

# SHOPPING GUIDE for KIDNEY HEALTH

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## Nutrition Information

### Introduction

The foods listed can be enjoyed by people with kidney disease. These foods are lower in sodium, potassium and phosphorus.

As of August 2011, these foods fit the guidelines.

**Please be aware that companies can change ingredients at any time. The dietitians who made this list take no responsibility for changes to food products, labels or ingredients.**

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.

If you are limiting your fluids, remember to follow the guidelines provided by your renal dietitian.

For diabetic or heart healthy versions of this grocery list, please ask your renal dietitian.

#### YOUR RENAL DIETITIAN:

#### TELEPHONE NUMBER:

### Not sure where to shop for certain brand names?

Some foods listed in this document have brand names that are only found at certain stores. We have attempted to provide a list of the stores that carry the brands we suggest, but it will likely change over time. Be sure to check your local grocery stores, as well as natural and health food stores, for these product lines. This list is not an endorsement or promotion of these companies by the BC Renal Agency.

Brand Name	Where You Can Find It
Dairyland®	Save-On Foods, Overwaitea, Price Smart Foods, Coopers
Eating Right™	Safeway™
Foremost	Extra Foods, Superstore, No Frills
Great Value™	Walmart
Island Farms	Marketplace IGA, Thrifty Foods™
Jersey Farms	Extra Foods, Superstore, No Frills, Thrifty Foods™, Costco
Lucerne®	Safeway™
No Name®	Extra Foods, Superstore, No Frills
President's Choice®, Blue Menu™	Extra Foods, Superstore, No Frills
Western Family™	Save-On-Foods, Overwaitea, Pricemart foods
Ziggy's Internationale™	Extra Foods, Superstore, No Frills
<b>Other Places To Try:</b>	
Whole Foods, Choices, Planet Organic	

## Nutrition Information

### Label Reading Guidelines

#### 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 potassium or phosphorus are not listed it does not mean the food does not contain them.**

Another way to check if a food is high in potassium or phosphorus, is to check the Ingredient List. The first three ingredients in the list will be 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.

**Learn to read food labels and know the ingredients.** 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 **phosph** 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 and Waffle Mix™:** Ingredients: wheat flour, corn flour, sugar, monocalcium **phosphate**, dextrose, sodium bicarbonate, salt, dried egg yolk, glucose solids, modified corn starch, color.
- **High Liner Frozen Cod Fish Fillets™:** Ingredients: cod, water, sodium **phosphate**

Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories</b>	440		
<b>Fat / Lipides</b>	19 g	29 %	
Saturated / Saturés	4 g	21 %	
+ Trans / Trans	0.2 g		
<b>Cholesterol / Cholestérol</b>	35 mg		
<b>Sodium / Sodium</b>	860 mg	36 %	
<b>Carbohydrate / Glucides</b>	53 g	18 %	
Fibre / Fibres	4 g	16 %	
Sugars / Sucres	6 g		
<b>Protein / Protéines</b>	15 g		
Vitamin A / Vitamine A		45 %	
Vitamin C / Vitamine C		4 %	
Calcium / Calcium		20 %	
Iron / Fer		20 %	

#### Step 1:

##### Look for the serving size.

If you eat more than this, you will also be getting more of each nutrient.

#### Step 2:

##### Read the nutrient amounts.

It will be listed by weight or % Daily Value.

#### Step 3:

##### Check the sodium content.

Use the chart below to find out if the item has the correct amount of sodium.

#### To help reduce sodium intake from processed foods, follow these guideline amounts:

- Most foods: less than 6-10%
- Frozen entrees: less than 25%
- Soups: less than 20%

## Foods You Can Eat

### BREADS



#### BAGELS

- Dempster's® Original
- Olafson's® Broadway Classic™ Original
- Olafson's® Brooklyn Breakfast™ – Original and whole wheat

