

Grocery Shopping Guide

Information 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

If you have kidney disease, 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.

Phosphorus

Phosphorous is a mineral found in foods we eat. It helps keep our bones and teeth strong. Healthy kidneys maintain normal levels of phosphorus in the body by filtering out any extra phosphorus in the urine. For people with kidney disease, phosphorus levels can build up in the body and cause problems for your bones and blood vessels. Eating foods low in phosphorus will help keep your phosphorus levels normal.

Potassium

Potassium affects how steadily your heart beats. Healthy kidneys keep the right amount of potassium in the blood to keep the heart beating at a steady pace. Potassium levels can build up for people with kidney disease. This can be dangerous to your heart. If your potassium level is high, it is important to choose foods low in potassium. If your potassium level is low, speak with your dietitian about how to include foods with higher amounts of potassium into your diet.

Sodium

Sodium is a mineral that is in salt. In kidney disease, your kidneys are not able to get rid of excess sodium. High sodium levels can make you thirsty and cause your body to hold extra fluid. This can result in high blood pressure, swelling in your ankles and legs, shortness of breath, and muscle cramps. It is best to focus on foods that are low in sodium.

Protein

Eating enough protein helps your body keep muscle, repair tissue, and prevent infections. High quality protein comes from meat, fish, poultry, and eggs. Your dietitian will let you know how much protein to eat.

Grocery Shopping for People with Kidney Disease

Now that you have kidney disease, you may need to change the types of foods and drinks that you buy at the grocery store. You may feel like there are less foods and drinks to choose from. This can leave you wondering what you can buy that will support your kidney diet. This can make grocery shopping seem confusing, frustrating, and overwhelming... but it doesn't have to be!

How to Use This Guide

This guide is meant to help you with your experience of grocery shopping now that you have kidney disease.

Part 1: Before the Grocery Store

This section will help you get ready to grocery shop. Here, you will find information about:

- Creating a meal plan
- Preparing a grocery shopping list
- Tips to save money while grocery shopping

Part 2: At the Grocery Store

This section will walk you through each section of the grocery store to help you understand:

- Grocery store aisles and sections
- Foods and drinks you can buy
- How to read food labels

Part 3: After the Grocery Store

This section will tell you about:

- Safe food handling
- Easy meal preparation

Part 1: Before the Grocery Store

Meal Planning

Meal planning means planning what you are going to eat for a certain period of time. For example, you could plan what you will eat each day for a week. Setting aside some time each week to plan your meals *before* going to the grocery store will make the grocery shopping experience much easier once you are *at* the store.

Benefits to meal planning include:

- **Saving money.** Planning to buy in bulk and use leftovers can reduce food waste and make your food last longer.
- **Saving time.** You'll never have to search the kitchen for something to make, or for that one ingredient you were sure you had.
- **Improving nutrition.** With all that extra time, you will be able to plan nutritious meals and snacks that you can make at home.

Making 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 making 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 the ingredients needed to make the meals and snacks you have planned for the week.
3. Check to see what food you already have on hand.
4. On your grocery list, write down any foods that you do not already have that you will need to buy.

Budget-Friendly Tips

It is possible to make healthy choices while staying on a budget. Here are some tips on how to spend less money and still eat well while grocery shopping on a budget:

- ❑ **Take a look at grocery store flyers** and plan your meals based on foods that are on sale and that fit into your diet.
- ❑ **Bring your own bags** to avoid needing to buy any.
- ❑ **Avoid shopping on an empty stomach.** You may buy food that you don't need if you shop while hungry.
- ❑ **Shop at grocery stores instead of convenience stores.** Corner convenience stores are often more expensive.
- ❑ **Buy fewer prepared foods.** These items cost more and are often high in sugar, salt, and fat. Try to have more meals cooked from scratch.
- ❑ **Buy fresh local produce when it is in season.** It will be less expensive than the imported produce and it will taste better!
- ❑ **Try places other than a grocery store to buy fresh produce.** Some examples are Farmer's Markets, Community Gardens and Good Food Box Programs.
- ❑ **Buy lower grade meats, vegetables and fruits.** The grade is based on how the food looks and not on the nutrient quality.
- ❑ **Compare prices between named brand and generic items.** The name on the product often doesn't affect the quality.

