



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

## 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](http://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>.



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

Phone: 604-875-7340  
Email: [bcpra@bcpra.ca](mailto:bcpra@bcpra.ca)  
Web: [BCRenalAgency.ca](http://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, Pricemart 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		
<b>Calories</b> 210			
<b>Fat</b> 10 g	<b>15 %</b>		
Saturated 1 g	<b>4 %</b>		
+ Trans 0 g			
<b>Cholesterol</b> 45 mg			
<b>Sodium</b> 400 mg	<b>17 %</b>		
<b>Carbohydrate</b> 16 g	<b>5 %</b>		
Fibre 1 g	<b>5 %</b>		
Sugars 2 g			
<b>Protein</b> 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 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		
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"> <li>• Regular</li> <li>• Apple Cinnamon</li> <li>• Cinnamon &amp; Spices</li> <li>• Lightly Sweetened, Apple and Cinnamon</li> </ul>
<ul style="list-style-type: none"> <li>• Puffed Grains</li> <li>• Puffed Rice</li> <li>• Puffed Wheat</li> </ul>		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®