#### BAGUETTE/DINNER ROLLS

white, whole wheat, French, Italian, light rye, sourdough

#### BREAD

whole wheat, white, French, sourdough

\*see list (right) for higher fibre breads

#### BREADCRUMBS

#### BREAD STICKS (unsalted)

#### CROISSANTS

#### ENGLISH MUFFINS

- Oroweat® – Sourdough; Extra Crisp
- President's Choice® Original

#### HAMBURGER/HOT DOG BUNS

white or whole wheat

#### MUFFIN MIXES

- President's Choice® Organics™ – Apple Cinnamon, Oatmeal
- Dr. Oetker Added Touch™ – Fat Free Carrot, Fat Free Lemon Poppy Seed
- Dr. Oetker Organic, Apple Cinnamon (Save On Foods organic section)
- No Name – All Purpose, Oatmeal

#### PITA BREAD

- Byblos Pita Pockets- Greek, whole wheat, white
- Olafson's® Original Greek Style Pita

#### TACO SHELLS

#### TORTILLAS

- Casa Mendosa™ Whole Wheat Tortillas
- Stonehedge Farms Tortillas – white; yellow corn
- Old El Paso® Flour Tortillas
- President's Choice® Soft Flour Tortillas (Ancient Grain)



#### TIP:

Breads with sprouted grain, whole grain, or multigrain may be higher in potassium and phosphorus. Please see the list below for high fibre breads that are good choices.

### HIGHER FIBRE CHOICES

#### COUNTRY HARVEST™

- 7 Grain™
- 12 Grain™
- Vitality 6 Nature Grains™
- Vitality 14 Nature Grains™
- Vitality 100% Whole Wheat™
- Vitality Multigrain™

#### DEMPSTER'S

- Smart White Made With Whole Grain®
- Smart 100% Whole Grain Wheat®
- WholeGrains 12 Grain®
- WholeGrains Multigrain®
- Healthy Way with ProCardio recipe 100% Whole Grain Wheat®

#### PRESIDENT'S CHOICE® BLUE MENU™ OATMEAL BREAD

#### SILVER HILLS™

- Little Big™
- Marvelous Multi™
- Steady Eddie™
- Chia™

#### WESTERN FAMILY™

- 100% Whole Wheat™



## Foods You Can Eat

### CEREALS



Alpha-Bits  
Cap'n Crunch®  
Corn Chex® (higher sodium)  
Cornflakes  
Corn Pops®  
Crispix®  
Crunchy Corn, President's Choice® Organics™  
Fruity O's, President's Choice® or Western Family™  
Frosted Flakes®  
Honey Bunches of Oats, Post  
Honeycomb  
Kashi™ Flakes & Berries  
Kashi,™ 7 Whole Grain Puffed  
Kashi,™ 7 Grain Honey Puffed  
Life® Multigrains™  
Puffed Rice  
Puffed Wheat  
Rice Chex® (higher sodium)  
Rice Krispies® (higher sodium)  
Special K® (higher sodium)

#### TIP:

Higher Fibre cereals may be higher in potassium and phosphorus. Please see the list below for better high fibre cereal choices

### HIGHER FIBRE CHOICES

Corn Bran Squares™ (higher sodium)  
Mini Wheats®  
Kashi™, Bite Size Whole Wheat  
Kashi™, Organic Cinnamon Harvest  
Muffets®  
Post Grape-Nuts Flakes  
Quaker Oatmeal Squares™ (higher sodium)  
Shreddies (higher sodium)  
Shredded Wheat  
Special K® Satisfaction™ (higher protein, higher in sodium)  
Weetabix®

continued on right...

### HIGHER FIBRE CHOICES CONTINUED...

#### HOT

CORNMEAL

CREAM OF RICE

CREAM OF WHEAT

instant is higher in sodium, try the quick-cooking variety

ROLLED OATS

- Nature's Path® Organic Instant Original
- Nature's Path® Organic Instant Apple Cinnamon
- President's Choice® Instant
- Quaker™ quick cooking

#### STARCHES

BARLEY

COUSCOUS (avoid packaged or seasoned mixes)

PASTA (avoid packaged seasoned mixes)

Dried

- All plain types
- Catelli® Healthy Harvest® Whole Wheat Pasta
- Catelli® Smart™ Pasta

Fresh (NO spinach or flavoured)

- Olivieri® linguini, fettuccini, beef tortellini
- Western Family™ linguini, fettuccini, beef tortellini
- Ziggy's Internationale™ linguini, fettuccini, beef tortellini

