

Grocery Shopping Made Easy

Tips for Kidney, Heart, and Diabetes Health



Eating well is one of the best ways to take care of your health. Making healthy choices starts when you shop.

This guide makes it easy to select foods that are good for your kidney, heart, and diabetes health. It includes grocery shopping tips, a grocery list, how to read nutrition labels, and tips for making cost-effective and nutritious choices.



GROCERY SHOPPING TIPS

Before Going to the Store:

1. Check which foods you already have at home.
2. Plan meals and snacks for a few days or the whole week.
3. For help with meal ideas, check cookbooks or look online.
4. Make a grocery list of the things you need.
5. Eat a meal or snack before you shop. People often buy more processed foods when they are hungry.



At the Store:

1. Begin shopping around the edges of the store where fresh foods are.
2. Follow your list and only go down the aisles where your items are. This will help you avoid buying things you don't need.
3. Read nutrition labels to compare products.



Consider buying groceries online to save time and only buy what you need.



GROCERY LIST

Vegetables and Fruit		Protein Foods	Whole Grains	Milk and Alternatives
<p>Vegetables</p> <input type="checkbox"/> Bell peppers <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Green beans <input type="checkbox"/> Leafy greens/ Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Onions/ Green onions <input type="checkbox"/> Potatoes <input type="checkbox"/> Snap peas <input type="checkbox"/> Squash <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/> Yams <input type="checkbox"/> _____	<p>Fruit</p> <input type="checkbox"/> Apples <input type="checkbox"/> Applesauce (unsweetened) <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Dried fruit <input type="checkbox"/> Durian <input type="checkbox"/> Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Guava <input type="checkbox"/> Honeydew <input type="checkbox"/> Kiwis <input type="checkbox"/> Longan <input type="checkbox"/> Mangos <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Papaya <input type="checkbox"/> Passionfruit <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Plums <input type="checkbox"/> Watermelon <input type="checkbox"/> _____	<p>Plant-Based</p> <input type="checkbox"/> Beans (kidney beans/ black beans/ black-eyed peas/ romano beans, dried or canned, no salt added) <input type="checkbox"/> Chickpeas (dried or canned, no salt added) <input type="checkbox"/> Hummus <input type="checkbox"/> Lentils (dried or canned, no salt added) <input type="checkbox"/> Nuts (unsalted) <input type="checkbox"/> Peanut butter/ Nut butter (natural) <input type="checkbox"/> Seeds (pumpkin, sunflower, unsalted) <input type="checkbox"/> Soybeans/ Edamame/ Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> _____	<input type="checkbox"/> Ancient grains (buckwheat, bulgur, kamut, spelt) <input type="checkbox"/> Barley <input type="checkbox"/> Bread (mixed grain heavy, multigrain seeded bread, pumpernickel, sprouted grain) <input type="checkbox"/> Cereal (whole grain) <input type="checkbox"/> Chapati (whole wheat) <input type="checkbox"/> Crackers (whole grain) <input type="checkbox"/> Egg noodles <input type="checkbox"/> English muffin (whole wheat, multigrain) <input type="checkbox"/> Muesli <input type="checkbox"/> Oats (steel cut, rolled, oat bran) <input type="checkbox"/> Pasta (whole wheat) <input type="checkbox"/> Popcorn kernels <input type="checkbox"/> Quinoa <input type="checkbox"/> Rice (brown, wild, basmati, parboiled, long grain) <input type="checkbox"/> Roti (whole wheat) <input type="checkbox"/> Tortillas (whole wheat, corn) <input type="checkbox"/> Wheat bran <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Almond/Coconut/Oat milk <input type="checkbox"/> Cheese (mozzarella, ricotta, Swiss) <input type="checkbox"/> Cottage cheese (low sodium, pressed) <input type="checkbox"/> Cow's milk (skim, 1%, 2%) <input type="checkbox"/> Kefir (plain, unsweetened) <input type="checkbox"/> Skim milk powder <input type="checkbox"/> Soy milk (unsweetened, reduced sugar) <input type="checkbox"/> Yogurt (regular or Greek, plain or reduced sugar, 0%-2%) <input type="checkbox"/> _____
<p>Frozen Vegetables</p> <input type="checkbox"/> Mixed vegetables <input type="checkbox"/> Peas <input type="checkbox"/> _____	<p>Frozen Fruit</p> <input type="checkbox"/> _____	<p>Meat, Poultry, Eggs, Fish</p> <input type="checkbox"/> Beef (lean cuts or lean ground) <input type="checkbox"/> Canned tuna/ Salmon <input type="checkbox"/> Chicken <input type="checkbox"/> Eggs/ Egg whites <input type="checkbox"/> Fresh/ Frozen fish and shellfish (mackerel, salmon, sardines, scallops, shrimp, trout) <input type="checkbox"/> Pork <input type="checkbox"/> _____	<p>Other</p> <input type="checkbox"/> Chia/ Flax seeds/ Hemp seeds <input type="checkbox"/> Coconut aminos/Low sodium soy sauce <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Herbs (fresh or dried, no salt added) <input type="checkbox"/> Lemon/ Lime juice <input type="checkbox"/> Maple syrup, Honey <input type="checkbox"/> Oil (olive, canola, avocado, sesame, mayonnaise) <input type="checkbox"/> Pepper <input type="checkbox"/> Vinegar (rice, balsamic, cider) <input type="checkbox"/> _____	<p>Beverages</p> <input type="checkbox"/> Coffee <input type="checkbox"/> Sparkling, unsweetened water <input type="checkbox"/> Tea <input type="checkbox"/> _____
<p>Canned Vegetables</p> <input type="checkbox"/> Tomatoes (no salt added) <input type="checkbox"/> _____	<p>Canned Fruit</p> <input type="checkbox"/> _____			

