Diabetes Kidney-Friendly Shopping List

May 2016
Created by the BC Renal Registered Dietitian’s Group

In conjunction with:
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IMPORTANT INFORMATION

This BCPRA guideline/resource was developed to support equitable, best practice care for patients with chronic kidney disease living in BC. The guideline/resource promotes standardized practices and is intended to assist renal programs in providing care that is reflected in quality patient outcome measurements. Based on the best information available at the time of publication, this guideline/resource relies on evidence and avoids opinion-based statements where possible; refer to www.bcrenalagency.ca for the most recent version.

For information about the use and referencing of BCPRA provincial guidelines/resources, refer to http://bit.ly/28SFr4n.
DIABETES KIDNEY-FRIENDLY GROCERY LIST

Introduction
The foods listed can be enjoyed by people with diabetes and kidney disease as they are lower in potassium and sodium and don’t contain phosphorus additives.

As of June 2015, these foods fit the above 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.

Not sure where to shop for certain brand names?
Some foods in this list have brand names that are only found at certain stores. 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.

<table>
<thead>
<tr>
<th>Brand name</th>
<th>Where to find it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compliments</td>
<td>Thrifty Foods™</td>
</tr>
<tr>
<td>Dairyland®</td>
<td>Save-On Foods, Overwaitea, Price Smart Foods</td>
</tr>
<tr>
<td>Eating Right ™</td>
<td>Safeway ™</td>
</tr>
<tr>
<td>Foremost</td>
<td>Extra Foods®, Superstore®, No Frills</td>
</tr>
<tr>
<td>Great Value™</td>
<td>Walmart®</td>
</tr>
<tr>
<td>Island Farms</td>
<td>Marketplace IGA®, Thrifty Foods ™</td>
</tr>
<tr>
<td>Jersey Farms</td>
<td>Extra Foods®, Superstore®, No Frills, Thrifty Foods™, Costco®</td>
</tr>
<tr>
<td>Lucerne®</td>
<td>Safeway™</td>
</tr>
<tr>
<td>No Name®</td>
<td>Extra Foods®, Superstore®, No Frills</td>
</tr>
<tr>
<td>Our Finest™</td>
<td>Walmart®</td>
</tr>
<tr>
<td>President’s Choice®</td>
<td>Extra Foods®, Superstore®, No Frills</td>
</tr>
<tr>
<td>Western Family™</td>
<td>Save-On-Foods, Overwaitea, Pricesmart foods</td>
</tr>
<tr>
<td>Ziggy’s™</td>
<td>Extra Foods, Superstore®, No Frills</td>
</tr>
</tbody>
</table>

Dietitian’s Tip
Look for helpful hints throughout this booklet that will help you with your diet.

Note
Check for important notes throughout this booklet to help you make the right food choices.

YOUR RENAL DIETITIAN:

________________________________________________________________________

TELEPHONE NUMBER:

________________________________________________________________________
HOW TO READ YOUR NUTRITION LABEL

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.

**Nutrition Facts**
Per 1 fillet (120 g)

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
</tr>
<tr>
<td>Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>Saturated</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>400 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>16 g</td>
</tr>
<tr>
<td>Fibre</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>14 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>2 %</td>
</tr>
<tr>
<td>Iron</td>
<td>8 %</td>
</tr>
</tbody>
</table>

**SODIUM**
- Aim for less than 25% for a meal.
- One fish fillet will likely be only a part of your meal. Consider what else you’re eating that meal to determine if your meal is too high in sodium.
- Aim for less than 10% for snacks and cereals.
- Aim for less than 2300 mg of sodium per day.

**CARBOHYDRATES**
- Includes fibre, starch, and sugars.
- Aim for 45-60 g of carbohydrates per meal.
- Look for higher fibre foods.

Avoid foods containing phosphorus additives.
Phosphorus can be found as an additive in many processed foods and drinks. These additives move very quickly into the blood and can increase your phosphorus levels. These additives can be identified on the ingredient list by the term “phosph” as part of a word.

