

SHOPPING GUIDE for KIDNEY HEALTH

TABLE OF CONTENTS



INTRODUCTION	2
LABEL READING GUIDELINES.	3
BREADS	4
CEREALS.	5
FRUIT AND JUICE.	6
VEGETABLES	7
MEAT AND ALTERNATIVES	8
DAIRY PRODUCTS AND DAIRY ALTERNATIVES	9
DRINKS	10
SOUP AND BROTH	11
SNACKS	11
CRACKERS AND COOKIES	12
DESSERTS AND CANDIES	13
FATS	14
SALT-FREE SEASONINGS.	14
SAUCES	14
CONDIMENTS	14
SEASONING & SPICES	15
SUGAR & SWEETENERS	15



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

Other Places To Try:

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	
Calories / Calories	440		
Fat / Lipides	19 g	29 %	
Saturated / Saturés	4 g	21 %	
+ Trans / Trans	0.2 g		
Cholesterol / Cholestérol	35 mg		
Sodium / Sodium	860 mg	36 %	
Carbohydrate / Glucides	53 g	18 %	
Fibre / Fibres	4 g	16 %	
Sugars / Sucres	6 g		
Protein / Protéines	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.