Part 2: At the Grocery Store

Label Reading

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

Step 1: Look at the serving size. If you eat a different amount than this, you will also be getting a different amount of each nutrient.

Step 2: Read the nutrient amounts. It will be listed by weight and/or % Daily Value*

Potassium: Aim for less than 5%

Phosphorus: Aim for less than 10%

Note: Potassium and phosphorus are not always included on the nutrition facts table, so it is best to refer to the kidney diet handouts or ask your dietitian about which foods are safe to eat.

Step 3: Check the protein content. Ask your dietitian about whether you should eat foods low or high in protein.

Step 4: Check the sodium content.

Less than 5%: A low sodium product that can be enjoyed everyday.

5-10%: A lower sodium product that can easily fit into a low sodium diet.

10-20%: A medium sodium product that can fit into a low sodium diet with caution.

More than 20%: A high sodium product that should not be eaten when trying to follow a low sodium diet.

*% Daily Value is the percent of a nutrient you would be getting per serving of food, if you were eating 2000 total calories each day.

Check the Ingredient List

Sodium will always be listed on a nutrition label. But, potassium and phosphorus are NOT always listed on a label. If they are not listed it does not mean the food does not contain them.

One way to check if a food is high in potassium or phosphorus is to check the Ingredient List. When you read an ingredient list, the first three ingredients listed will be present in the highest amount in the food.

Hidden Sources of Phosphorus

Phosphorus can be found as an additive in many processed foods and drinks. These additives are absorbed very quickly into the blood and can cause your phosphorus levels to increase.

Manufacturers can change the ingredients in a product at any time, so it is important to check labels often.

Avoid foods containing phosphorus additives. These can be identified on the ingredient list by the term **phos** as part of a word. Examples:

- Coca Cola Classic™: Ingredients: water, sugar/glucose-fructose, caramel colour, **phosphoric acid**, natural flavour, caffeine.
- Aunt Jemima Original Pancake™: Ingredients: wheat flour, corn flour, sugar, monocalcium **phosphate**, dextrose, sodium bicarbonate, salt, dried egg yolk, glucose solids, modified corn starch, color.

Hidden Sources of Potassium

Foods that are labelled as ‘Reduced in Sodium’ may contain potassium additives that act as a replacement for salt. Additives such as **potassium lactate**, **potassium chloride** and **potassium phosphate** contain high amounts of potassium. It is important to look at the ingredient list and Nutrition Facts Table for potassium content.

Grocery Store Aisles and Sections

Most grocery stores contain the same main aisles and sections. Listed below are the main sections of every grocery store, as well as examples of the food and beverage items you will find in them.

Produce: Fresh fruit and vegetables

Breads: Packaged breads, bagels, hamburger and hot dog buns

Meat & Seafood: Packaged beef, chicken, and fish

Dairy & Alternatives: Milk, eggs, yogurt, and non-dairy milk

Cereal: Boxed breakfast cereals and oats

Pasta, Noodles, & Rice: Spaghetti, penne, rice noodles

Canned Foods: Canned fruit, canned vegetables, and canned tuna

Frozen Foods: Frozen fruit, frozen entrees, frozen meat and frozen desserts

Beverages: Water, juice, coffee, tea and pop

Bakery: Fresh breads, muffins, and cakes

Snacks: Crackers, popcorn, and cookies

Condiments: Salad dressings, oil, and hot sauce

This grocery shopping guide is organized into the same sections. In each section, you will find a list of foods that can be enjoyed by people with kidney disease. These foods are lower in potassium, phosphorus, and sodium. You may find it helpful to check off the foods and beverages that you buy regularly.

For your convenience, some brand names have been listed to make grocery shopping easier. This list is not an endorsement or promotion of these companies by St. Michael's Hospital. Please be aware that companies can change ingredients at any time.

This guide is not to replace the advice of your health care professional. If you have questions about any food, please check with your Renal Dietitian.

Produce

All vegetables and fruits are generally low in phosphorus, but different fruits and vegetables contain different amounts of potassium. The fruits and vegetables listed below are low in potassium. For some vegetables, the amount of potassium changes when the vegetable is fresh, cooked, or raw. Pay attention to the words **fresh**, **cooked**, and **raw** in the list below for guidelines on choosing and eating these foods.