“Low sodium” or “reduced sodium” foods may have added potassium. The potassium should be listed on the nutrition facts table in this case.

Example:

Ingredients: Cod fish fillets, water, toasted wheat crumbs, modified starch (corn), seasonings (onion, garlic, spices), flour (corn), sodium phosphate, salt, guar gum, sugar, vegetable oil (canola/sunflower). Browned in canola oil.

Some other examples are:
- phosphoric acid
- dipotassium phosphate
- monocalcium phosphate
- tricalcium phosphate

Avoid foods containing phosphorus additives.
**STARCHES**

When choosing breads, remember that most bagels, buns and wraps are very high in sodium. Look for bread products that have less than 200mg sodium per serving. The items with an asterisk (*) beside them are better choices for blood sugar control.

<table>
<thead>
<tr>
<th>High Fibre Breads*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Harvest™</td>
</tr>
<tr>
<td>7 Grain™</td>
</tr>
<tr>
<td>12 Grain™</td>
</tr>
<tr>
<td>Fibre™</td>
</tr>
<tr>
<td>Veggie™</td>
</tr>
<tr>
<td>Cranberry Museli™</td>
</tr>
<tr>
<td>Flax and Quinoa™</td>
</tr>
<tr>
<td>Oat and Honey™</td>
</tr>
<tr>
<td>Oat and Pumpkin™</td>
</tr>
<tr>
<td>Sprouted Multigrain™</td>
</tr>
<tr>
<td>Dempster’s</td>
</tr>
<tr>
<td>Whole Grains 12 Grain®</td>
</tr>
<tr>
<td>Whole Grains 100% whole wheat®</td>
</tr>
<tr>
<td>Whole Grains 12-Grain®</td>
</tr>
<tr>
<td>Whole Grains Honey Oatmeal®</td>
</tr>
<tr>
<td>Whole Grains Ancient Grain with Quinoa®</td>
</tr>
<tr>
<td>Silver Hills™</td>
</tr>
<tr>
<td>Steady Eddie™</td>
</tr>
<tr>
<td>Chia™</td>
</tr>
<tr>
<td>Big 16™</td>
</tr>
<tr>
<td>Big Red’s™</td>
</tr>
<tr>
<td>Queen’s Khorasan™</td>
</tr>
</tbody>
</table>

**Dietitian’s Tip**

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

**Baguette/Dinner Rolls**
- white, whole wheat*, French, Italian, light rye*, sourdough*

**Bread**
- white, whole wheat, French, sourdough*

**Breadsticks**
- unsalted

**Croissants**

**Crumpets**
- Oakrun Farm Bakery® Buttermilk

**English Muffins**
- Dempsters®- Plain, Whole Wheat or Cinnamon Raisin
- Weight Watchers® Multigrain
- Western Family™: Original, Sourdough* or Extra Crisp

**Hamburger/Hot Dog Buns**
- Dempsters®: Mini Burger Buns or Hot Dog Buns
- President’s Choice®: Street Dog, Mini Top Hot Dog or Hawaiian Sweet Buns
- Safeway Kitchen™: Hot Dog Buns
- Wonderbread®: Whole Wheat Hot Dog or White Hamburger Buns

**Muffin Mixes**
- President’s Choice® Organics™ - Oatmeal

**Pita Bread**
- Byblos Pita Pockets - Greek, Whole wheat, White
- Indianlife® Homestyle - White Roti
- Olafson’s® Original Mini Pitas
- Pita Bread Factory- White or 100% Whole Wheat
- President’s Choice® Fouee Pocket Flatbreads
- Sunrise White Pita

**Taco Shells**
- Casa Fiesta® Hard Taco Shells
- Old El Paso® Corn Taco Shells
- Western Family™

**Tortillas And Wraps**
- Dempsters® Smart 7-inch
- Don Pancho® Yellow Corn Tortillas
- Indianlife® Coriander Wrap
- La Cucina® Corn Tortillas
- President’s Choice® Medium Soft Flour Tortilla
### STARCHES

The items with an asterisk (*) beside them are better choices for blood sugar control.

