Kidney-Friendly Shopping List

July 2016
Created by the BC Renal Registered Dietitian’s Group
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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.
Introduction
The foods listed can be enjoyed by people with kidney disease. These foods are lower in sodium, potassium, 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. For a diabetes-friendly version of this grocery list, please ask 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™, Marketplace IGA</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>
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.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Per 1 fillet (120 g)</strong></td>
</tr>
<tr>
<td><strong>Amount</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Fat 10 g</td>
</tr>
<tr>
<td>Saturated 1 g</td>
</tr>
<tr>
<td>+ Trans 0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium 400 mg</td>
</tr>
<tr>
<td>Carbohydrate 16 g</td>
</tr>
<tr>
<td>Fibre 1 g</td>
</tr>
<tr>
<td>Sugars 2 g</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

Look for the serving size. Remember, if you eat more than the serving size, you will also be getting more of each nutrient.

**SODIUM**
- Aim for less than 600 mg per meal.
- One fish fillet will likely be only a part of your meal. Consider what else you’re eating with that meal to determine if your meal is too high in sodium.
- Aim for less than 250 mg for snacks and cereals.
- Aim for less than 2300 mg of sodium per day.

**CARBOHYDRATES**
- Includes fibre, starch, and sugars.
- 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.

Be mindful of foods with potassium additives.
“Low sodium” or “reduced sodium” foods may have added potassium. The amount of 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 phosphatate, salt, guar gum, sugar, vegetable oil (canola/sunflower). Browned in canola oil.

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

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Created by the Renal Registered Dietitians Group
July 2016
# Breads

When choosing breads, keep the following in mind:  
Most bagels, buns and wraps are very high in sodium.  
Look for bread products that have less than 200 mg sodium per serving.

<table>
<thead>
<tr>
<th>High Fibre Breads</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Country Harvest™</strong></td>
</tr>
<tr>
<td>7 Grain™</td>
</tr>
<tr>
<td>12 Grain™</td>
</tr>
<tr>
<td>Cranberry Museli™ Fibre™</td>
</tr>
<tr>
<td>Flax and Quinoa™</td>
</tr>
<tr>
<td>Oat and Honey™ Oat and Pumpkin™ Protein™ Sprouted Multigrain™ Veggie™</td>
</tr>
<tr>
<td><strong>Eating Right™</strong></td>
</tr>
<tr>
<td>8-Grain™ Ancient Grains™</td>
</tr>
</tbody>
</table>

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

**Bread**  
- white, whole wheat, French, sourdough  
*see list above for higher fibre breads

**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)

**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
Higher fibre cereals can help with good bowel health.

<table>
<thead>
<tr>
<th>CEREAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
</tr>
</tbody>
</table>

### Cold Cereal

<table>
<thead>
<tr>
<th>High Fibre</th>
<th>Lower Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Bran Squares™</td>
<td>Alpha-Bits®</td>
</tr>
<tr>
<td>Life® Multigrain™</td>
<td>Corn Chex®</td>
</tr>
<tr>
<td>Kashi™ Honey Sunshine</td>
<td>Cornflakes®</td>
</tr>
<tr>
<td>Weetabix®</td>
<td>Corn Pops®</td>
</tr>
<tr>
<td>Kashi™ Organic Promise Quinoa Multigrain Flakes and Raisins</td>
<td>Crispix Krispies®</td>
</tr>
<tr>
<td>Kashi™ Blueberry Oat Clusters and Flakes</td>
<td>Fruit Loops®</td>
</tr>
<tr>
<td>Kashi™ Organic Cinnamon Harvest</td>
<td>Fruity O’s®</td>
</tr>
<tr>
<td>Kashi™ Organic Promise Autumn Wheat</td>
<td>Frosted Flakes®</td>
</tr>
<tr>
<td>Mini Wheats® Brown Sugar Flavour</td>
<td>Honey Bunches of Oats (Post®)</td>
</tr>
<tr>
<td>Muffets®</td>
<td>Honeycomb®</td>
</tr>
<tr>
<td>President’s Choice® Organics Wheat Squares</td>
<td>Just Right, Kellogg’s™</td>
</tr>
<tr>
<td>Shredded Wheat</td>
<td>Kashi™ Honey Puffed Grains</td>
</tr>
<tr>
<td>Shredded Wheat Spoon Size</td>
<td>Kashi™ Indigo Morning</td>
</tr>
<tr>
<td>Shreddies® Original</td>
<td>Kashi™ Organic Promise Strawberry Fields</td>
</tr>
<tr>
<td>Shreddies® Honey</td>
<td>Kashi™ Puffed Grains</td>
</tr>
<tr>
<td>Special K® Protein</td>
<td>Kashi™ Simply Maize</td>
</tr>
<tr>
<td></td>
<td>Nature’s Path® Crispy Rice</td>
</tr>
<tr>
<td></td>
<td>Puffed Rice</td>
</tr>
<tr>
<td></td>
<td>Puffed Wheat</td>
</tr>
<tr>
<td></td>
<td>Rice Krispies®</td>
</tr>
<tr>
<td></td>
<td>Rice Krispies® Brown Rice</td>
</tr>
<tr>
<td></td>
<td>Special K® (all varieties of cereal)</td>
</tr>
</tbody>
</table>