Vegetables

- 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, boiled)
- Broccoli
- Cabbage (Napa/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 and canned
- Hominy (canned, amount to make ½ cup)
- Irishmoss (seaweed)
- Jew's Ear (Cloud or Wood Ear)
- Jicama, raw
- Kale, raw
- Leeks
- Lettuce, raw
- Mushrooms (raw Shitake, raw White, NOT portabello)
- Mustard greens
- Nopales (cactus leaves)



- Onions
- Okra
- Peas (green)
- Pepitas (pumpkin seeds)
- Peppers (red, green, yellow, orange)
- Peppers (hot chili or jalapeno)
- Radicchio
- Radish
- Rapini, raw
- Seaweed (kelp, nori, wakame)
- Shallots
- Snow peas
- Spinach, raw



- Squash (crookneck, summer, scallop, straightneck, 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

Fruit

- Apple
- Acerola Cherries (West Indian cherry)
- Asian Pear (1 fruit)
- Blackberries
- Blueberries
- Boysenberries
- Casaba melon
- Cherries (10)
- Chokeberries
- Clementine
- Cloudberry (Bakeapple)
- Crabapples
- Cranberries, fresh
- Feijoa (Pineapple Guava)
- Gooseberries
- Grapefruit (1 half)
- Grapes (15)



- Golden Berry (Groundcherry, Cape Gooseberry)
- Jujubes (Red Date, Chinese Date)
- Jackfruit, canned and drained
- Kumquat (5)
- Lemon
- Lingonberries
- Lime
- Loganberries
- Longans (15 fresh)
- Lychees (10 fresh)
- Mandarin orange (1 medium fresh)
- Mango (1 half)
- Mangosteen
- Peach
- Pear
- Pineapple
- Pitanga
- Plum (1 fresh)

- Pomegranate (1/2 medium)
- Quince
- Rambutan (2 fresh)
- Raspberries, fresh or frozen
- Rhubarb

- Rose-apple (Pomarosa)
- Strawberries
- Tangelo (1)
- Tangerine (1)
- Watermelon



Produce- Recommendations for you:

Bread Products

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

Packaged Bread

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

Higher Fibre Options

Packaged Bagels

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

Hamburger/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 Products- Recommendations for you:

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 – these 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/Rotisserie Chicken (be careful of the sodium content)
- President's Choice Blue Menu® Chicken Breasts, Strips & Butterflied Chicken
- President's Choice Blue Menu® Cajun Chicken, Boneless Skinless Breasts
- President's Choice Blue Menu® Turkey Breast Strips
- Fish (salmon, sole, tilapia, trout)

Fresh Meat, Poultry and Seafood- Recommendations for you:

Milk, Dairy, Eggs & 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 (1/2-1 cup/day)

Non-Dairy Milk

- Almond Breeze® (Original, Original Unsweetened, Vanilla, Vanilla Unsweetened)
- Almond Fresh® (Original, Vanilla, Unsweetened)
- Good Karma Flax Delight® (Original, Vanilla, Unsweetened)
- Silk True Almond Beverage® (Original, Unsweetened Original, Vanilla, Unsweetened Vanilla)
- Silk Soy Beverage® (Vanilla, Original, Unsweetened)
- Rice Dream Rice Drink® (Non-Enriched Original Classic, Vanilla Classic)*
- Natura Organic Fortified Rice Beverage® (Vanilla, Original)*
- PC Organics Fortified Rice Beverage®*

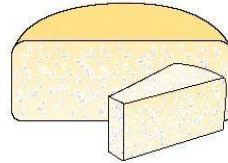
*Rice milk contains the lowest amount of phosphorus and potassium.