#### Cereal Guide

<table>
<thead>
<tr>
<th>Cold cereal</th>
<th>Hot Cereal</th>
<th>Rolled Oats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes</td>
<td>Cornmeal</td>
<td>Compliments® Regular Instant Oatmeal</td>
</tr>
<tr>
<td>Corn Chex®</td>
<td>Cream of Rice</td>
<td>President’s Choice® Instant Regular Oatmeal</td>
</tr>
<tr>
<td>Crispix Krispies®</td>
<td>Cream of Wheat</td>
<td>President’s Choice® Instant Oatmeal, Apples &amp; Cinnamon</td>
</tr>
<tr>
<td>Nature’s Path® Crispy Rice Kashi®</td>
<td>Cream of Wheat, 8 minutes</td>
<td>Quaker™ Large Flake Oats</td>
</tr>
<tr>
<td>Honey Puffed Grains • Puffed Grains • Puffed Rice • Puffed Wheat</td>
<td>Cream of Wheat, Instant</td>
<td>Quaker™ Oats Instant Oatmeal</td>
</tr>
<tr>
<td>Rice Krispies®</td>
<td></td>
<td>• Regular</td>
</tr>
<tr>
<td>Rice Krispies® Brown Rice Special K®</td>
<td></td>
<td>• Apple Cinnamon</td>
</tr>
<tr>
<td>*Corn Bran Squares™</td>
<td></td>
<td>• Cinnamon &amp; Spices</td>
</tr>
<tr>
<td>*Life®, Multigrain™</td>
<td></td>
<td>• Lightly Sweetened, Apple and Cinnamon</td>
</tr>
<tr>
<td>*Quaker Muffets®</td>
<td></td>
<td>Quaker™ One Minute Oats</td>
</tr>
<tr>
<td>*Weetabix®</td>
<td></td>
<td>Quaker™ Quick Oats</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Western Family™ Quick Oats</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Western Family™ Old Fashion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Western Family™ Instant Oatmeal, Apples &amp; Cinnamon</td>
</tr>
</tbody>
</table>

#### Dietitian’s Tip

Cereals with less than 7 grams of sugar and more than 4 grams of fibre per serving are better choices. The choices with (*) fit these guidelines.

#### Other 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** (avoid packaged or seasoned mixes)
- White or brown*, parboiled*

**Rice Noodles**
FRUIT

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

Dietitian’s Tip
Fruit with an asterisk (*) are higher in fibre; they have 2 or more grams fibre per serving (½ cup).

Note
Most foods contain some potassium. Potassium adds up with larger portion sizes.

1 serving = 1/2 cup unless otherwise noted

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

WARNING:
People with decreased kidney function should NOT eat starfruit, also called carambola.

- Apple
- Applesauce
- Apricot (canned)
- Blackberries*
- Blueberries*
- Boysenberries*
- Casaba melon
- Cherries (10)*
- Coconut, fresh (1 piece 2”x 2”x ½”)
- Crabapples*
- Cranberries
- Currants-fresh (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 (16)
- Kumquat* (5)
- Lemon
- Lime
- Loganberries (frozen)*
- Longans (15 fresh)
- Lychees (10 fresh)
- Mango*
- Mandarin orange (canned or 1 medium fresh)*
- Maraschino cherries
- Nectarine (1/2 medium)
- Peach*
- Pear* (½ fresh or canned)
- Pear, Asian* (1 medium)
- Persimmon (American)
- Pineapple
- Plum
- Prickly pear
- Quince*
- Rambutan (canned in syrup or 2 fresh)
- Raspberries*
- Rhubarb*
- Strawberries*
- Tangerine*
- Watermelon
VEGETABLES

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

Dietitian’s Tip
Vegetables with an asterisk (*) are higher in fibre; they have 2 or more grams fibre per serving (½ cup).