**Avoid starfruit
and grapefruit*



HOW TO READ NUTRITION LABELS

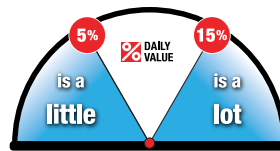
The nutrition facts table gives you a lot of information about the foods you eat. Use the label and ingredient list to compare products and help you make healthy food choices.

Nutrition Facts	
Per 100 g (3 slices)	
Calories 90	% Daily Value*
Fat 2.5 g	3 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 2.5 g	
Fibre 0 g	0 %
Sugars 2 g	2 %
Protein 14 g	
Cholesterol 25 mg	
Sodium 850 mg	37%
Potassium 550 mg	12%
Calcium 20 mg	2%
Iron 0.75 mg	4%

*5% or less is a little, 15% or more is a lot

Step 1: Look at the serving size. Compare this to how much you eat. Eating more or less than this serving means you are getting more or less of the nutrients as well.

Step 2: Read the % Daily Value (DV). This is a quick way to tell if the food contains a little (5% or less) or a lot (15% or more) of a nutrient.



Daily Value Meter
Source: Health Canada

When choosing grain products, like bread, pasta and cereal, choose foods that have at least 2 grams of fibre per serving. Fibre will help control your blood sugars and keep your bowels healthy.

Step 3: Check the ingredient list for additives. Not all additives are equal. Refer to [page 6](#) for a list of additives to limit.

Ingredients: Pork • Water • Sugars (sugar, glucose, solids, detrose) • Potassium lactate • Salt • Flavours • Sodium phosphate • Sodium diacetate • Sodium erythorbate • Sodium nitrite • Smoke flavour • Smoke. Coated with collagen.



Manufacturers can change ingredients in their products at any time, so it is important to check labels and ingredient lists often.



You can also use the new front of package labelling to help you identify foods that are high in **Saturated fat**, **Sugars** or **Sodium**.

Vegetables and Fruits

Start shopping in the produce section. Fill your cart as much as possible with vegetables and fruits.

- Fresh, frozen, or canned vegetables and fruits are all good choices.
- Choose whole fruit instead of juice.
- For canned vegetables:
 - Choose options with less than 10% sodium per serving.
 - Rinse before eating to reduce sodium.
- For canned fruit:
 - Look for unsweetened or no sugar added.
 - Choose fruit packed in its own juice.