### Hot Cereal

<table>
<thead>
<tr>
<th>Rolled Oats</th>
<th>High Fibre and Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compliments® Regular Instant Oatmeal</td>
<td>Nature’s Path® Organic Instant Original</td>
</tr>
<tr>
<td>President’s Choice® Instant Oatmeal</td>
<td>Nature’s Path® Organic Instant Apple Cinnamon</td>
</tr>
<tr>
<td>• Regular</td>
<td></td>
</tr>
<tr>
<td>• Apple Cinnamon</td>
<td></td>
</tr>
<tr>
<td>• Maple &amp; Brown Sugar</td>
<td></td>
</tr>
<tr>
<td>Quaker™ Large Flake Oats</td>
<td></td>
</tr>
<tr>
<td>Quaker™ Oats Instant Oatmeal</td>
<td></td>
</tr>
<tr>
<td>• Regular</td>
<td></td>
</tr>
<tr>
<td>• Apple Cinnamon</td>
<td></td>
</tr>
<tr>
<td>• Cinnamon &amp; Spice</td>
<td></td>
</tr>
<tr>
<td>• Lightly Sweetened, Apples &amp; Cinnamon</td>
<td></td>
</tr>
<tr>
<td>Quaker™ Quick Oats</td>
<td></td>
</tr>
<tr>
<td>Western Family™ Instant Oatmeal</td>
<td></td>
</tr>
<tr>
<td>• Apples &amp; Cinnamon</td>
<td></td>
</tr>
<tr>
<td>• Maple &amp; Brown Sugar</td>
<td></td>
</tr>
<tr>
<td>Western Family™ Old Fashioned</td>
<td></td>
</tr>
<tr>
<td>Western Family™ Quick Oats</td>
<td></td>
</tr>
</tbody>
</table>

### Other Hot Cereals

<table>
<thead>
<tr>
<th>Cornmeal</th>
<th>Cream of Rice®</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 8 Minute</td>
<td>• Instant</td>
</tr>
<tr>
<td>• Instant</td>
<td></td>
</tr>
</tbody>
</table>
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)
  • Olivier® 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

Rice Noodles

Dietitian’s Tip

White rice and pasta are very low in phosphorus.
FRUIT

These fruits are low or moderate in potassium. Check with your dietitian to find out if you need to restrict your potassium intake.

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 and discard juice.

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
FRUIT JUICE

Dietitian’s Tip
Most juices contain some potassium, limit juice to 1/2 cup per day.

If the Nutrition Facts Table lists potassium, choose juices that contain less than 200 mg potassium per 1/2 cup serving and limit to 1/2 cup per day.

Juices Moderate in Potassium
- Apple
- Apricot Nectar
- Berry Juice (e.g. raspberry, blueberry)
- Five Alive®
- Grape (canned, bottled)
- Peach Nectar
- Pear Nectar
- Pineapple
- RW Knudsen® Spritzers
  - Lemon-Lime
  - Jamaican-Style Lemonade

Juices Very Low in Potassium
- Cranberry
- Cranberry Cocktail
  - CranRaspberry
  - CranGrape
  - CranBlueberry
  - CranLime
  - CranLemonade
- Grape (frozen concentrate)
- Lemonade (homemade or frozen concentrate)
- Limeade (homemade or frozen concentrate)

Note
If you do not need to restrict potassium in your diet you may be able to drink a wider variety of juices. Check with your dietitian.
VEGETABLES

These vegetables are low or moderate in potassium. Check with your dietitian to find out if you need to restrict your potassium intake.

