



PATIENT HANDOUT

Diabetes Kidney-Friendly Shopping List

May 2016

Created by the BC Renal Registered Dietitian's Group



In conjunction with:






TABLE OF CONTENTS

Introduction	1
Label Reading Guidelines	2
Starches	3
Bread	3
Cereal	4
Other Starches.....	4
Fruit	5
Vegetables.....	6
Fresh.....	6
Other Canned & High Starch Vegetables	7
Meat & Alternatives	8
Dairy & Alternatives	9
Drinks	10
Juice.....	11
Soup & Broth	11
Treats & Snack Foods.....	12
Crackers & Cookies.....	13
Desserts	14
Fats, Seasoning & Spices	15
Condiments & Salad Dressings.....	16
Sugar & Sweeteners	17



BC Renal Agency
700-1380 Burrard Street
Vancouver, BC
V6Z 2H3

Phone: 604-875-7340
Email: bcpra@bcpra.ca
Web: BCRenalAgency.ca

 [Facebook.com/BCRenalAgency](https://www.facebook.com/BCRenalAgency)
 [@BCRenalAgency](https://twitter.com/BCRenalAgency)
 [Youtube.com/BCRenalAgency](https://www.youtube.com/BCRenalAgency)

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.

Brand name	Where to find it
Compliments	Thrifty Foods™
Dairyland®	Save-On Foods, Overwaitea, Price Smart Foods
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
Our Finest™	Walmart®
President's Choice®	Extra Foods®, Superstore®, No Frills
Western Family™	Save-On-Foods, Overwaitea, Pricesmart foods
Ziggy's™	Extra Foods, Superstore®, No Frills



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)

Amount	% Daily Value
Calories 210	
Fat 10 g	15 %
Saturated 1 g	4 %
+ Trans 0 g	
Cholesterol 45 mg	
Sodium 400 mg	17 %
Carbohydrate 16 g	5 %
Fibre 1 g	5 %
Sugars 2 g	
Protein 14 g	
Vitamin A 2 %	Vitamin C 2 %
Calcium 2 %	Iron 8 %

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 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**

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.

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



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 Pitats
- 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		
Cold cereal	Hot Cereal	Rolled Oats
Cornflakes	Cornmeal	Compliments® Regular Instant Oatmeal
Corn Chex®	Cream of Rice	President's Choice® Instant Regular Oatmeal
Crispix Krispies®	Cream of Wheat	President's Choice® Instant Oatmeal, Apples & Cinnamon
Nature's Path® Crispy Rice	Cream of Wheat, 8 minutes	Quaker™ Large Flake Oats
Kashi®	Cream of Wheat, Instant	Quaker™ Oats Instant Oatmeal
Honey Puffed Grains		<ul style="list-style-type: none"> • Regular • Apple Cinnamon • Cinnamon & Spices • Lightly Sweetened, Apple and Cinnamon
<ul style="list-style-type: none"> • Puffed Grains • Puffed Rice • Puffed Wheat 		Quaker™ One Minute Oats
Rice Krispies®		Quaker™ Quick Oats
Rice Krispies® Brown Rice		Western Family™ Quick Oats
Special K®		Western Family™ Old Fashion
*Corn Bran Squares™		Western Family™ Instant Oatmeal, Apples & Cinnamon
*Life®, Multigrain™		
*Quaker Muffets®		
*Weetabix®		



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.



Dietitian's Tip

Cereals higher in fibre will help keep you full longer and can help with blood sugar control.



Dietitian's Tip

White rice and pasta are very low in phosphorus.

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



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 wieners, 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.



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.



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

DRINKS & JUICES



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.

Drinks that have little or no affect on your blood sugar:

Club Soda

- Compliments® 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



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.

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

TREATS & SNACK FOODS



Enjoy these in moderation.



Dietitian's Tip

You may need to limit treats with chocolate, yogurt-coating and nuts—ask your dietitian.



Dietitian's Tip

Better choices have 10 grams or less of sugar per serving.



Dietitian's Tip

Each choice is equal to one carbohydrate choice or up to 20 g of carbohydrate based on the serving size listed on the package.

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.



Dietitian's Tip

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

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
- Herb 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

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®