

# Do you have Chronic Kidney Disease? Try these safer ideas when you are at The Food Pantry.

Brought to you by your Dallas Nephrology Associates Dietitians.



Foods	Your <u>BEST</u> Choices:		Try <u>NOT</u> to use:
Canned Fruits	Applesauce Fruit Cocktail Mandarin Oranges	Sliced peaches Pear halves Pineapple rings Plums	Bananas Canned orange juice Canned prune juice Dried Fruits Creamed Corn
Canned Vegetables (No Salt Added, or rinsed well)	Beets Carrots Corn Green Beans	Mixed vegetables Onions Peas Peas & Carrots	Pork & beans Hominy Pickles Pre-seasoned vegetables Spaghetti & tomato sauces
Cereals, Dry	Cornflakes Corn Pops Corn Chex Froot Loops Frosted Flakes Fruity Pebbles	Puffed Rice Rice Chex Rice Krispies Smacks Special K Trix	All Bran Granola Muesli Raisin Bran Raisin Nut Bran
Cereals, Cooked	Cream of Rice Cream of Wheat	Farina Grits      Oats	
Main Dish and other proteins	Beans (limit to 1/2 cup) Eggs (if available) Chicken, canned, rinsed Main dish soups if low sodium Peanut Butter (limit 2 TBSP) Salmon, canned, rinsed Tuna, canned, rinsed		Canned Chili or stew Canned ravioli & spaghetti Corned Beef, canned Ham Hash                      Jerky Potted meats Spam Vienna sausages
Grains & Starches	Bread, bagels Corn meal Flour	Muffins Pastas (all shapes) Rice	Baking potatoes      Yams Beans "Helper" boxed mixes Pre-seasoned noodle mixes
Crackers & Cookies	Animal crackers Butter cookies Fortune cookies Graham crackers	Sandwich cookies Unsalted crackers Vanilla wafers Wafer fingers	Chocolate              Nuts Salted crackers Salted Pretzels Salted snacks
Drinks, boxed & canned	Rice Milk Juices (apple, berry, cranberry, grape) Lemonade, limeade		Gatorade (sports drinks) Orange juice Tomato juice, V-8
Extras	Jam, jelly, honey (reg & sugar free) Mayonnaise	Pepper Salad dressings Sugar, syrup	Canned broths, bouillon Canned soups, soup mix Salt & salty seasonings



**DALLAS NEPHROLOGY ASSOCIATES**

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