Dietitian’s Tip
Almost all foods contain some potassium. Potassium adds up with larger portion sizes or more portions.

1 serving = ½ cup (unless otherwise stated)

If using canned vegetables, drain and discard liquid.

- 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

Starchy Vegetables
- Corn
- Potato

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.

Instructions
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.
CANNED VEGETABLES

These vegetables are low or moderate in potassium. Check with your dietitian to find out if you need to restrict your potassium intake.

Dietitian’s Tip
If using canned vegetables, drain and discard liquid.

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
- Del Monte® No Salt Added
- Eating Right™ No Salt Added
- Great Value™ No Salt Added
- President’s Choice® Blue Menu™ No-Added-Salt
- Western Family™ Unsalted
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 processed meats that have added potassium preservatives (e.g. potassium lactate, potassium acetate and potassium diacetate).

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 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
- Fresh
- Pinty’s® Oven Roasted Chicken Breast Strips
- Ready-to-serve rotisserie chicken (higher in sodium). Avoid Kirkland brand as it contains phosphorus additives.

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. Choose low sodium options when possible.)

Game Meat

Lamb

Peanut Butter (higher in potassium)

Pork

Seafood

Sliced Meat
- Maple Leaf Natural Selections® Roast Beef

Tofu
- Firm tofu has more protein than soft tofu

Turkey

Veal
**Dairy & Alternatives**

<table>
<thead>
<tr>
<th>Name</th>
<th>Dietary Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brie Cheese</td>
<td>Cheese and buttermilk are high in salt. Some low sodium cheese (hard) can have added potassium - read the label.</td>
</tr>
<tr>
<td>Buttermilk (higher in sodium)</td>
<td></td>
</tr>
<tr>
<td>Camembert Cheese</td>
<td></td>
</tr>
<tr>
<td>Cheese (hard)</td>
<td></td>
</tr>
<tr>
<td>• brick, cheddar, gouda, mozzarella, swiss</td>
<td></td>
</tr>
<tr>
<td>• Babybel® Original or Light</td>
<td></td>
</tr>
<tr>
<td>Coffee Cream</td>
<td></td>
</tr>
<tr>
<td>• Dairyland®</td>
<td></td>
</tr>
<tr>
<td>• Foremost®</td>
<td></td>
</tr>
<tr>
<td>• Island Farms®</td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese (higher in sodium)</td>
<td></td>
</tr>
<tr>
<td>• Lucerne 1% No-Added-Salt is a lower sodium choice</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese (lower in phosphorus)</td>
<td></td>
</tr>
<tr>
<td>Goat Cheese (soft)</td>
<td></td>
</tr>
<tr>
<td>Half and Half</td>
<td></td>
</tr>
<tr>
<td>• Dairyland® Creamo</td>
<td></td>
</tr>
<tr>
<td>• Foremost®</td>
<td></td>
</tr>
<tr>
<td>• Lucerne®</td>
<td></td>
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<tr>
<td>• Island Farms®</td>
<td></td>
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</tbody>
</table>

**Ice Cream / Ice Milk**

**Kefir**
- Liberte®

**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**
- Plain, fruit, frozen
- Greek yogurt (higher in protein)
- Drinkable yogurt (IOGO®, Yop®)

**Whipping Cream**
- Plain, unwhipped 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 versions as they do not have added phosphorus
- Original
- Vanilla

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**Note**

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

1 serving of dairy = 1/2 cup of milk, 1/2 cup yogurt, or 1 oz. cheese

Limit to 1 - 2 servings per day or as recommended by your dietitian.