RICE

white or brown, avoid packaged seasoned mixes

RICE NOODLES

#### TIP:

White rice and pasta are very low in phosphorus

## Foods You Can Eat

### FRUIT AND JUICE



Apple  
 Applesauce  
 Apricots (1 fresh or canned, 4 halves)  
 Blackberries  
 Blueberries  
 Boysenberries  
 Casaba melon  
 Cherries (10)  
 Coconut, fresh (1 piece 2"x 2"x 1/2")  
 Crabapples  
 Cranberries  
 Currants (red, white or black)  
 Figs (fresh, 1 medium)  
 Fruit cocktail (canned in juice)  
 Gooseberries  
 Grapefruit\*  
**\*Some people have medication that should NOT be taken with grapefruit. Check with your pharmacist.**  
 Grapes (15)  
 Kumquat (5)  
 Lemon  
 Lime  
 Loganberries (frozen)  
 Longans (15 fresh)  
 Lychees (10 fresh)  
 Mandarin orange (canned or 1 medium fresh)  
 Maraschino cherries  
 Passion fruit  
 Peach  
 Pear (1/2 fresh or canned)  
 Pear, Asian (1 medium)  
 Persimmon (American)  
 Pineapple  
 Plums (1 fresh or 3 canned)  
 Pomegranate (1/2 medium) (pomegranate juice is high in potassium)  
 Prickly pear  
 Quince  
 Rambutan (canned in syrup or 2 fresh)  
 Raspberries  
 Rhubarb  
 Strawberries  
 Tangerine  
 Watermelon



#### TIP:

Most foods contain some potassium. A large portion of a low potassium food can make it a high potassium food.

**1 serving = 1 medium fruit or 1/2 cup**

If using canned fruit, drain juice and discard to decrease fluid and potassium.

If you do not need to restrict potassium in your diet you may be able to eat a wider variety of fruit. Check with your dietitian.

### JUICES

- Apple
- Apricot nectar
- Five Alive®
- Grape (canned, bottled)
- Peach nectar
- Pear nectar
- Pineapple
- RW Knudsen®
- Spritzers (lemon-lime, Jamaican-style lemonade)

### JUICES LOWER IN POTASSIUM

- Cranberry
- Cranberry cocktail (CranRaspberry, CranGrape, CranBlueberry)
- Grape (frozen concentrate)
- Lemonade (homemade or frozen concentrate)
- Limeade (homemade or frozen concentrate)



#### WARNING:

People on dialysis should NOT eat starfruit, also called carambola.



## Foods You Can Eat

### VEGETABLES



Alfalfa sprouts  
Arugula (raw)  
Asparagus (cooked, not canned)  
Bamboo shoots (canned)  
Bean sprouts  
Beans, green  
Beans, yellow  
Beets (canned, not pickled)  
Bitter melon (balsam pear)  
Broccoli (1/2 cup raw or 1/3 cup cooked)  
Cabbage, green  
Cabbage, napa (sui choy)  
Cabbage, red  
Cabbage, savoy  
Carrots  
Cauliflower  
Celery, fresh  
Celeriac (celery root), cooked  
Chayote  
Corn, fresh or frozen or low sodium canned  
Cucumber  
Dandelion greens, raw  
Eggplant  
Endive  
Fennel bulb, fresh  
Fuzzy squash (moo qua)  
Gai Lan (Chinese broccoli)  
Grape leaves, canned (5 leaves)  
Jicama, raw  
Kale, cooked  
Leeks  
Lettuce (butter, leaf, iceberg, romaine)  
Mushrooms, fresh or canned, not cooked  
Mushrooms, Shitake (4)  
Mushrooms, Enoki (raw)  
Mustard greens, frozen cooked  
Nopales (cactus leaves), cooked  
Onions  
Okra  
Peas and carrots, frozen mix  
Peas, green  
Peppers, red, green, yellow, orange  
Peppers, hot chili or jalapeno  
Pumpkin, canned