- Alfalfa sprouts
- Arugula (raw)
- Asparagus (cooked, not canned)*
- Bamboo shoots (canned)
- Bean sprouts
- Beans, green*
- Beans, yellow*
- Beets*
- Bitter melon (balsam pear)
- Broccoli , raw
- Cabbage*
- Cabbage, napa (sui choy)*
- Cabbage, savoy*
- Carrots*
- Cauliflower*
- Celery, fresh
- Celeriac (celery root), cooked
- Chayote*
- Corn, fresh or frozen or low sodium canned*
- Cucumber
- Daikon Radish (raw)
- Dandelion greens, raw
- Eggplant*
- Endive*
- Fennel bulb, fresh
- Fuzzy squash (moo qua)*
- Gai Lan (Chinese broccoli)
- Grape leaves, canned (4 leaves)
- Jicama, raw*
- Kale
- Leeks
- Lettuce (butter, leaf, iceberg, romaine)
- Mushrooms, fresh or canned, not cooked*
- Mustard greens
- Nopales (cactus leaves), cooked
- Onions
- Okra
- Peas and carrots, frozen mix
- Peas, green*
- Peas (Snow, Snap)*
- Peppers
- Radish, raw
- Shallots, raw
- Spinach, raw
- Squash, crookneck, cooked
- Squash, scallop, cooked*
- Squash, spaghetti, cooked
- Squash, zucchini, raw
- Tomatillos
- Tomato- raw cherry
- Turnip*
- Turnip greens, cooked*
- Water chestnuts, canned
- Watercress, raw

Note
Almost all foods contain some potassium. Potassium adds up with larger portion sizes or more portions.

1 serving = 1/2 cup unless otherwise noted

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

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

**Low-Sodium Canned Vegetables**

**Corn**
- Del Monte® No Salt Added
- Eating Right™ No Salt Added
- Great Value™ No Salt Added
- Green Giant™ No Added Salt or Sugar
- President’s Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted

**Peas**
- Del Monte® No Salt Added
- Eating Right™ No Salt Added
- Great Value™ No Salt Added
- Green Giant™ Unsalted
- President’s Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted

**Green Beans/Wax Beans**
- Eating Right™ No Salt Added
- Great Value™ No Salt Added
- President’s Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted

**Starchy Vegetables - high in carbohydrates**

**Corn**

**Potato**

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**Dietitian’s Tip**

Potatoes are high in potassium; if you choose to have potatoes, double boil them to lower the potassium content, and keep to a 1/2 cup portion.

1. Peel, cube or slice potatoes
2. Add double the amount of water.
3. Bring to boil, then drain water.
4. Add fresh water, finish cooking and drain again.
MEAT & ALTERNATIVES

It is best to choose fresh meats. The prepared meat options listed below met the low sodium and no added phosphorus criteria at the time of review (unless otherwise stated).

**Dietitian’s Tip**
Avoid “seasoned” meats as these foods usually have added phosphorus and sodium.

**Dietitian’s Tip**
Limit your intake of smoked and processed meats/fish as they are higher in sodium (e.g. hot dog wiener, deli sliced meat, fish sticks).

**Dietitian’s Tip**
Avoid eating fish such as herring, mackerel and sardines. The bones are high in phosphorus. If eating canned salmon, avoid the bones.

**Dietitian’s Tip**
Avoid processed meats that have added potassium preservatives (e.g. potassium lactate).

**Dietitian’s Tip**
Avoid products containing added phosphorus (e.g. frozen chicken breasts, some previously frozen seafood and fish).