**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.
### Drinks (Low or Reduced Sugar)

**Drinks with Little or No Sugar and Calories:**

**Club Soda**
- Compliments® Low Sodium
- Schweppes®
- President's Choice® Low Sodium
- Canada Dry® Low Sodium

**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**
- 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™

**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

**7-UP® - Diet**

**Drinks with Reduced Amounts of Sugar and Calories:**

**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

*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.*
High Sugar and Calorie Drinks to Use in Moderation:
- See “Fruit Juice” section

Drink Mixes
- Good Host® Iced Tea Original and Lemon
- Nestea® Lemon Iced Tea
- Safeway® Peach, Grape and Fruit Punch Drink Mix

Fruit Punch
- Minute Maid®
- Compliments® juice boxes

Iced Tea (Bottles)
- Snapple® bottles (not cans as these contain phosphorus and potassium additives)
- Nestea® (White Peach, Mango Green, Natural Blackcurrant, Blueberry Mint, ½ Tea ½ Lemonade)
- Lipton® Pure Leaf™ (Peach, Green Tea With Honey, Raspberry, Lemon)

Lemonade
- Homemade
- Minute Maid®
- Our Finest™ Old Fashioned

President’s Choice® Sparkling Fruit Juice

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
Cereal Bars
- Nature’s Path® Organic Crispy Rice Bar (Berry)
- Western Family™ (Blueberry and Strawberry)

Fruit Snacks
- SunRype® Unsweetened Applesauce
- Dole® Diced Peaches in Fruit Juice
- Dole® Fruit n’Crisp® Apple Cinnamon
- Motts® Fruitsations® Unsweetened (Blueberry Delight, Apple, Peach Medley, Country Berry)

Granola Bars
- Kashi® Cherry Dark Chocolate
- Nature Valley™ Crunchy (Apple Crisp, Oats ‘n Honey, Cinnamon)
- Nature Valley™ Fibre Source (Apple Cobbler)
- President’s Choice® Blue Menu™ Cranberry Apple Chewy
- Quaker® Chewy (Raspberry Fruit Crumble, Apple Fruit Crumble)

Unsalted Pretzels

Low Sodium Tortilla Chips
- President’s Choice® Blue Corn
- Que Pasa™
- Thrifty’s™ No Salt
- Western Family®
- Quaker® Crispy Minis Tortilla Style Creamy Ranch
- Food Should Taste Good® Multigrain Tortilla Chips
- Special K® Popcorn Chips (Sweet and Salty)

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

Popcorn
- Air-popped—try with just butter/margarine; limit added salt
- Orville Redenbacher® Smart Pop® microwave Popcorn
- 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
- Smart Food® Smokey BBQ
- Act II® Old-Fashioned Sweet and Salty Kettle Corn

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)
- Quaker® Crispy Mini Kettle Corn
- Quaker® Crispy Mini Delights (Caramel Drizzle, Cinnamon Streusel)

Sun Chips™
- Original
**CRACKERS**

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

**Grissol®**

**Grissol® 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:**
- **Compliments® Maple Creme**
- **Mr. Maple®**
- **Oreo® Golden Original Sandwich Cookies**
- **Peek Freans™**
  - Fruit Creme Lifestyle Selections™
  - Fruit Creme™
- **Great Value™ Vanilla Creme**

**Plain/wafer type:**
- **Christie™**
  - Barnum Animal Crackers
  - Dad’s™ Cookies
  - Fruit Krisps™ (Strawberry Cranberry, Mixed Berry)
  - Teddy Grahams (Honey)
- **Compliments® Arrowroot**
- **Dare®**
  - Breaktime Oatmeal
  - Bear Paws
- **Dare® Simple Pleasures®**
  - Digestives
  - Social Tea
- **Great Value™**
  - Honey Graham Bear
  - Lemon Wafer Cookies
  - Maple Leaf
  - Birthday Party Cookies
  - Strawberry Wafer Cookies
  - Vanilla Wafer Cookies
- **Gullón Maria Biscuits**
- **No Name®**
  - Honey Graham Wafers
  - Maria Biscuits
  - Social Tea Biscuits
- **Peek Freans™**
  - Shortcake
  - Digestive
- **Peek Freans Lifestyle Selections™**
  - Berry Green Tea
- **President’s Choice®**
  - Arrowroot
  - Zookies™ Animal Crackers
  - Honey Crunch Cubs
  - Shortbread Fingers
- **President’s Choice® Organics**
  - Oatmeal
- **Walkers™ Pure Butter Shortbread**
- **Western Family™ Animal Crackers**