Coffee Creamer

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

Cheese

- Brie (1 oz)
- Feta (1 oz)
- Grated Parmesan Cheese (2 Tbsp)
- Goat Cheese, Soft
- Liberte® Fresh Cheese, Crème Fraiche
- Nanak Paneer
- President's Choice® Bocconcini
- Trestelle® Bocconcini, 40% Light Bocconcini, Mascarpone
- Western® Pressed Dry Cottage Cheese 0.1% or 0.5%, No Salt
- Lucerne® Cottage Cheese, 2% No-Added-Salt (1/2 cup)



Cream Cheese

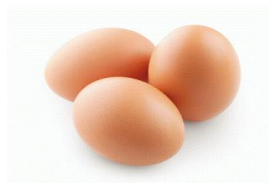
- Organic Meadow® Light Cream Cheese
- President's Choice Blue Menu® Original Cream Cheese Spread
- President's Choice Blue Menu® Apple Cinnamon Cream Cheese Spread
- President's Choice Blue Menu® Strawberry Cream Cheese Spread
- President's Choice Blue Menu® Light Cream Cheese Spread
- Philadelphia®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

Other Dairy Products

- Butter (Regular or Unsalted)
- Non-Hydrogenated Margarine (Regular or Salt-Free)
- Sour Cream (2 Tbsp)
- Whipping Cream
- Whipped Cream (Ready-to-use spray can) (lower in phosphorus)

Eggs

- Fresh eggs, all types



- Egg Beaters®
- Naturegg® Break-Free
- Naturegg® Omega Plus
- Naturegg® Simply Eggs
- Naturegg® 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:

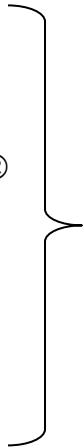
Cereal

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

- Cornflakes
- Corn Pops®
- Crispix®
- Kashi Flakes & Berries®
- Kashi 7 Whole Grain Puffs®
- Life Cereal®
- President’s Choice Organics Crunchy Corn®
- Post Honey Bunches of Oats®
- Puffed Rice
- Rice Krispies®
- Special K Oats & Honey®
- Special K with Red Berries®



- Corn Bran Squares®
- Mini Wheats ®
- Kashi Organic Cinnamon Harvest®
- Nature’s Path Organic Instant Original Oatmeal®
- Shreddies®
- Shredded Wheat
- Weetabix®
- Cream of Rice
- Cream of Wheat



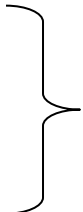
These cereals are higher in fibre, but also higher in potassium and phosphorus. They can be included in your diet 3 times a week.

Cereal- Recommendations for you:

Pasta, Noodles, Rice & Grains

These noodles and grains make great meals. Try pasta with olive oil and herbs, or rice stir-fry 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, which could contain sodium and phosphate additives and sodium.

Pasta, Noodles, Rice & Grains - Recommendations for you:

Canned Foods

Canned foods are more affordable than fresh, and they can make meal prep 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® Sliced Beets
- Del Monte® Corn, No Salt Added
- Del Monte® Sweet Peas, No Salt Added
- Del Monte® Cut Sweet Potatoes
- Del Monte® Cut Whole Style Carrots
- Del Monte® French Style Seasoned Green Beans
- Del Monte® Cut Green Beans
- Green Giant® Peas 1/3 Less Salt
- No Name® Sliced Beets
- No Name® Mini Cobs of Corn
- No Name® Mushroom Pieces & Stems
- No Name® Sliced Carrots
- No Name® Peas
- President's Choice Blue Menu® French Cut Style Green Beans
- President's Choice Blue Menu® Green Beans
- President's Choice Blue Menu® Pea

Canned Fruit

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

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

Canned Fish

Avoid eating the edible bones, which are high in phosphorus.

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

Canned Foods- Recommendations for you:

Freezer Section

Frozen foods are often cheaper than fresh, and just as nutritious!

Frozen Vegetables

- Broccoli
- Corn
- Peas
- Mixed peas and carrots

Frozen Fruit

- Berry Blend
- Blackberries
- Blueberries
- Raspberries
- Strawberries

Frozen Meat

- Frozen varieties of the fresh meats listed on page 11-12

Frozen Seafood

Frozen fish may have phosphorus additives because of the breading added to them. Choose more fresh instead of frozen fish to avoid this.

