

Grocery Shopping List

Try these foods for overall health and wellness.

MEAT, POULTRY & SEAFOOD:

Lower in phosphorus

- ☐ Lean Chicken
- ☐ Chicken Thighs
- ☐ Lean Turkey
- ☐ Turkey Thigh
- ☐ Lean Ground Beef
- ☐ Sirloin Steak
- ☐ Pot Roast Beef
- ☐ Skinless Pork Chop
- ☐ Pork Roast
- ☐ Lamb Chop
- ☐ Veal Chop
- ☐ Eggs
- ☐ Egg Whites
- ☐ Shrimp
- ☐ Snow Crab
- ☐ Lobster
- ☐ Canned Tuna, in water
- ☐ Canned Salmon, in water
- ☐ Mahi Mahi
- ☐ Rock Fish
- ☐ Tilapia
- ☐ Tofu
- ☐ Tempeh
- ☐ Soybeans

STARCHES/GRAINS:

Lower in phosphorus

- ☐ Pasta
- ☐ Noodles
- ☐ Rice
- ☐ Bread
- ☐ English Muffin
- ☐ Dinner Roll
- ☐ Hamburger Buns
- ☐ Flatbread
- ☐ Pita Bread

- ☐ Corn or Flour Tortillas
- ☐ Corn, no salt
- ☐ Green Peas, no salt
- ☐ Plain Couscous
- ☐ Pearled Barley
- ☐ Plain Oats
- ☐ Plain Grits
- ☐ Plain Cream of Wheat
- ☐ Plain Cream of Rice
- ☐ Corn Flakes Cereal
- ☐ Rice Krispies Cereal
- ☐ Rice Chex Cereal
- ☐ Kix Cereal
- ☐ Rice Cakes
- ☐ Unsalted Pretzels
- ☐ Crackers, low sodium
- ☐ Popcorn, low sodium
- ☐ Graham Crackers

DAIRY:

Lower Phosphorus

- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Unsweetened Flax Milk
- ☐ Unsweetened Rice Milk
- ☐ Plain Low-fat Greek Yogurt
- ☐ Plain Low-fat Yogurt
- ☐ Nondairy Creamer
- ☐ Nondairy Whipped Topping
- ☐ Cream Cheese
- ☐ Cottage Cheese
- ☐ Ricotta Cheese
- ☐ Brie Cheese
- ☐ Goat Cheese (soft)
- ☐ Queso Cotija
- ☐ Feta Cheese
- ☐ Fontina Cheese
- ☐ Havarti Cheese
- ☐ Queso Fresco

VEGETABLES:

Lower in potassium

- ☐ Alfalfa sprouts
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots, no salt
- ☐ Beets
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Green beans, no salt
- ☐ Jicama
- ☐ Kale
- ☐ Lettuce (butterhead, iceberg, or romaine)
- ☐ Mushrooms, white
- ☐ Mushrooms, shiitake
- ☐ Mustard greens
- ☐ Nopales
- ☐ Onion
- ☐ Peppers, green chili, Jalapeno, no salt
- ☐ Radicchio
- ☐ Radish
- ☐ Snow peas
- ☐ Spinach
- ☐ Squash, chayote/spaghetti
- ☐ Tomatillo
- ☐ Turnip
- ☐ Turnip greens
- ☐ Water chestnuts, no salt
- ☐ Watercress
- ☐ Zucchini

FRUIT:

Lower in potassium

- ☐ Apples
- ☐ Applesauce, unsweetened
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Cranberries
- ☐ Figs
- ☐ Grapes
- ☐ Lemons
- ☐ Limes
- ☐ Pears
- ☐ Mandarin Oranges, no sugar added
- ☐ Honeydew Melon
- ☐ Persimmon (fuyu)
- ☐ Pineapple (fresh)
- ☐ Plum
- ☐ Raspberries
- ☐ Rhubarb
- ☐ Strawberries
- ☐ Tangerine
- ☐ Watermelon

FATS:

Heart Healthy - try choosing unsalted nuts and seeds

- ☐ Almonds
- ☐ Almond Butter (natural)
- ☐ Cashews
- ☐ Chia Seeds
- ☐ Flaxseeds
- ☐ Hemp Seeds
- ☐ Macadamia Nuts
- ☐ Pecans
- ☐ Peanuts
- ☐ Peanut Butter (natural)

- ☐ Pistachios
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts
- ☐ Olive Oil
- ☐ Sesame Oil
- ☐ Avocado Oil
- ☐ Flaxseed Oil
- ☐ Walnut Oil
- ☐ Safflower Oil
- ☐ Butter, made with plant oil
- ☐ Mayonnaise, made with plant oil

SEASONINGS:

Salt Free

- ☐ Mrs. Dash Seasonings
- ☐ Allspice
- ☐ Basil
- ☐ Bay Leaf
- ☐ Caraway Seed
- ☐ Chives
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cumin
- ☐ Curry
- ☐ Dill
- ☐ Fennel
- ☐ Garlic
- ☐ Ginger
- ☐ Horseradish
- ☐ Nutmeg
- ☐ Onion Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Pepper
- ☐ Poppyseed

- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Tarragon
- ☐ Thyme
- ☐ Tarragon
- ☐ Turmeric

CONDIMENTS:

Lower in sodium & sugar

- ☐ Mrs. Dash Marinades
- ☐ Nonstick Cooking Spray
- ☐ Balsamic Vinegar
- ☐ Apple Cider Vinegar
- ☐ Rice Wine Vinegar
- ☐ Mustard
- ☐ No Salt Ketchup
- ☐ Sugar Free Barbeque Sauce
- ☐ Low Sodium Tomatillo Sauce
- ☐ Low Sodium Sriracha sauce
- ☐ Low Sodium Soy Sauce
- ☐ Flavor Extracts: almond, lemon, lime, maple, orange, peppermint, vanilla
- ☐ Sugar Substitutes: Stevia, Splenda, Equal, Monk Fruit, Sweet n' Low
- ☐ Raw Honey or Maple Syrup, use in moderation
- ☐ Sugar Free Jelly/Jam
- ☐ Sugar Free Pancake Syrup



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.