Radicchio, raw  
Radish, raw  
Seaweed, kelp, raw  
Seaweed, nori (1/2 oz)  
Seaweed wakame, raw  
Shallots, raw  
Snow peas, cooked  
Spinach, raw  
Squash, crookneck, cooked  
Squash, scallop, cooked  
Squash, spaghetti, cooked  
Squash, zucchini, raw  
Tomatillos, raw (1 medium)  
Turnip, cooked  
Turnip greens, cooked  
Water chestnuts, canned  
Watercress, raw  
Winter melon (don qua), cooked

### LOW SODIUM CANNED VEGETABLES

#### CORN

- Del Monte® No Salt Added
- President's Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted

#### PEAS

- Green Giant™ 1/3 less salt
- President's Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted

#### GREEN BEANS

- President's Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted



#### TIP:

Most foods contain some potassium. A large portion of a low potassium food can make it a high potassium food.

**1 serving = 1 medium vegetable or 1/2 cup**

If using canned vegetables, drain liquid and discard to decrease fluid.

If you do not need to restrict potassium in your diet you may be able to eat a wider variety of vegetables. Check with your dietitian.

## Foods You Can Eat

### MEAT & ALTERNATIVES (protein)

#### BEEF

#### CHICKEN

avoid “seasoned” which means phosphorus and sodium-added

#### READY-TO-SERVE ROASTED CHICKEN

(higher in sodium)

#### DUCK

#### EGGS

- Fresh eggs, all types
- Naturegg™ Break Free Omega Pro™
- Naturegg™ Break Free™
- Egg Beaters®
- Egg whites (low in phosphorus)
- Naturegg™ Simply Egg Whites™

#### FRESH FISH

watch for frozen and previously frozen fish, some have added phosphorus

#### CANNED TUNA AND SALMON

low sodium is a better choice, read label to avoid added phosphorus, eat without edible bones, they are high in phosphorus

- Clover Leaf® low-sodium tuna
- Western Family™ low sodium tuna
- Gold Seal® low-sodium salmon
- President’s Choice® no-salt-added salmon

#### GAME MEAT

#### LAMB

#### PEANUT BUTTER (higher in potassium)

#### PORK

#### SEAFOOD

watch for frozen and previously frozen seafood, some have added phosphorus

#### TOFU

firm tofu has more protein than soft

#### TURKEY

- McLean Organic Foods™ Meats Turkey Grillers

#### VEAL



#### TIP:

Limit your intake of smoked and processed meats/fish as they are higher in sodium.

Check labels and avoid products containing added phosphorus (eg. frozen chicken breasts, some frozen seafood and fish).

Avoid eating fish such as herring, mackerel and sardines. The bones are high in phosphorus.



continued...



## Foods You Can Eat

### DAIRY PRODUCTS

**These foods did not have added phosphorus at the time of review.** Other dairy products have added phosphorus and manufacturers may change the ingredient list at any time. Please check the label often.

BRIE CHEESE

BUTTERMILK (higher in sodium)

CAMEMBERT CHEESE

CHEESE (brick)

COFFEE CREAM

- Dairyland®
- Foremost
- Lucerne® Creamo
- Island Farms

COTTAGE CHEESE

- Lower sodium choice – Lucerne 2% No-Added-Salt

CREAM CHEESE (lower in phosphorus)

GOAT CHEESE (soft)

HALF AND HALF

- Dairyland®
- Foremost
- Lucerne®
- Island Farms

ICE CREAM/ICE MILK

MILK

RICOTTA CHEESE

SOUR CREAM (lower in phosphorus)

- Dairyland® Fat-Free
- Jersey Farms No-Fat
- Lucerne® Regular
- Lucerne® Low-Fat
- Island Farms Regular



#### TIP:

Cheeses and buttermilk are high in salt. Some low sodium cheese (hard) can have added potassium—read the label. Dairy products are high in phosphorus. Limit to 1–2 servings per day or as recommended by your dietitian.

**1 serving = ½ cup milk, ½ cup yogurt or 1 oz cheese.**

YOGURT

- plain, fruit, frozen
- Greek yogurt (higher in protein)

WHIPPING CREAM

- Whipped Cream (Ready-to-use spray can) (lower in phosphorus)
- Lucerne®
- Western Family™
- Gay Lea

### DAIRY ALTERNATIVES

These dairy alternatives can be used in place of milk. Look for non-enriched; they do not have phosphorus added to them but are similar in potassium.