**Beef**
- President’s Choice® Blue Menu™ Lean Italian Meatballs 50% Less Fat

**Chicken**
- Pinty’s® Oven Roasted Chicken Breast Strips
- Ready-to-serve roasted chicken (higher in sodium)

**Duck**

**Eggs**
- Fresh eggs, all types
- Egg Whites
- Naturegg™ Simply Egg Whites™
- GoldEgg™ Free Run Egg Whites
- GoldEgg™ Just Egg Whites
- President’s Choice® Blue Menu™ Free Run Egg Whites™

**Fish (fresh and frozen)**
- Eating Right™ Salmon Burgers
- President’s Choice® Blue Menu™ Wild Salmon Burgers
- Tastee Choice™ Basa fish burgers
- Canned Tuna and Salmon (read label to avoid added phosphorus and potassium)

**Game Meat**

**Lamb**

**Peanut Butter** (higher in potassium)

**Pork**

**Seafood**

**Sliced Meat**
- Maple Leaf Natural Selections® No preservatives added
- Roast Beef

**Tofu** (firm tofu has more protein than soft)

**Turkey**

**Veal**
DAIRY & ALTERNATIVES

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

Dietitian’s Tip
Cheeses and buttermilk are high in salt. Some low sodium cheese (hard) can have added potassium – read the label.

Dietitian’s Tip
Many fruit flavoured yogurts contain added sugar (often around 2-3 tsp). Buy plain yogurt and add your own unsweetened fruit.

Brie Cheese
Buttermilk (higher in sodium)
Camembert Cheese

Cheese (hard)
• brick, cheddar, gouda, mozzarella, swiss
• Babybel® Original or Light

Coffee Cream
• Dairyland®
• Foremost®
• Island Farms®

Cottage Cheese (higher in sodium)
• Lower sodium choice - Lucerne® 1% No-Added-Salt

Cream Cheese (lower in phosphorus)

Goat Cheese (soft)

Half and Half
• Dairyland® Creamo
• Foremost®
• Lucerne®
• Island Farms®

Ice Cream / Ice Milk

Kefir
• Liberte® (plain)

Milk
Parmesan Cheese (1 serving = 15 mL)

Ricotta Cheese
Sour Cream (lower in phosphorus)
• Dairyland® Regular (15% MF), Low Fat (5% MF) and Fat-Free 1.5% MF
• Jersey Farms® Regular and No-Fat
• Lucerne® Regular and Low Fat
• Island Farms® Regular (14% MF) and Light (7% MF)

Yogurt
• Greek yogurt (higher in protein)
• plain, diet fruit flavoured

Whipping Cream
• Whipped Cream (ready-to-use spray can)
• Lucerne®
• Western Family™

Dairy Alternatives
These dairy alternatives can be used in place of cow’s milk. Try using these options in cooking, baking or on cereal.

Blue Diamond® Almond Breeze
• Original
• Unsweetened
• Vanilla (Original and Unsweetened)
• Almond Coconut (Original and Unsweetened)

Natur-a™ Fortified Almond
• Original
• Vanilla
• Unsweetened

Pacific Foods® Organic Almond
• Original
• Original Unsweetened

Rice Dream™ - choose the non-enriched version, as they do not have added phosphorus
• Original
• Vanilla

Note
Dairy products are high in phosphorus and potassium and should be limited.

1 serving of dairy =
½ cup milk, ½ cup yogurt or 1 oz. cheese
Limit to 1 - 2 servings per day or as recommended by your dietitian.
Drinks that have little or no affect on your blood sugar:

Club Soda
- Complements® Low Sodium
- Schweppes®

Coffee
Crystal Light®
- Original Iced Tea Blend
- Peach Iced Tea Blend

Fresca®
- Sugar Free

Ginger Ale - Diet
- Diet Canada Dry®
- Diet Schweppes®
- Zevia®

Homemade Lemonade
(no sugar added or sugar alternative)

Iced Tea
- Homemade
- Lipton® Pure Leaf™ Unsweetened Iced Tea

Ocean Spray® Juice Blends
- Diet Cranberry
- Diet Cran-Lemonade
- Diet Cran-Cherry
- Diet Blueberry

Orange - diet
- Diet Crush™

Root Beer - diet
- Diet A&W™

7-UP® - diet

Sparkling Flavoured Water
- Dasani® Sparkling (Lime, Berry or Lemon)
- Nestle® Pure Life® Sparkling (Lemon, Lime, Mandarin Orange)
- Perrier® (Lemon, Lime, Pink Grapefruit)
- President’s Choice® Blue Menu™ Sparkling Water with natural flavours (orange, blueberry pomegranate, lemon, lime)
- President’s Choice® Carbonated Spring Water (lemon, lime, plain)

