

COVID-19 RESPONSE

DCC KIDNEY FRIENDLY PANTRY FOOD LIST

To prepare for any unforeseen situation, we always recommend having enough food on hand. Please consider maintaining a 2-week supply of renal-friendly foods, freezable, and non-perishable foods, in case you are unable to get to the store or your store is out of supplies. Please ensure that if you visit the grocery store, please remember to disinfect the cart, avoid touching your face, and practice social distancing. This Grocery Shopping List can be used to guide you at the grocery store or when ordering foods on-line. It is important to check with your dietitian for diet recommendations specific to your individual needs.

Shopping List for Kidney Patient:

Starch, Breads and Cereals:

- Bagels (*except bran*)
- Bread (*except bran*)
- Breadsticks (*plain*)
- Couscous
- Crackers (*unsalted tops or "reduced sodium"*)
- Cooked cereals: grits, cream of rice, cream of wheat
- Dinner rolls
- Dry cereals: Apple Jacks®, Cornflakes®, Corn Pops®, Corn or Rice Chex®, Fruit Loops®, Honeycomb®, Honey Smacks®, Puffed Rice®, Rice Krispies®
- English muffins
- Flour tortilla (*6 inch*)
- Hamburger or hotdog
- Hominy
- Malt-O-Meal® Matz
- Melba toast
- Muffin, small (*no bran or nuts*)
- Noodles, pasta, macaroni
- Oyster crackers
- Pita bread
- Rice (*white or wild*)
- Rice cakes

*Freeze Bread To Increase Shelf-Life

Fruits: ½ Cup = 1 serving. Limit 2-3 servings per day

- Canned or Sealed: Applesauce
- Apricots
- Fruit cocktail
- Mandarin oranges,
- Peaches and Pears
- Pineapple
- Juice: Cranberry Apple, Grape, Pineapple, Fruit Punch, Lemonade, Limeade

Meats / Protein: *Freeze Meats To Increase Shelf-Life

- Beef
- Chicken
- Eggs or egg whites / Egg substitute
- Fish
- Lamb
- Fresh pork
- Peanut Butter
- Tuna
- Salmon
- Turkey
- Tofu

Vegetables: ½ Cup = 1 serving. Limit 2-3 servings per day

- Canned or Frozen:
 - Bamboo shoots
 - Water Chestnuts
- Beets
- Broccoli
- Carrots
- Cauliflower
- Corn
- Green beans
- Jicama
- Mushrooms
- Mustard greens
- Peas (green)
- Pumpkin

Fats & Oils:

- Butter
- Margarine
- Cream cheese
- Mayonnaise
- Miracle Whip
- Non-dairy creamers
- Salad dressing
- Sour cream
- Vegetable oil (olive oil, canola & grapeseed are good choices)

Desserts, Snacks, & Sweets:

- Animal crackers
- Candy corn
- Chewing gum
- Cinnamon drops (Red Hots)
- Cakes (butter, lemon, pound, spice, strawberry, white, yellow)
- Cookies (shortbread, sugar cookies, vanilla wafers)
- Cotton candy
- Doughnuts (cake or raised, sugar or glazed)
- Fruit ice
- Graham crackers (original)
- Gum drops
- Gummy bears
- Hard candy
- Hot Tamales® candy
- Jell-O®
- Lifesavers®
- Lollipops
- Marshmallows
- Newtons ® (strawberry, apple, blueberry)
- Non-dairy frozen topping (Cool-Whip®)
- Pie (apple, cherry, blueberry, peach, lemon)
- Popcorn (unsalted or reduced sodium)
- Pretzels (unsalted or reduced sodium)
- Rice cakes
- Rice Krispy bars
- Butter crackers (low sodium)
- Sherbet
- Skittles®
- Strawberry shortcake
- Sweet rolls
- Sweet Tarts®

Drinks & Condiments:

- Apple butter
- Artificial sweeteners
- Fresh brewed coffee, tea
- Jelly
- Ketchup
- Rice milk, unfortified
- Syrup, honey
- Sugar-free sodas without phosphate additives: Sprite®, Slice®, rootbeer, 7-Up®, grape soda, ginger ale, cream soda, Sierra Mist®, Mountain Dew®

Other Extra Supplies To Help You:

- Measuring cups, teaspoons, tablespoons
- Plastic knives, spoons, forks in case of water problems
- Napkins
- Disposable plates
- Disposable bowls
- Disposable cups
- Paper towels
- Can opener
- Soap or alcohol-based hand wash
- Thermometer
- Hand sanitizer
- Scissors
- Garbage bags
- Bottle of household chlorine bleach/cleansing agents
- Blood pressure cuff
- Surgical masks
- Sharp knife
- Sterile gloves
- First-Aid Kit
- Photocopies of dialysis information
- Diabetes supplies (if applicable)
- 2-week supply of medications