- Almond Breeze® beverage (Original Unsweetened or Vanilla Unsweetened)
- Pacific Foods® Organic Almond Non-Dairy beverage (vanilla & original)
- Silk® Soy Beverage (Unsweetened, Vanilla, Light)
- So Nice™ Natural
- So Nice™ Non-Dairy Soy Yogurt (peach, vanilla, strawberry)



#### TIP:

The dairy alternatives below are lowest in protein, phosphorus and potassium and can be used more liberally. Try instead of milk in cooking, baking or on cereal.

- Rice Dream™ Beverage (vanilla & original)
- Pacific Foods® Organic Almond Non-Dairy beverage (unsweetened)



## Foods You Can Eat

### DRINKS



**These foods did not have added phosphorus at the time of review.** Other drinks have added phosphorus and manufacturers may change the ingredient list at any time. Please recheck the label often.

#### APPLE CIDER

- Western Family™ Apple Cider Beverage Mix
- Caf Lib™

#### COFFEE (regular, decaffeinated)

\*\*aim for 2 cups or less a day

#### DRINK CRYSTALS

- Good Host™
- Lipton®

#### FRUIT PUNCH

- Minute Maid® frozen concentrate

#### ICED TEA (bottled)

- Nestea®
- Snapple®

#### POWDER MIX

- Good Host®
- Lipton® crystals
- Nestea® packets (with Splenda)
- No Name® (Original only)

#### FROZEN MIX

- Nestea®
- No Name®

#### HOMEMADE ICED TEA

#### JUICES (see page 5)

#### LEMONADE OR LIMEADE (see juices)

#### TEA

regular, herb, decaffeinated

TRUE™ LIME CRYSTALLIZED LIME packets, non sweetened

TRUE™ LEMON

WATER

#### POP

#### CLUB SODA

- President's Choice®
- Schweppes™

#### CREAM SODA

- Crush™, Diet Crush™
- Fanta®, Diet Fanta®

#### FRESCA®

#### GINGER ALE

- Canada Dry™
- Diet Canada Dry™

#### GREEN TEA

#### GRAPE

- Fanta

#### GRAPEFRUIT

- Western Classic™ Sparkling

#### ORANGE CRUSH™

#### ROOT BEER

- A&W™, A&W™ diet
- Blue Sky®
- Barqs®
- Santa Cruz Organic®
- Western Classic™

#### 7-UP® or DIET 7-UP®

#### SPRITE® or DIET SPRITE®

#### TONIC WATER

continued...

## Foods You Can Eat

### SOUP & BROTH



#### GREAT VALUE™ REDUCED SODIUM CHICKEN BROTH

#### HARVEST SUN™

- Organic low-sodium vegetable bouillon cubes

#### PRESIDENT'S CHOICE® BLUE MENU™

- Chicken and rotini
- Mushroom barley

### LOWEST IN SODIUM

#### CAMPBELL'S® (READY TO USE) NO SALT ADDED CHICKEN BROTH

#### KITCHEN BASICS® UNSALTED (available at Safeway)

- beef, chicken or vegetable

#### PACIFIC® ORGANIC

- Low-sodium free-range chicken broth
- Low sodium beef broth

#### PRESIDENT'S CHOICE® BLUE MENU™

- No added salt chicken broth
- No added salt beef broth

### SNACKS

#### CEREAL BARS

- Eating Right™ Apple and Grain
- Nature's Choice® Multigrain Raspberry (London Drugs)
- Nature's Path® Organic Crispy Rice bar (Berry)
- Nutri-Grain® Bars
- Western Family™ (Blueberry and Strawberry)

#### GRANOLA BARS

(limit chocolate, yogurt-coated and nuts)

- Nature Valley™ Crunchy (Apple Crisp, Oats n' Honey, Cinnamon)
- Nature Valley™ Fibre Source (Apple Cobbler)
- Kashi™ Cherry Dark Chocolate (has very little chocolate)
- President's Choice® Blue Menu™ Cranberry Apple Chewy

#### EATING RIGHT™ LOW SODIUM PRETZELS

(Safeway brand)

#### LOW SODIUM TORTILLA CHIPS

- President's Choice® Blue Corn
- Que Pasa™
- Thrifty's™, No Salt
- Western Family™