- Janes® Multigrain Haddock
- High Linger® Frozen Tilapia Filet
- President's Choice Blue Menu® Frozen Rainbow Trout, skinless filet
- President's Choice Blue Menu® Frozen Wild Sockeye Salmon, skin-on filets
- President's Choice Blue Menu® Frozen Atlantic Salmon, skinless filet
- President's Choice Blue Menu® Wild Pacific Cod, skinless filet
- President's Choice Blue Menu® Frozen Responsibly Farmed Tilapia, skinless filet
- President's Choice Blue Menu® Wild Nova Scotian Frozen Sea Scallops, Jumbo
- President's Choice Blue Menu® Scottish Haddock Filets (breaded)
- SeaQuest® Calamari Rings, uncooked
- SeaQuest® Frozen Bay Scallops, uncooked
- SeaQuest® Skinless Boneless Wild Haddock Filets
- SeaQuest® Skinless Boneless Wild Sole Filets

Frozen Entrees

Many of the reduced sodium, healthy cuisine frozen meals are acceptable for people on dialysis. Avoid meals with high-phosphorus ingredients such as beans, cheese and cheese sauces. To keep potassium lower, avoid those with tomato and potato products.

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

Frozen Desserts

- President's Choice Blue Menu® Sherbert (Key Lime, Mango)
- Chapman's® Sorbet (Raspberry, Rainbow)
- Chapman's Lil' Lolly® Popsicles
- Del Monte® Fruit Juice Bars
- President's Choice® Frozen Fruit Bars (Mango, Blueberry)
- President's Choice® Lemon Gelato
- Rice Dream® Non-Dairy Frozen Dessert (Vanilla, Cookies n'Dream, Strawberry)
- Yosicle® Duos Popsicles (Low Fat Frozen Yogurt)
- Sherbet (lemon, lime, strawberry, rainbow, raspberry)
- So Delicious® Soy Ice Cream, Creamy Vanilla
- So Delicious® Minis Ice Cream Sandwich (Vanilla, Neopolitan)

Freezer Section- Recommendations for you:

Bakery

- Freshly baked bread, baguettes and rolls (White, French, Italian, light rye, sourdough)
- Cinnamon buns
- Pie (Apple, Blueberry, Peach, Lemon Meringue, Rhubarb)
- Dufflet® Gluten-Free Carrot Cake, Luscious Lemon Tart
- President's Choice® Mini Muffins (Blueberry, 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:

Condiments, Sauces, Spreads, and Oils

- Cranberry Jelly/Sauce
- Horseradish
- Mint Jelly/Sauce
- Pepper Jelly
- Tobasco® Sauce (note some other hot sauces can be 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, Stone Ground Prepared Mustard)
- Mr. Spice® Ginger Stir Fry, Thai Peanut
- PCBM® Plum Sauce
- Amaya® Indian Spicy Ketchup, Mango and Mint Chutney
- Amazing Dad's Sauce® BBQ, Honey Lemon Rosemary
- Heinz® Organic Tomato Ketchup
- President's Choice Organics® Tomato Ketchup
- Vinegar (white, red wine, balsamic, apple cider)
- Mayonnaise
- Spectrum Naturals® Canola Mayo
- Miracle Whip®
- Vegetable Oil (Olive Oil, Canola Oil)

Fruit Spreads

- Crofter's® Fruit Spread (Wild Blueberry, Morello Cherry, Strawberry, Pomegranate, Concord Grape, Blackberry)

- President's Choice Organics® Fruit Spread (Raspberry, Wild Blueberry, Apricot, Strawberry)
- Eden Organic® Apple Butter

Soup, Broths

- 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
- President's Choice Blue Menu® Chicken and Rotini
- President's Choice Blue Menu® Mushroom Barley

Salad Dressing

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

Salt-Free Seasonings

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

- | | |
|--|---|
| <input type="checkbox"/> Equal® (aspartame) | <input type="checkbox"/> Marshmallow Fluff® |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Splenda® (sucralose) |
| <input type="checkbox"/> Icing sugar | <input type="checkbox"/> Syrup |
| <input type="checkbox"/> Jet Puffed® marshmallow crème | <input type="checkbox"/> White sugar |

Condiments, Sauces, Spreads and Oils- Recommendations for you:

Drinks

If you are on limited fluids, divide your daily allowance between meals, snacks and medication times. If you are having fruit juice, keep servings to ½ cup.

