

SUPERMARKET SAVVY®
Kidney-Friendly Brand-Name Shopping List
Including Carbohydrate Choices



Use this list as a tool to help you select kidney-friendly foods. The foods listed are low in sodium, potassium, phosphorus, calcium, fat and saturated fat. Specific nutrient criteria are given for each food category. Nutrition information is based on the serving size as specified on the product label. **It is important that you follow the recommended portion sizes.**

Foods **high in fiber (X)**, **low in sodium (✓)**, **Trans Fat-Free**, and **Good (◆)** and **Excellent (◆◆)** Sources of Whole Grains are designated. The number of **Carbohydrate Choices** (a system used by people with diabetes) is given—**▶ (6 to 10 grams of carbohydrate); ① (11 to 20 grams carbohydrate); ①▶ (21 to 25 grams carbohydrate); ② (26 to 35 grams carbohydrate); ②▶ (36 to 40 grams carbohydrate); and ③ (41 to 50 grams carbohydrate).**

The foods chosen for this list were evaluated based on information from the USDA and manufacturer information from Nutrition Facts Boxes and Ingredient Statements. Inclusion of a food on the list does not imply an endorsement and is not meant to classify a food as “good” or “bad.”

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BEVERAGES	Fruit Juice, other	1
BREAD	Bagels, Tortillas, Muffins	2
BREAKFAST	Cereal	2
	Breakfast Bars, Pancakes, Waffles	2
DAIRY	Cheese, Alternatives	3
	Dairy Alternatives, Eggs	3
DESSERTS	Cookies, Ice Cream/Frozen Yogurt	3
	Novelties, Bakery, Pudding	4
ENTREES	Main Dishes/Meals	4
	Pizza, Pasta, Potato, Rice, Soup	4
FATS/OILS	Cooking Sprays, Margarine	5
	Peanut Butter/Nuts/Seeds, Oils	5
PRODUCE	Fruit, Vegetables, Legumes	6
MEAT	Beef, Pork, Poultry, Game, Analogs	7
	Processed, Fish/Seafood	7
SEASONINGS/ INGREDIENTS	Grains/Flours, Spices/Seasonings Condiments	7
SAUCES	Salad Dressings, Sauces, Pasta Sauce	7
SNACKS	Chips, Pretzels, Popcorn, Crackers	8

BEVERAGES

(0 g fat, Trans fat free, < 200 mg potassium, no phosphorus ingredients)

Portion Size = 1 cup (8 oz) prepared or amount recommended to make 1 cup (8 oz)

FRUIT JUICE DRINKS—Good source of antioxidants

- Apple Juice ✓②
- Crystal Light Drink Mix (all) ✓
- Langer’s Juice Cocktail Pomegranate Cranberry ✓②
- Minute Maid Apple Juice ✓②
- Minute Maid Lemonades and Punches (Lemonade, Pink Lemonade, Raspberry Lemonade, Fruit Punch, Tropical Punch, Berry Punch, Grape Punch) ✓②
- Mott’s Apple Juice ✓②
- Northland 100% Organic Juice (Cranberry, Cranberry Grape, Cranberry Raspberry, Cranberry Cherry, Cranberry Blackberry, Cranberry Blueberry, Cranberry Pomegranate) ✓②
- Ocean Spray Juice Drink (Cran Apple, Cran Pomegranate, Cran Raspberry) ✓②
- Ocean Spray Cran Grape ✓②▶
- Ocean Spray 100% Juice from concentrate (all except Grapefruit) ✓②
- Ocean Spray Powdered Drink Mix Packets (all) ✓▶
- Ocean Spray Light (all) ✓▶
- Our Family (Cranberry Apple, Cranberry Grape, Cranberry Raspberry) ✓②▶
- Powerade (all flavors) ✓①
- Welch’s 100% Juice (Grape) ✓②



✓ Low Sodium (≤140mg) ◆ Good Source of Whole Grains (8-15g)
 X High Fiber (≥5g) ◆◆ Excellent Source of Whole Grains (≥16g)
Carbohydrate Choices: ▶ (6-10g), ① (11-20g), ①▶ (21-25g),
 ② (26-35g), ②▶ (36-40g), ③ (41-50g)