#### POPCORN

- Air-popped—try with just butter/margarine, limit added salt
- Orville Redenbacher® Smart Pop® microwave
- President's Choice® 100cal mini bag popcorn
- President's Choice® Blue Menu Butter Flavour microwave
- President's Choice® Blue Menu™ Natural Flavour microwave

#### RICE CAKES

- No Name® Unsalted
- Quaker® (Plain, Salt-free, Lightly Salted, Apple Cinnamon, Caramel, Butter Popcorn)

#### RICE WORKS® GOURMET BROWN RICE CRISPS

- Thai Curry, Tangy BBQ, Sweet Chili, Wasabi, Original

#### SUN CHIPS™

- Original



## Foods You Can Eat

### CRACKERS

#### CARR'S®

- Table Water® Crackers
- Table Water® Crackers with Cracked Pepper
- Garlic and Herb Crackers

#### GRISSOL® MELBA TOAST

- Original, No Salt, 60% Whole Wheat

#### GRISSOL® CRISPY BAGUETTES

- Plain

#### HOLLAND RUSK CREAM CRACKERS

#### PREMIUM PLUS UNSALTED TOPS

#### PRESIDENT'S CHOICE®

- Organics™ Stoned wheat crackers
- Blue Menu™ wheat and onion crackers

#### QUAKER® RICE CAKES

- Plain, Salt-free, Lightly Salted

#### RICE CRACKERS

- Hot Kids® Rice Crisps Natural
- Mr. Christie Original Rice Thins
- Sakata® Plain

#### STONED WHEAT THINS®- 60% less sodium

#### WESTERN FAMILY™

- Soda Crackers Unsalted Tops

### COOKIES



#### Sandwich/Filling Type

##### DARE® ULTIMATE™

- Cinnamon Danish
- Lemon Crème
- Maple Leaf
- Strawberry Crème
- Vanilla Crème

#### NO NAME® VANILLA SUGAR WAFERS

#### OREO™ GOLDEN ORIGINAL SANDWICH COOKIES

#### PEAK FREANS

- Fruit Crème
- Lifestyle Selections™ Fruit Creme

#### Plain/Wafer Type

##### DARE® SIMPLE PLEASURES®

- Cinnamon Snaps
- Digestives
- Lemon Social Tea
- Oatmeal
- Social Tea
- Spice Snaps

#### HONEY MAID® GRAHAM WAFERS

#### NO NAME® MARIA BISCUITS

#### PEAK FREANS

- Nice
- Shortcake
- Digestive

#### PEAK FREANS LIFESTYLE SELECTIONS™

- Shortcake
- Lemon Crisp No Added Sugar

#### PRESIDENT'S CHOICE®

- Butterfly Wings
- Dutch Butter Cookies
- English Style Gingersnaps
- Mini Chefs™ Teddy Bear Arrowroot Cookies
- Mini Chefs™ Zookies™ Animal Crackers
- Mini Chefs™ Honey Crunch Cubs

#### PRESIDENT'S CHOICE® BLUE MENU™ 100 CALORIE GINGER AND LEMON

#### PRESIDENT'S CHOICE® ORGANICS

- All Butter Shortbread Fingers
- Oat and Honey

#### TEDDY GRAHAMS (HONEY)

## Foods You Can Eat

### DESSERTS & CANDY



#### APPLE CRISP PRESIDENT'S CHOICE® BLUE LABEL

#### CAKE MIXES

- Betty Crocker™ Angel Food
- Dr. Oetker Vanilla Organic
- President's Choice®
- Safeway™ Yellow
- Safeway™ White

#### CHEESECAKE (NO CHOCOLATE OR NUTS)

#### CINNAMON BUNS

- Baker Boys® gourmet (Save On Foods)

#### COBS BREAD®

- Danish, lemon tart, butter tart

#### COOL WHIP, NONDAIRY DESSERT TOPPING

#### FRUIT JUICE BARS

- Delmonte®
- Safeway brand™

#### FLAVOURED JELLY POWDER

- No Name brand, NOT Jell-o® brand

#### GELATO

- Del Monte® lemon
- President's Choice® lemon
- Mario's® gelati sorbetto (lemon)