Tea
True Lime™
True Lemon™

Water
Zevia®
- Black Cherry
- Ginger Ale

Limit these drinks as they contain some carbohydrates which can increase your blood sugars:

Cranberry Cocktail - Low Calorie
- Ocean Spray® Low Calorie Cran-Raspberry, Cran Grape, Cranberry
- Great Value™ Low Calorie Cranberry
- Oasis™ Low Calorie Cranberry

Fruite® 50% less sugar
- Peach
- Fruit Punch

Nestea® 50% Less Sugar - Lemon Iced Tea Powder

President’s Choice® Blue Menu™ Sparkling Fruit Juice Beverage
- Mango

SunRype® Slim
- Lemonade
- Long Island Iced Tea
- Tropical Mango
- Blueberry Burst
- Cranberry Twist
Drinks & Juices, Soup & Broth

Drinks that have sugar (naturally occurring or added sugar) and will affect your blood sugar:

- Apple Juice
- Apricot Nectar
- Berry Juice
- Cranberry (lower in potassium)
- Cranberry Cocktail (lower in potassium)
  - CranRaspberry™
  - CranGrape™
  - CranBlueberry™
  - CranLime™
  - CranLemonade™
- Five Alive™
- Grape Juice (canned, bottled, frozen concentrate)
- Koala® Springs
  - Kiwi Lime
  - Grapefruit
- Lemonade/Limeade - homemade
- Peach Nectar
- Pear Nectar
- Pineapple Juice
- RW Knudsen® Spritzers
  - Lemon-lime
  - Jamaican-style lemonade
  - Red Raspberry
  - Tangerine
  - Black Cherry
- Santa Cruz Organic®
  - Lemon lime
  - Rootbeer
  - Gingerale

Dietitian’s Tip
Limit these drinks and juices to ½ cup a day or to treat LOW blood sugars.

Soup and Broth

- Campbell’s® Healthy Request Soup (can)
  - herbed chicken and brown rice
- No Salt Added Broth (ready to use)
  - Campbell’s® - chicken, beef, vegetable
  - Western Family® - chicken
  - IGA® - chicken
  - President’s Choice® Blue Menu™ - chicken, beef
- Eating Right™ Soup (Safeway)
  - Chicken and whole wheat rotini
- Low Sodium Broth (ready to use)
  - Imagine® Organic - chicken, beef, vegetable
  - Pacific® Organic - chicken, beef, vegetable
- Low Sodium Bouillon
  - Harvest Sun™ organic vegetable bouillon cubes
- Miso-Cup® Reduced Sodium
  - 65% less sodium instant miso soup

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

Enjoy these in moderation.

Cereal Bars
• Western Family™ (Blueberry and Strawberry)

Granola Bars
• Nature Valley™ Crunchy (Apple Crisp, Oats n’ Honey, Cinnamon) (1/2 package or 1 bar)
• Nature Valley™ Crunchy Chocolate (contains very little chocolate) (1/2 package or 1 bar)
• Kashi™ Cherry Dark Chocolate (this bar has very little chocolate)
• President’s Choice® Blue Menu™ Cranberry Apple Chewy

Low Sodium Tortilla Chips
• President’s Choice® Blue Corn
• Que Pasa™
• Thrifty’s™, No Salt
• Western Family™

Popcorn
• Air-popped (3 cups popped)–try with just butter/margarine; limit added salt
• President’s Choice® 100 Cal Mini Bag Popcorn
• President’s Choice® Blue Menu™ Butter Flavour Microwave Popping Corn
• President’s Choice® Blue Menu™ Natural Flavour Microwave Popping Corn

Pepperidge Farms Baked Cracker Chips®
• Savoury Multigrain
• BBQ
• Zesty Ranch
• Chili Lime
• Ketchup
• Sweet Crisps Cinnamon
• Sweet Crisps Creamy Caramel

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, Original

Sun Chips™
• Original
CRACKERS & COOKIES

Enjoy these in moderation.

