. Look at food labels or ask your healthcare provider for information about what foods are high and low in these nutrients.

1. Choose and prepare foods with **less salt and sodium**.
  - Eat less than 2,300 milligrams (mg) of sodium each day.
  - Low sodium = 140 mg or less per serving.
2. Choose foods and drinks with **less phosphorus**.
  - Look for phosphorus, or for words with “PHOS”, on ingredient labels on packaged foods.
  - Deli meats and some fresh meat and poultry can have added phosphorus. Ask the butcher to help you pick fresh meats without added phosphorus.
  - Low phosphorus = less than 50 mg per serving.
3. Choose foods and drinks with **less potassium**.
  - Avoid salt substitutes, which can be high in potassium.
  - Drain canned fruits and vegetables before eating.
  - Low potassium = less than 100 mg per serving.



### Grocery list

Talk to your healthcare provider about foods not included on this list.

If you have diabetes, many foods and beverages on this list contain carbohydrates, which may raise your blood sugar levels. Talk to your healthcare provider about how much is right for you.

Fruit			
Serving size:	<input type="checkbox"/> Apple juice	<input type="checkbox"/> Figs	<input type="checkbox"/> Mandarin oranges (canned)
• ½ cup canned	<input type="checkbox"/> Apples	<input type="checkbox"/> Fruit cocktail	<input type="checkbox"/> Papaya nectar
• ½ large fruit	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Grapefruit (half)	<input type="checkbox"/> Peaches (canned)
• 1 small fruit	<input type="checkbox"/> Apricot nectar	<input type="checkbox"/> Grape juice	<input type="checkbox"/> Peach nectar
	<input type="checkbox"/> Apricots (canned)	<input type="checkbox"/> Grapes	<input type="checkbox"/> Pear nectar
	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pears (canned)
	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Lemon juice	<input type="checkbox"/> Pineapple
	<input type="checkbox"/> Cherries	<input type="checkbox"/> Lime	<input type="checkbox"/> Plums
	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Lime juice	<input type="checkbox"/> Raspberries
	<input type="checkbox"/> Cranberry juice	<input type="checkbox"/> Logan berries	<input type="checkbox"/> Strawberries
	<input type="checkbox"/> Cranberry sauce	<input type="checkbox"/> Lychee	<input type="checkbox"/> Tangerine

<p><b>Vegetables</b></p> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• ½ cup cooked</li> <li>• 1 cup raw</li> </ul>	<input type="checkbox"/> Alfalfa sprouts <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Beets (canned) <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage (green, red) <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chayote <input type="checkbox"/> Chili peppers <input type="checkbox"/> Chives <input type="checkbox"/> Coleslaw <input type="checkbox"/> Collard greens <input type="checkbox"/> Corn	<input type="checkbox"/> Cucumbers <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Garlic <input type="checkbox"/> Gingerroot <input type="checkbox"/> Green beans <input type="checkbox"/> Hominy <input type="checkbox"/> Jalapeños (fresh) <input type="checkbox"/> Kale <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard greens <input type="checkbox"/> Onions <input type="checkbox"/> Parsley <input type="checkbox"/> Peas (English)	<input type="checkbox"/> Pimentos <input type="checkbox"/> Radicchio <input type="checkbox"/> Radishes <input type="checkbox"/> Seaweed kelp <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Summer squash (scallop, crookneck, straightneck, zucchini) <input type="checkbox"/> Sweet peppers (green, red, yellow) <input type="checkbox"/> Tomatillos <input type="checkbox"/> Turnips <input type="checkbox"/> Turnip greens <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Watercress <input type="checkbox"/> Wax beans
<p><b>Protein</b></p> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• 1 ounce</li> </ul>	<input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Egg substitute (Egg Beaters®, Scramblers®) <input type="checkbox"/> Eggs	<input type="checkbox"/> Fish <input type="checkbox"/> Lamb <input type="checkbox"/> Pork (pork chops, roast) <input type="checkbox"/> Seafood <input type="checkbox"/> Tofu (soft)	<input type="checkbox"/> Tuna (canned in water or unsalted) <input type="checkbox"/> Turkey <input type="checkbox"/> Veal
<p><b>Grains</b></p> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• ½ cup pasta, rice, cereal</li> <li>• 1 slice bread</li> <li>• ½ hot dog or hamburger bun</li> </ul>	<input type="checkbox"/> Bagels (plain, blueberry, egg, raisin) <input type="checkbox"/> Bread (white, French, Italian, rye, soft wheat) <input type="checkbox"/> Breadsticks (plain) <input type="checkbox"/> Cereals, dry, low salt <input type="checkbox"/> Cereals cooked <input type="checkbox"/> Corn cakes	<input type="checkbox"/> Couscous <input type="checkbox"/> Crackers (unsalted) <input type="checkbox"/> Dinner rolls or hard rolls <input type="checkbox"/> English muffins <input type="checkbox"/> Grits <input type="checkbox"/> Hotdog and hamburger buns <input type="checkbox"/> Macaroni <input type="checkbox"/> Melba toast	<input type="checkbox"/> Oyster crackers <input type="checkbox"/> Pasta <input type="checkbox"/> Pita bread <input type="checkbox"/> Popcorn, unsalted <input type="checkbox"/> Pretzels, unsalted <input type="checkbox"/> Rice (brown, white) <input type="checkbox"/> Rice cakes <input type="checkbox"/> Spaghetti <input type="checkbox"/> Tortillas (corn, flour)
<p><b>Dairy and Dairy Substitutes</b></p> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• ½ cup or 4 ounces</li> </ul>	<input type="checkbox"/> Nondairy creamers <input type="checkbox"/> Nondairy frozen dessert topping (Cool Whip®)	<input type="checkbox"/> Nondairy frozen desserts	<input type="checkbox"/> Rice milk, unfortified