#### MERINGUE

#### POPSICLES

#### PIE

- apple, blueberry, peach, lemon meringue, rhubarb

#### RICE DREAM® NON-DAIRY DESSERT, FROZEN

- Vanilla (non-enriched), Cookies n' Dream or Strawberry)

#### RICE KRISPIES® SQUARES- original

#### SHERBET

- lemon, lime, strawberry, rainbow, raspberry

#### SO DELICIOUS™ SOY DESSERT, FROZEN

- vanilla

#### STRUDEL

fruit-filled



#### TIP:

These foods did not have added phosphorus at the time of review. Other mixes and ready-to-eat prepared desserts and baked products may have phosphorus in them. Try to make your own desserts and baked goods.

#### 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®  
Werther's® hard candy  
Wine Gums™



#### TIP:

Choose candy without nuts or chocolate.



## Foods You Can Eat

### FATS

BUTTER OR SALT-FREE BUTTER

MARGARINE (non-hydrogenated) or SALT-FREE MARGARINE (non-hydrogenated)

MAYONNAISE

MIRACLE WHIP

VEGETABLE OIL

canola and olive are better choices

### SALT-FREE SEASONINGS

CLUB HOUSE® LA GRILLE™ NO SALT ADDED

- Chicken Seasoning
- Steak Spice

FRONTIER™ ALL-PURPOSE SEASONING (SALT-FREE BLEND)

MCCORMACK® SALT-FREE

- Garlic & Herb
- All-Purpose

MRS DASH® (ALL TYPES)

PRESIDENT'S CHOICE®  
no salt added

SPIKE® SALT-FREE ALL PURPOSE

### SALAD DRESSING

BOLTHOUSE FARMS®

- Raspberry Merlot Vinaigrette
- Tropical Mango Vinaigrette

LITEHOUSE®

- Balsamic
- Raspberry Walnut

RENEE'S GOURMET™

- Pear Guava
- Balsamic
- Honey Dijon
- Ravin Raspberry
- Tangerine Lime

PRESIDENT'S CHOICE® BLUE MENU™

- Raspberry Vinaigrette
- Honey Pear Vinaigrette
- Lemon and Poppseed

### SAUCES & CONDIMENTS

CRANBERRY JELLY/SAUCE

HOT SAUCE

HORSERADISH

LIQUID SMOKE®

MINT JELLY/SAUCE

PEPPER JELLY

TABASCO® SAUCE

note some other hot sauces can be high in sodium

VINEGAR

### CONDIMENTS HIGHER IN SODIUM

BREAD AND BUTTER PICKLES

BARBECUE SAUCE

KETCHUP

MUSTARD

RELISH

SALSA

TARTAR SAUCE

WORCESTERSHIRE SAUCE



#### TIP:

Try to limit to 1 tbsp per day total or less

## Foods You Can Eat

### SEASONINGS & SPICES

Artificial flavouring (rum, banana, etc.)  
Allspice  
Anise  
Basil  
Bay leaves  
Caraway seeds  
Cardamom  
Celery seeds  
Chervil  
Chives  
Cilantro  
Cinnamon  
Cloves  
Coriander  
Cumin  
Curry powder  
Dill  
Extracts (vanilla, peppermint etc.)  
Fennel  
Fenugreek  
Garlic powder  
Ginger  
Mace  
Marjoram  
Mustard (dry)  
Nutmeg  
Onion powder and flakes  
Oregano  
Paprika  
Parsley  
Pepper, black  
Pepper, cayenne  
Pimentos  
Poppy seeds  
Poultry Seasoning  
Rosemary  
Saffron  
Sage  
Savory  
Tarragon  
Thyme  
Turmeric

### SUGAR & SWEETENERS

EQUAL® (ASPARTAME)  
HONEY  
ICING SUGAR  
JAM  
JELLY  
LEMON SPREAD  
MARMALADE  
MARSHMALLOW FLUFF®  
SPLENDA® (SUCRALOSE)  
SYRUP  
WHITE SUGAR



#### TIP:

Try flavouring your food with a variety of seasonings instead of salt. Try herbs, spices, pepper, vinegars or lemon/lime juice.