Crackers
Breton® Original Crackers
Christie™ Wheat Thins
• 37% less fat
Carr’s®
• Table Water® Crackers
• Table Water® Crackers with Cracked Pepper
• Roasted Garlic and Herb Cracker
Compliments®
• Soda Crackers Unsalted Tops
• Sodium-Reduced Tri-Wheats Crackers
Great Value®
• Vegetable Cracker
• Woven Wheat Baked Whole Wheat Crackers - 50% less sodium
• Woven Wheat Rosemary Olive Oil
• Thin Wheat Crackers
Grisso® Melba Toast
• Original, Multifibre, 60% Whole Wheat
Grissol® Crispy Baguettes
Jacob’s® Cream Crackers
Premium Plus® Unsalted Tops
President’s Choice®
• Plain tops soda crackers
• Olive oil and rosemary soda crackers
• Blue Menu™ wheat crackers
• Blue Menu™ ancient grains crackers
• Rosemary crackers (elegant scalloped edges)
• Garlic crackers (elegant scalloped edges)
• Water crackers
Rice Crackers
• Hot Kids® Rice Crisps Natural
• Mr. Christie® Original Rice Thins
• Sakata® Plain
• Want Want® Superslim™ Rice Crisps
Stoned Wheat Thins®
• 60% less sodium

Triscuit®
• Low sodium
• Cracked Pepper and Olive oil
• Rosemary and Olive Oil
Triscuit® Thin Crisps
• Original
• Sweet Chili
• Brown Rice
• Sour Cream and Chives
Western Family™
• Soda Crackers Unsalted Tops
• Water Crackers Original

Cookies
Sandwich/filling type:
Mr. Maple™
Oreo™ golden original sandwich cookies
Peek Freans™
• Fruit Crème Lifestyle Selections™
• Fruit Crème™
Plain/wafer type:
Christie™
• Dad’s™ Cookies
• Fruit Krisps™ (Strawberry Cranberry, Mixed Berry)
Dare® Simple Pleasures®
• Digestives
• Social Tea
No Name®
• Honey Graham Wafers
Peek Freans™
• Shortcake
President’s Choice®
• Shortbread Fingers
President’s Choice® Organics
• Oatmeal
Walkers™ Pure Butter Shortbread
DESSERTS

Foods marked with an asterisk (*) are higher in sodium.

Dietitian’s Tip
If you choose to include dessert as a part of your meal, try smaller portion of starch at your meal and/or increase activity.

Dietitian’s Tip
Many baking mixes and baked goods contain phosphorus. The phosphorus usually comes from baking powder, which contains monocalcium phosphate. You may need to limit your intake of these foods if your phosphorus level is high. Talk to your dietitian.

Apple Crisp President’s Choice® Blue Label

Cake Mixes
- Angel Food Cake Mix* (Betty Crocker™, Duncan Hines®, Safeway™ brands)
- White Cake Mix (Duncan Hines®, Safeway™, Great Value brands)
- Yellow Cake Mix (Safeway™ brand)
- Duncan Hines® Moist Deluxe Cake Mix* (Lemon, French Vanilla, Spice Cake, Golden Yellow, Apple Caramel)
- European Gourmet Bakery Organic Cake Mix (Lemon, Vanilla*)

Cheesecake (no chocolate or nuts)

Cinnamon Buns
- Baker Boys® gourmet*

Cobs Bread®
- Danish, Lemon tart

Crispy Rice Squares
- Rice Krispies® Original
- Western Family®

Fruit Juice Bars
- Del Monte®
- Safeway brand™

Flavoured Jelly Powder
- No Name®, Great Value® brands (NOT JELL-O® brand)

Gelato
- Dorgel
  • Gelato, Lemoncello flavour

Ice Cream/Ice Milk - Limit to 1 cup
- JELL-O® Cook & Serve Pudding & Pie filling
  • vanilla or lemon flavour