<p><b>Fats</b></p> <p>Serving size: • 1 teaspoon</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Cream cheese</li> <li><input type="checkbox"/> Margarine</li> <li><input type="checkbox"/> Mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Miracle Whip®</li> <li><input type="checkbox"/> Nondairy creamers</li> <li><input type="checkbox"/> Salad dressings</li> <li><input type="checkbox"/> Sour cream</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Vegetable oils (preferably canola or olive oil)</li> <li><input type="checkbox"/> Vegetable shortening</li> </ul>
<p><b>Seasonings and Spices</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Allspice</li> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Bay leaf</li> <li><input type="checkbox"/> Caraway seed</li> <li><input type="checkbox"/> Chives</li> <li><input type="checkbox"/> Cilantro</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Cloves</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Curry</li> <li><input type="checkbox"/> Dill</li> <li><input type="checkbox"/> Extracts (almond, lemon, lime, maple, orange, peppermint, vanilla, walnut)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fennel</li> <li><input type="checkbox"/> Garlic powder</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Horseradish (root)</li> <li><input type="checkbox"/> Lemon juice</li> <li><input type="checkbox"/> Nutmeg</li> <li><input type="checkbox"/> Onion powder or flakes</li> <li><input type="checkbox"/> Oregano</li> <li><input type="checkbox"/> Paprika</li> <li><input type="checkbox"/> Parsley or parsley flakes</li> <li><input type="checkbox"/> Pepper (ground)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pimentos</li> <li><input type="checkbox"/> Poppy seed</li> <li><input type="checkbox"/> Rosemary</li> <li><input type="checkbox"/> Saffron</li> <li><input type="checkbox"/> Sage</li> <li><input type="checkbox"/> Savory</li> <li><input type="checkbox"/> Sesame seeds</li> <li><input type="checkbox"/> Tarragon</li> <li><input type="checkbox"/> Thyme</li> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Vinegar</li> </ul>
<p><b>Desserts, Snacks, and Sweets</b></p> <ul style="list-style-type: none"> <li>• Eat in moderation</li> <li>• Use caution if you have diabetes</li> <li>• Avoid chocolate and nuts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Animal crackers</li> <li><input type="checkbox"/> Cake (angel food, butter, lemon, pound, spice, strawberry, white, yellow)</li> <li><input type="checkbox"/> Candy corn</li> <li><input type="checkbox"/> Chewing gum</li> <li><input type="checkbox"/> Cinnamon drops (Red Hots®)</li> <li><input type="checkbox"/> Cookies (ginger snaps, shortbread, sugar, vanilla wafers)</li> <li><input type="checkbox"/> Corn cakes</li> <li><input type="checkbox"/> Cotton candy</li> <li><input type="checkbox"/> Doughnuts</li> <li><input type="checkbox"/> Fruit ice</li> <li><input type="checkbox"/> Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gumdrops</li> <li><input type="checkbox"/> Gummy bears</li> <li><input type="checkbox"/> Hot Tamales® candy</li> <li><input type="checkbox"/> Jell-O®</li> <li><input type="checkbox"/> Jelly beans</li> <li><input type="checkbox"/> Jolly Ranchers®</li> <li><input type="checkbox"/> Lifesavers®</li> <li><input type="checkbox"/> Lollipops</li> <li><input type="checkbox"/> Marshmallows</li> <li><input type="checkbox"/> Muffins (blueberry, lemon)</li> <li><input type="checkbox"/> Newtons (fig, strawberry, apple, blueberry)</li> <li><input type="checkbox"/> Nondairy frozen desserts</li> <li><input type="checkbox"/> Nondairy frozen dessert topping (Cool Whip®)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pie (apple, berry, cherry, lemon, peach)</li> <li><input type="checkbox"/> Popcorn (unsalted)</li> <li><input type="checkbox"/> Pretzels (unsalted)</li> <li><input type="checkbox"/> Rice cakes</li> <li><input type="checkbox"/> Rice Krispies® Treats™</li> <li><input type="checkbox"/> Sherbet</li> <li><input type="checkbox"/> Skittles®</li> <li><input type="checkbox"/> Sorbet</li> <li><input type="checkbox"/> Strawberry shortcake</li> <li><input type="checkbox"/> Sweet rolls</li> <li><input type="checkbox"/> Sweet Tarts®</li> <li><input type="checkbox"/> Tortilla chips (unsalted)</li> <li><input type="checkbox"/> Twizzlers®</li> </ul>