- | | |
|--|--|
| <input type="checkbox"/> Water | <input type="checkbox"/> Ginger Ale, Diet Ginger Ale, Green Tea Ginger Ale |
| <input type="checkbox"/> Sparkling water | <input type="checkbox"/> Grape Pop |
| <input type="checkbox"/> Coffee (Regular or Decaffeinated) | <input type="checkbox"/> Orange Pop |
| <input type="checkbox"/> Tea (Regular, Herbal, or Decaffeinated) | <input type="checkbox"/> Root Beer |
| <input type="checkbox"/> Crystal Light flavor crystals | <input type="checkbox"/> 7-Up® or Diet 7-Up® |
| <input type="checkbox"/> Club Soda | <input type="checkbox"/> Sprite® or Diet Sprite® |
| <input type="checkbox"/> Cream Soda | <input type="checkbox"/> Tonic Water |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Apple Cider |

- | | |
|--|---|
| <input type="checkbox"/> Apricot nectar | <input type="checkbox"/> Cranberry cocktail (CranRaspberry, CranGrape, CranBlueberry) |
| <input type="checkbox"/> Cranberry Juice | |
| <input type="checkbox"/> Five Alive® | <input type="checkbox"/> Peach nectar |
| <input type="checkbox"/> Grape juice | <input type="checkbox"/> Pear nectar |
| <input type="checkbox"/> Lemonade | <input type="checkbox"/> Pineapple juice |

Drinks- Recommendations for you:

Snacks

Cookies

- Peak Freans® Fruit Crème, Digestive, Family Shortcake, Assorted Crème, Shortcake
- Dare® Spice Snaps
- Christie® Arrowroot Biscuits, Animal Crackers
- President's Choice® Arrowroot, Raspberry Temptations
- Rice Krispies Squares®
- Cool Whip® Non-Dairy Dessert Topping

Crackers

- Carr's Table Water Crackers®
- Christie Original Rice Thins®
- President's Choice Unsalted Tops Soda Crackers®
- Premium Plus Unsalted Tops®
- Ryvita Snackbread Light and Crispy®
- Grissol® Bread Sticks
- Grissol® Melba Toast
- Grissol® Crispy Baguettes

- Triscuit Crackers
- Stoned Wheat Thins® 60% Less Sodium

Home Baking Aisle

- Duncan Hines Angel Food Cake Mix
- Dr. Oetker Vanilla Organic Cake Mix
- No Name® Flavoured Gelatin powder (**NOT** Jell-O® brand)

Popcorn, Pretzels, Tortilla Chips

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

Candy

- Candy corn
- Chewing gum
- Cinnamon drops
- Fruit gums
- Fuzzy Peach®
- Gumdrops
- Gummy bears
- Hard candy
- Jelly beans
- Jolly Rancher®
- Jujubes
- Lemon drops



- Life Savers®
- Lollipops
- Mentos®
- Mints (not chocolate)
- Nibs®
- Skittles®
- Sourballs
- Sour Patch Kids®
- Starburst®
- Swedish Berries®
- Taffy
- Toffee



Twizzlers®

Wine Gums

Werther's® hard candy

Snacks- Recommendations for you:

Part 3: After the Grocery Store

Food Safety

For patients with kidney disease, practicing food safety is an important part of keeping your body as healthy as possible. Foodborne illness is caused by harmful bacteria in contaminated food, but most cases of food poisoning can be prevented by practicing these simple food safety tips:

1. Make sure countertops, cooking surfaces, and cooking utensils are clean.
2. Wash your hands thoroughly with soap and water before handling or eating food.
3. Wash all fruits and vegetables with water.
4. Keep hot foods hot and cold foods cold.
5. Throw out any perishable foods that have been sitting at room temperature for more than 4 hours.
6. Always keep raw meat separate from ready-to-eat foods like vegetables and fruits.
7. Ensure juice and dairy products such as milk and cheese are pasteurized. Look for the word **pasteurized** on the label.
8. Leftovers can be kept for 3-4 days in the refrigerator. If you don't think you will be able to eat leftovers within 4 days, freeze them right away.
9. Reheat leftovers on the stove, in the oven or in the microwave until the temperature inside reaches 165 F (74 C). Do not use a slow cooker for reheating leftovers since the food may not get hot enough.
10. When it comes to leftovers, follow the golden rule: "If in doubt, throw it out!"

