

Renal Friendly Grocery List

+ Make Better Choices

Eating the right foods is an important part of protecting your kidney health. Use this kidney-friendly grocery list to help you choose foods that support your treatment goals and overall well-being.

Important: Always read food labels carefully and talk to your Innovative Renal Care dietitian for personalized guidance.



Breads, Grains & Cereals

- Bagels (plain, blueberry, egg, raisin)
- Bread (white, wheat, French, Italian, sourdough)
- Bread sticks (plain)
- Buns (hamburger, hot dog)
- Dinner or hard rolls
- English muffins
- Muffins (no nuts, no bran, no whole wheat)
- Pita bread
- Tortilla (corn, flour)
- Couscous
- Cereal, dry type (no nuts, no dried fruits, no bran, no granola)
- Cereal, hot type (grits, oatmeal, Cream of Wheat, Cream of Rice)
- Cornmeal
- Crackers (animal, graham, oyster, unsalted)
- Pasta (egg noodles, macaroni, spaghetti)
- Quinoa
- Rice (brown, white)



Fats

- Butter
- Margarine
- Mayonnaise (regular, light)
- Miracle Whip®
- Salad dressing
- Vegetable oils
- Vegetable shortening
- Vinegar and oil salad dressing



Dairy & Dairy Substitutes

Limit to 1–2 servings per day:
4 oz milk, cottage cheese, or yogurt; 1 oz cheese

- Cheese
- Cottage cheese
- Cream cheese (regular, light)
- Milk (2%, skim, whole, soy)
- Non-dairy creamers
- Rice milk, unfortified
- Sherbet
- Sour cream
- Whipped topping (non-dairy)
- Yogurt (plain, frozen, flavored)



Herbs & Spices

- Basil
- Bay leaves
- Black pepper
- Chili powder
- Chives
- Cinnamon
- Cloves
- Cumin
- Curry powder
- Dill
- Garlic (fresh, powder)
- Ginger
- Marjoram
- Mint
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric



Meat & Protein

Fresh or Frozen Without Additives

- Beef
- Chicken
- Eggs and egg substitutes
- Fish (salmon, tuna)
- Lamb
- Pork (fresh, chops, roast)
- Shellfish (shrimp, crab, lobster)
- Tofu (soft)
- Tuna
- Turkey
- Veal
- Wild Game

Renal Friendly Grocery List

+ Continued



Vegetables

Serving size = ½ cup

Fresh or frozen

- Arugula
- Asparagus
- Broccoli
- Beets (canned)
- Cabbage (green, red)
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Dry beans (black, pinto, kidney, navy, black-eyed peas)
- Eggplant
- Endive
- Green or wax beans
- Kale
- Leeks
- Lettuce
- Mixed Vegetables
- Mushrooms (raw)
- Mustard greens
- Onions
- Peppers (green, red, yellow)
- Radish
- Rhubarb
- Shallots
- Spaghetti Squash
- Spinach (raw)
- Sprouts (alfalfa, bean)
- Summer squash
- Sweet Peppers
- Turnip greens
- Turnips
- Water chestnuts
- Watercress
- Zucchini



Fruits

Serving size = 1 small fruit or ½ cup

- Apples
- Applesauce
- Apricots (canned)
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Figs
- Fruit cocktail
- Gooseberries
- Grape fruit
- Grapes
- Lemons & Limes
- Lychees
- Mandarin oranges (canned)
- Peaches
- Pears (canned)
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines



Beverages

Follow your individual fluid allowance

- Coffee
- Hi-C® (cherry, grape)
- Juice (apple, cranberry, grape, grapefruit, pineapple)
- Lemonade
- Limeade
- Nectars (apricot, peach, pear)
- Soda (cream soda, ginger ale, grape, 7-Up®, lemon-lime), Mello Yello®, Mountain Dew®, orange, root beer, Slice®, Sprite®
- Fresh brewed tea

+ Turn Ingredients Into Meals

Scan the QR code to explore our collection of nutritious, kidney-friendly recipes and access the digital version of our cookbook on our website—designed to make grocery shopping and meal planning easier.