Grains and Cereals

Choose whole grains. They are high in fibre and important nutrients. Check the ingredient list for the word 'whole' (e.g., whole grain barley, whole grain wheat, whole grain rye).

Choices include:

- Breads: whole grain breads, buns, English muffins, pitas, rotis, tortillas
- Rice: brown rice, wild rice
- Pasta: whole wheat pasta
- Crackers: whole grain, unsalted
- Cereals: oatmeal, whole grain cereals



Diabetes Tip: High-fibre grains take longer to digest. This helps with blood sugar control.

Milk and Alternatives

Include milk products and alternatives, like plain soy milk, every day to make sure you get enough nutrients for your bone and heart health.

- Look for products that are:
 - unsweetened
 - lower in milk fat (% MF) like skim, 1% or 2%
- Choose lower sodium cheeses like ricotta, mozzarella and Swiss cheese.
- **Avoid foods with** additives of concern (refer to [page 6](#)) often found in non-dairy creamers, some plant-based beverages, evaporated milk, and processed cheeses.
- Ask your dietitian about dairy-free alternatives.



Protein Foods

Plant-based proteins like beans, lentils, nuts, and animal-based proteins like fish, eggs, and meat are good sources of protein. Choose plant-based proteins more often for your overall health and budget.

- **Beans/lentils:** Choose dried or canned with no added salt.
- **Eggs:** Choose whole eggs or egg whites.
- **Nuts:** Choose any type without added salt or flavourings.
- **Peanut butter and other nut or seed butters:** Choose 'natural' versions that don't have added sugar and salt.
- **Fish:** Choose fresh, canned, or frozen fish or seafood without added salt or phosphate additives.
- **Meat:** Choose lean meats such as skinless chicken, game, pork, and lean ground beef. Avoid 'seasoned' meats and processed meats like ham, hot dogs, deli meats, bacon, sausages, and nuggets.



Diabetes Tip:
Having protein at your meal helps control your blood sugar.

Beverages

Choose water as your main drink instead of other beverages. Other good choices include lemon water, unsweetened sparkling water, tea/herbal tea, and coffee/decaf coffee.

- Limit drinks like juices, coffee crystals, iced tea crystals, and other drink mixes.
- Limit drinks like pop, diet pop, and alcohol or de-alcoholized beverages.
- Over-the-counter nutritional supplement drinks may contain additives. Speak to your dietitian before starting any nutritional supplement drinks, like Ensure or Boost.



Diabetes Tip: *Water is the best choice. Add lemon, cucumber, or fruit for flavour. Most sugar-free beverages will not spike your blood sugar, however, they may contain unhealthy additives.*

Beware of Additives

Additives are chemicals added to foods to make them taste better, look nicer, or last longer. Limit your use of foods with sodium and phosphate additives. These can be harmful to your kidney health. To check if a food has additives of concern (see below), read the ingredient list on the packaging.

Sodium additives are found in a wide variety of packaged foods, processed meats, frozen meals, cheeses, soups, condiments, and baked goods. Check the ingredients for:

- Sodium chloride (salt)
- Sodium phosphate
- Monosodium glutamate (MSG)
- Sodium nitrite
- Sodium benzoate



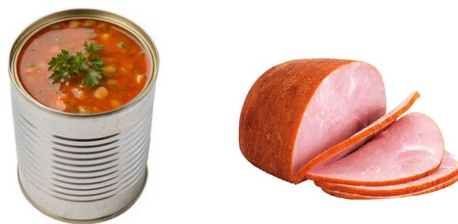
Phosphate additives may be found in processed foods such as processed meats (ham, hot dogs, deli meats), fast foods, processed cheeses (cheese slices, jarred cheese, powdered cheese), dairy alternatives, coffee creamers, protein shakes, baked goods (donuts, cookies, muffins), frozen fries/hashbrowns, frozen meals, electrolyte drinks, colas, and iced teas. Check the ingredients for:

- Phosphoric acid
- Sodium phosphate
- Potassium phosphate
- Monocalcium phosphate (baking powder)



Potassium additives may be found in processed foods such as processed meats (ham, hot dogs, deli meats), canned soups, vegetarian meat substitutes, coffee creamers, protein shakes, milk alternatives, diet beverages, and electrolyte drinks. **If you have been told your potassium level is high, check the ingredients for:**

- Potassium chloride
- Potassium phosphate
- Potassium lactate
- Potassium citrate



Snacks

Snacks can be enjoyed as part of your day to help satisfy your hunger between meal times.