Easy Meal Ideas

Making your own meals doesn't have to be a long and hard job. Some meals can be very easy to make and just as delicious. You can make lots of interesting things just by using what you already have on hand. Here are some easy meal ideas to get you started:

Breakfast Ideas:

- Cornflakes® or Rice Krispies® 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

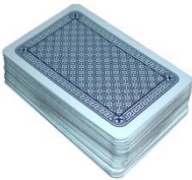





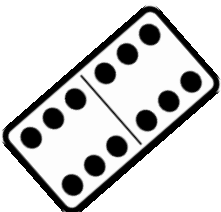


Lunch Ideas:

- Tuna melt: mix tuna, celery, mayonnaise and 2 Tbsp shredded cheese, spread on buns and melt in oven
- Leftover chicken or turkey, 2 tomato slices and lettuce on white or light rye bread
- Fried egg, cheese, 2 slices of tomato and lettuce on whole grain toasted bun, vegetable sticks
- Spread 1 Tbsp peanut butter over pita bread. Slice fresh apples over top. Sprinkle with cinnamon, and broil for 3 to 5 minutes

Dinner Ideas:

- One-pot casserole. Put these together, and bake:
 - One part meat or poultry
 - Two parts vegetables (e.g. peas, carrots, tomatoes or celery)
 - Two parts rice, macaroni or noodles
 - Sauce to moisten (e.g., low sodium canned cream soup)
- Salmon, rainbow trout, halibut or other baked fish with side dishes of broccoli and white rice
- Pasta with broccoli, mushrooms, red peppers. Melt in herb and garlic cream cheese
- Meat loaf baked in muffin tins (ground beef, chopped onion, and spices) and mixed vegetables, served with white rice
- Salmon chowder (salmon, creamed corn and evaporated milk), whole grain toast

Portion Sizes

<p>Deck of Cards</p>  <p>3oz (75g cooked chicken or meat)</p>	<p>Tennis Ball</p>  <p>1 cup (250ml) cooked rice</p>	<p>One Dice</p>  <p>1 Tbsp (5ml) butter or margarine</p>
<p>Golf Ball</p>  <p>2 Tbsp (30ml) peanut butter, jam, salad dressing</p>	<p>Baseball</p>  <p>Medium piece of fruit</p>	<p>Computer Mouse</p>  <p>½ cup cooked pasta 1 small baked potato</p>
<p>Domino</p> <p>1oz (30g cheese)</p> 	<p>Average Female Fist</p>  <p>1 cup (250mL) of fresh vegetables</p>	<p>Cheque Book</p>  <p>150g fish</p>

A **portion** is the amount of food you plan on eating in one sitting. It is not always easy to know what a good portion size is. This page compares food portion sizes to everyday items so that you can get a better picture in your head of what a good portion would be for that food. What would be considered a good portion size can change depending on the type of food.

If you have any questions about the portion sizes you are having, talk with your Dietitian.

Pairing Spices with Different Foods

To reduce your sodium intake, try flavouring your food with a variety of seasonings instead of salt. Try these different herbs and spices to liven up your dishes!

- 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

Pairing Spices with Different Foods- Recommendations for you:

Resources

These resources can help with extra meal ideas, recipes, grocery shopping tips, and many other helpful topics for people with kidney disease.

Resource and Contact	Description
<p>Kidney Community Kitchen www.kidneycommunitykitchen.ca</p>	<p>Provides recipes, meals plans, and general eating tips for a kidney diet.</p>
<p>Ontario Renal Network www.renalnetwork.om.ca</p>	<p>A government of Ontario website that provides informations about kidney diseasesand the services available to you.</p>
<p>DaVita www.davita.com</p>	<p>Find a lot of information including kidney friendly recipes and general diet and nutrition advice.</p>
<p>BC Renal Agency www.bcrenalagency.ca</p>	<p>Find more written resources to help with the grocery shopping experience.</p> <p>View a 9 part video series on Grocery Shopping for your Kidney Diet: https://www.youtube.com/playlist?list=PLgaBYChIaS-3n32OYl6mOMEJiYE6ruEuN</p>

Notes

Notes

St. Michael's cares about your health. For reliable health information, visit St. Michael's Patient and Family Learning Centre in the 6th floor Marketaria (Cardinal Carter Wing), or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

St. Michael's

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30 Bond Street, Toronto, ON M5B 1W8
Canada 416.864.6060 stmichaelshospital.com