



PATIENT HANDOUT

Kidney-Friendly Shopping List

July 2016

Created by the BC Renal Registered Dietitian's Group



In conjunction with:



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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>.



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KIDNEY-FRIENDLY GROCERY LIST

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.

Brand name	Where to find it
Compliments	Thrifty Foods™, Marketplace IGA
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
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 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 **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**

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.

High Fibre Breads		
Country Harvest™	Dempster's®	Silver Hills™
7 Grain™	100% Whole Grain Wheat®	Big 16™
12 Grain™	Healthy Way with ProCardio recipe 100% Whole Grain Wheat®	Big Red's™
Cranberry Museli™	Original 100% Whole Wheat®	Chia™
Fibre™	Whole Grains 12 Grain®	Queen's Khorasan™
Flax and Quinoa™	Whole Grains Ancient Grains with Quinoa®	Squirrelly™
Oat and Honey™	Whole Grains Honey Oatmeal®	Steady Eddie™
Oat and Pumpkin™		
Protein™		
Sprouted Multigrain™		
Veggie™		
Eating Right™	Bakery Counter Safeway™	Open Nature™
8-Grain™	100% Whole Wheat	100% Whole Wheat
Ancient Grains™		Sprouted Grains Ancient Grains

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)

- Safeway Kitchen™ Hot Dog Buns
- Wonderbread® (Whole Wheat or White Hot Dog or 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

CEREAL



Higher fibre cereals can help with good bowel health.

Cold Cereal	
High Fibre	Lower Fibre
Corn Bran Squares™ Life® Multigrain™ Kashi™ Honey Sunshine Weetabix® Kashi™ Organic Promise Quinoa Multigrain Flakes and Raisins Kashi™ Blueberry Oat Clusters and Flakes Kashi™ Organic Cinnamon Harvest Kashi™ Organic Promise Autumn Wheat Mini Wheats® Brown Sugar Flavour Muffets® President's Choice® Organics Wheat Squares Shredded Wheat Shredded Wheat Spoon Size Shreddies® Original Shreddies® Honey Special K® Protein	Alpha-Bits® Corn Chex® Cornflakes® Corn Pops® Crispix Krispies® Fruit Loops® Fruity O's® Frosted Flakes® Honey Bunches of Oats (Post®) Honeycomb® Just Right, Kellogg's™ Kashi™ Honey Puffed Grains Kashi™ Indigo Morning Kashi™ Organic Promise Strawberry Fields Kashi™ Puffed Grains Kashi™ Simply Maize Nature's Path® Crispy Rice Puffed Rice Puffed Wheat Rice Krispies® Rice Krispies® Brown Rice Special K® (all varieties of cereal)
Hot Cereal	
Rolled Oats	High Fibre and Protein
Compliments® Regular Instant Oatmeal President's Choice® Instant Oatmeal <ul style="list-style-type: none"> • Regular • Apple Cinnamon • Maple & Brown Sugar Quaker™ Large Flake Oats Quaker™ Oats Instant Oatmeal <ul style="list-style-type: none"> • Regular • Apple Cinnamon • Cinnamon & Spice • Lightly Sweetened, Apples & Cinnamon Quaker™ Quick Oats Western Family™ Instant Oatmeal <ul style="list-style-type: none"> • Apples & Cinnamon • Maple & Brown Sugar Western Family™ Old Fashioned Western Family™ Quick Oats	Nature's Path® Organic Instant Original Nature's Path® Organic Instant Apple Cinnamon Other Hot Cereals Cornmeal Cream of Rice® Cream of Wheat® <ul style="list-style-type: none"> • 8 Minute • Instant

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

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 1/2")
- 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 (1/2 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



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.

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)

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 wieners, 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
- Taste 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



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 = 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.



Dietitian's Tip

Cheese and buttermilk are high in salt. Some low sodium cheese (hard) can have added potassium- read the label.



Dietitian's Tip

"Fat Free" and "Light" cream often contains phosphorus additives. Check the ingredient list on the label and avoid products with ingredients containing "phosph" as part of the word.

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)

- Lucerne 1% No-Added-Salt is a lower sodium choice

Cream Cheese

 (lower in phosphorus)

Goat Cheese

 (soft)

Half and Half

- Dairyland® Creamo
- Foremost®
- Lucerne®
- Island Farms®

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

DRINKS (LOW OR REDUCED SUGAR)



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 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

- 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™

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

DRINKS (HIGH SUGAR), SOUP & BROTH



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

Pop

Cream Soda

- Crush®
- Western Family®

Ginger Ale

- Schweppes® (Raspberry, Dark, Original)
- Canada Dry® (Regal, Green Tea)

Grape Crush™

Orange Crush™

Root Beer

- Mug®
- A&W®
- Dad’s®
- Barq’s®

7-Up®

Sprite®

Tonic Water

- Schweppes®
- Canada Dry®
- President’s Choice®
- Compliments®



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.

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)



Dietitian's Tip

Limit granola bars with chocolate, yogurt coating and/or nuts.

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
- 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® Smoky 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® 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



Enjoy these in moderation.

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

DESSERTS



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™

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

CANDY, SUGAR & SWEETENERS



Enjoy these in moderation.



Dietitian's Tip

Choose candy without nuts or chocolate.

Candy

Candy Corn
Chewing Gum
Cinnamon Hearts
Fruit Gums
Fuzzy Peach™
Gumdrops
Gummy Bears
Hard Candy
Jelly Beans
Jolly Rancher®
Jujubes
Lemon Drops
Life Savers®
Lollipops
Mentos®
Mints (not chocolate)
Skittles®
Sourballs
Sour Patch Kids™
Starburst®
Swedish Berries™
Taffy (not salt water)
Toffee
Twizzlers® (Twists, Nibs, Bites)
Werther's® hard candy
Wine Gums™

Sugar

Agave Syrup
Brown Rice Syrup
Brown Sugar
Coconut Sugar
Corn Syrup
Demerara Sugar
Honey
Icing Sugar
Jam or Jelly
Jet Puffed® Marshmallow Crème
Lemon Spread
Maple Syrup
Marmalade
Marshmallow Fluff®
Molasses
Raw Sugar
Sucanat
Syrup
White Sugar
Yellow Sugar

Sweeteners

Equal® (Aspartame)
Splenda® (Sucralose)
Sugar Twin®
Stevia
Sweet 'N Low®

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 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

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