Snack Ideas:

- Fruit or fruit cups (no sugar added)
- Unsalted nuts (small handful)
- Whole grain crackers with natural peanut butter or lower sodium cheese like mozzarella or Swiss
- Plain yogurt (Greek or regular) with berries
- Plain crisp breads with hard-boiled egg or tuna
- Air-popped popcorn (no salt added)
- Plain tortilla chips, unsalted with fresh salsa
- Raw vegetables with hummus



When buying packaged snack foods, look for products with:

- the fewest ingredients
- less than 10% sodium per serving
- no additives of concern

These types of snack foods can be enjoyed in moderation (once in a while or in small portions).



Choose snacks with less than 10% daily value for sodium and that do not have additives of concern (refer to [page 6](#)).

Desserts

Fruit is a great choice for dessert because it has less sugar and more fibre and vitamins than other sweet options. You can also make your own muffins, cakes, and fruit crisps to control the amount of sugar and avoid additives. You can find recipe ideas here:

- Kidneywellnesshub.ca/recipes
- Kidneycommunitykitchen.ca/kkcookbook/recipes/?_search_recipes=dessert



When buying prepared desserts, look for products with:

- the fewest ingredients
- less than 10% sodium per serving
- no additives of concern

Fruit crisps, sugar cookies, dessert tofu, fruit juice bars, popsicles, and sorbets can be good choices.



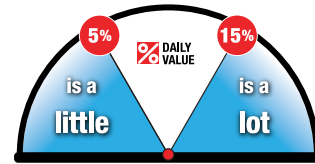
Diabetes Tip: Desserts may spike your blood sugars. If you choose to have a dessert with your meal, try a smaller portion of starch at your meal or go for a walk after eating.

Frozen Meals

A frozen meal can be a convenient choice. Check the nutrition facts and ingredient list.

Choose meals that have:

- 600mg sodium or less (25% DV or less)
- a balance of vegetables, protein, and starch
- no additives of concern (refer to [page 6](#))



If your frozen meal is low in vegetables, add some on the side.

Dressings / Soups / Sauces

Making your own soups, dressings, and sauces at home is best. Limit store-bought soups, dressings, and sauces. They can be high in salt or sugar and contain additives of concern.

Recipes:

- Try this recipe for a marinade for fajitas:
Kidneycommunitykitchen.ca/kkcookbook/recipes/fajita-marinade/
- Try this recipe instead of soya sauce:
Kidneycommunitykitchen.ca/kkcookbook/recipes/soya-sauce-substitute/

Basic recipe for homemade salad dressing:

Oil - 1/4 cup (choose one)	Vinegar - 1 Tbsp (choose one)	Others - to taste
<ul style="list-style-type: none"> • Olive oil • Sesame oil • Avocado oil 	<ul style="list-style-type: none"> • Rice vinegar • Balsamic vinegar • Apple cider vinegar • Lemon/lime juice 	<ul style="list-style-type: none"> • Garlic (minced or powdered) • Herbs (fresh or dried) • Maple syrup/honey • Dijon mustard



Grocery Shopping Tips to Save Time and Money

1. Before you shop, look for sales using flyers, coupons, mobile apps, or websites.
2. Plan meals and make a list so that you only buy what you need.
3. Plan meals to cook at home that will use up foods you already have in your fridge.
4. Choose plant-based proteins like beans, lentils, tofu, and peanut butter.
5. Buy fruits and vegetables that are in season. Choose frozen options any time of year.
6. Choose products that are generic, store-brand, or no-name.