Enjoy these in moderation.
DESSERTS

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

Gelato
- DORGEL LTD Gelato (Lemoncello)
- Mario’s® Gelati Sorbetto (lemon)

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 Frozen Dessert
- Vanilla or Strawberry

So Delicious™ Soy Frozen Dessert
- Vanilla

Sorbet
- Lemon, lime, strawberry, rainbow, raspberry flavours

Strudel
- Fruit-filled

Sugar-Free Options

Diet Popsicles

Enjoy these in moderation.
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 a 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, or take a phosphorus binder when eating baked goods. 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®
- Lemon tart

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

Fruit Juice Bars
- Del Monte®
- Safeway brand™
# CANDY, SUGAR & SWEETENERS

*Enjoy these in moderation.*

**Dietitian’s Tip**
Choose candy without nuts or chocolate.

<table>
<thead>
<tr>
<th>Candy</th>
<th>Sugar</th>
<th>Sweeteners</th>
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</thead>
<tbody>
<tr>
<td>Candy Corn</td>
<td>Agave Syrup</td>
<td>Equal® (Aspartame)</td>
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<tr>
<td>Chewing Gum</td>
<td>Brown Rice Syrup</td>
<td>Splenda® (Sucralose)</td>
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<tr>
<td>Cinnamon Hearts</td>
<td>Brown Sugar</td>
<td>Sugar Twin®</td>
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<tr>
<td>Fruit Gums</td>
<td>Coconut Sugar</td>
<td>Stevia</td>
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<tr>
<td>Fuzzy Peach™</td>
<td>Corn Syrup</td>
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<tr>
<td>Gumdrops</td>
<td>Demerara Sugar</td>
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<tr>
<td>Gummy Bears</td>
<td>Honey</td>
<td>Sweet ‘N Low®</td>
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<tr>
<td>Hard Candy</td>
<td>Icing Sugar</td>
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<tr>
<td>Jelly Beans</td>
<td>Jam or Jelly</td>
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<tr>
<td>Jolly Rancher®</td>
<td>Jet Puffed® Marshmallow Crème</td>
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<tr>
<td>Jujubes</td>
<td>Lemon Spread</td>
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<tr>
<td>Lemon Drops</td>
<td>Maple Syrup</td>
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<tr>
<td>Life Savers®</td>
<td>Marmalade</td>
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<tr>
<td>Lollipops</td>
<td>Marshmallow Fluff®</td>
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<tr>
<td>Mentos®</td>
<td>Molasses</td>
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<tr>
<td>Mints (not chocolate)</td>
<td>Raw Sugar</td>
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<tr>
<td>Skittles®</td>
<td>Sucanat</td>
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<tr>
<td>Sourballs</td>
<td>Syrup</td>
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<td>Sour Patch Kids™</td>
<td>White Sugar</td>
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<tr>
<td>Starburst®</td>
<td>Yellow Sugar</td>
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<tr>
<td>Swedish Berries™</td>
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<tr>
<td>Taffy (not salt water)</td>
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<tr>
<td>Toffee</td>
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<tr>
<td>Twizzlers® (Twists, Nibs, Bites)</td>
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<tr>
<td>Werther’s® hard candy</td>
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<tr>
<td>Wine Gums™</td>
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</tbody>
</table>
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 Margarine (Non-Hydrogenated)
Mayonnaise
Miracle Whip®
Vegetable Oil
• Canola and olive are better choices

Salt-Free Seasonings
Club House® Salt Free
• Original Seasoning
• Garlic and Herb Seasoning
• Herb and Pepper Seasoning
Club House® La Grille™ No Salt Added
• Chicken Seasoning
• Steak Spice Seasoning
• Salmon Seasoning
• Vegetable Seasoning
• BBQ Chicken Seasoning
Club House®
• Italian Seasoning
Mrs Dash® (all types)
President’s Choice® Blue Menu™ No Salt Added
• Roasted Garlic
• Sundried Tomato Herb
• Lemon and Herb
Spike® Salt-Free All Purpose
True Lemon® Crystallized Lemon Seasoning
True Lime® Crystallized Lime Seasoning

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

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
SALAD DRESSING & CONDIMENTS

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

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.

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