



HAPPY KIDNEY GROCERY LIST

SEASONING

- ALLSPICE
- BASIL
- BAY LEAF
- CARAWAY SEED
- CARDAMON
- CELERY SEED
- CHILI POWDER
- CHIVES
- CILANTRO
- CINNAMON
- CLOVES
- CUMMIN
- CURRY
- DILL
- DRY MUSTARD
- FENNEL
- GARLIC
- GINGER
- MARJORAM
- NUTMEG
- OREGANO
- PEPRIKA
- PARSLEY
- PEPPER
- ROSEMARY
- SAFFRON
- SESAME SEEDS
- TARRAGON
- THYME

CONDIMENTS

- BBQ SAUCE.
- CORN SYRUP
- HONEY
- JAM
- MAYONAISE
- MUSTARD
- VINEGAR

GRAINS

- BAGELS
- BREAD- WHITE,
ITALIAN, RYE,
SOURDOUGH, PITA
- ENGLISH MUFFINS
- TORTILLAS

- RICE CAKES
- COLD CEREAL-
AVOID CEREAL W/
NUTS, DRIED
FRUIT, GRANOLA &
BRAN
- UNSALTED
CRACKERS
- VANILLA WAFERS

SWEETS TREATS

- ANGEL FOOD
CAKE,
LEMON/YELLOW
- MARSHMALLOWS
- VANILLA WAFERS

MISC

- COUSCOUS
- PASTA
- UNSALTED
POPCORN
- WHITE RICE

DAIRY/DAIRY SUBSTITUES

- MILK – LIMIT ½ CUP
DAILY
- NON-DAIRY
CREAMER
- COOL WHIP
- SOY/RICE MILK
- CREAM CHEESE
- MARGARINE
- EGGS &
SUBSTITUTE

FRUITS

- APPLES
- BERRIES
- CHERRIES
- FIGS
- GRAPEFRUIT
- LEMONS/LIMES
- PASSION FRUIT
- PINEAPPLE
- PLUMS

VEGETABLES

- ALFALFA
- ARUGULA
- BELLS PEPPERS
- BROCCOLI
- CABBAGE
- CARROTS
- CAULIFLOWERS
- CELERY
- CUCUMBER
- EGGPLANT
- LEEKS
- LETTUCE
- OKRA
- ONIONS
- PIMENTOS
- RADISHES
- RHUBARB
- SHALLOTS
- ZUCCHINI

PROTEIN

- CHICKEN
- TURKEY
- FISH
- SHELLFISH