<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Watch your fluid intake if recommended by your doctor</li> <li>• Drink sugar-free drinks if you have diabetes</li> </ul> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• ½ cup or 4 ounces</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Coffee</li> <li><input type="checkbox"/> Cream soda</li> <li><input type="checkbox"/> Fruit juices (apple, cranberry, grape)</li> <li><input type="checkbox"/> Fruit punch</li> <li><input type="checkbox"/> Ginger ale</li> <li><input type="checkbox"/> Grape soda</li> <li><input type="checkbox"/> Kool-Aid®</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lemon-lime soda</li> <li><input type="checkbox"/> Lemonade or limeade</li> <li><input type="checkbox"/> Mineral water</li> <li><input type="checkbox"/> Nectars (apricot, papaya, peach, pear)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nondairy creamers</li> <li><input type="checkbox"/> Orange soda</li> <li><input type="checkbox"/> Root beer</li> <li><input type="checkbox"/> Sunny Delight®</li> <li><input type="checkbox"/> Tea</li> </ul>
<p><b>Condiments</b></p> <p>Serving size:</p> <ul style="list-style-type: none"> <li>• 1 teaspoon</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Barbecue sauce</li> <li><input type="checkbox"/> Chili sauce</li> <li><input type="checkbox"/> Corn syrup</li> <li><input type="checkbox"/> Cornstarch</li> <li><input type="checkbox"/> Cream cheese</li> <li><input type="checkbox"/> Dry tapioca</li> <li><input type="checkbox"/> Honey</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Jam</li> <li><input type="checkbox"/> Jelly</li> <li><input type="checkbox"/> Ketchup</li> <li><input type="checkbox"/> Margarine</li> <li><input type="checkbox"/> Marmalade</li> <li><input type="checkbox"/> Mayonnaise</li> <li><input type="checkbox"/> Miracle Whip®</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Mustard</li> <li><input type="checkbox"/> Steak sauce</li> <li><input type="checkbox"/> Sugar</li> <li><input type="checkbox"/> Sugar substitute</li> <li><input type="checkbox"/> Taco sauce</li> </ul>

## References:

1. Huber, K. (2000). Grocery List for People on Hemodialysis! (Food Your Patients Can Eat). *Journal of Renal Nutrition*, 10(1), 52-56. doi:1051-2276/00/1001-0010.
2. Eating Right for Chronic Kidney Disease. (2016, October 01). Retrieved January 25, 2018, from <http://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition>.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.