Meringue
- Non-Dairy Dessert Topping
  in tub (NOT in aerosol canister)
  • Cool Whip®
  • Great Value® brands

Pie
- Apple, blueberry, peach, rhubarb

Popsicles
- Rice Dream® Non-Dairy Dessert, Frozen
  • Vanilla or Strawberry

So Delicious™ Soy Dessert - frozen
- Vanilla

Sorbet
- Lemon, lime, strawberry, rainbow, raspberry flavours
- Mario’s® Gelati sorbetto (lemon)

Strudel
- fruit-filled

Sugar-Free Options

Diet Popsicles
FATs, SEASONINGS & SPICES

**Dietitian's Tip**
Try to limit to 1-2 tablespoons of added fat per day.

**Fats**
- Butter or Salt-Free Butter
- Margarine (Non-Hydrogenated) or Salt-Free
- 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 Seasoning
  - Salmon Seasoning
  - Vegetable Seasoning
  - BBQ chicken Seasoning
- Club House® Salt Free
  - Original Seasoning
  - Garlic and Herb Seasoning
  - Herbs and Pepper Seasoning
- Club House®
  - Italian Seasoning
- Mrs Dash® (all types)
- President’s Choice® Blue Menu™
  - Roasted Garlic
  - Sundried tomato herb
  - Lemon and Herb
- Spike® Salt-Free All Purpose
- Tru Lemon® Crystallized Lemon Seasoning
- Tru Lime® Crystallized Lime Seasoning

**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

**Dietitian's Tip**
Try flavouring your food with a variety of seasonings instead of salt.
Try herbs, spices, pepper, vinegars or lemon/lime juice.
CONDIMENTS & SALAD DRESSING

Salad Dressing
Bolthouse Farms®
• Balsamic
• Honey Mustard

Litehouse®
• Red Wine and Olive Oil Vinaigrette
• Raspberry Walnut Vinaigrette

Renee’s Gourmet™
• Poppyseed
• Cucumber and Dill
• Balsamic
• Ravin’ Raspberry

President’s Choice® Blue Menu™
• Roasted Garlic and Balsamic Vinaigrette
• Pear and Walnut Vinaigrette

Marilyn’s®
• Blackberry Blast
• Classic Balsamic

Kuhne®
• Yogurt and Herbs
• Yogurt and Garlic

Western Family®
• Raspberry Vinaigrette

Compliments®
• Sweet Onion

Rising Sun Farms®
• Lemon Thyme
• Pomegranate Balsamic
• Fig Balsamic
• Raspberry

Dietitian’s Tip
Limit condiments higher in sodium to a total of 1 Tbsp per day or less.

Condiments Higher in Sodium
Barbecue sauce
Ketchup
Mustard
Relish
Salsa
Tartar sauce
Worcestershire sauce

Sauces and Condiments
Cranberry Jelly/Sauce
Hot Sauce
Horseradish
Liquid Smoke
Mint Jelly/Sauce
Pepper Jelly
Vinegar
• white, red wine, balsamic, apple cider
Wasabi

Note
Some hot sauces can be high in sodium.
SUGAR & SWEETENERS

Dietitian’s Tip
These **will** increase your blood sugars, use in moderation.

**Sugars and No Added Sugar Alternatives**
- Agave Syrup
- Brown Rice Syrup
- Brown Sugar
- Coconut Sugar
- Corn Syrup
- Demerara Sugar
- Honey
- Icing Sugar
- Jam or Jelly
- Lemon Spread
- Maple Syrup
- Marmalade
- Molasses
- No Added Sugar Jam or Jelly
- No Added Sugar Syrup
- Raw Sugar
- Sucanat
- Syrup
- White sugar
- Yellow Sugar

Dietitian’s Tip
These **do not** increase your blood sugars.

**Sweeteners**
- Equal® (Aspartame)
- Splenda® (Sucralose)
- Sugar Twin®
- Stevia
- Sweet ‘N Low®