

Something to drink	☐ Mountain Dew® (original)	□ Vinegar
Fruit Juice	Orange soda	■ Worcestershire sauce
Apricot nectar	□ Root beer□ Slice[®]	Something sweet to eat
□ Cran-apple juice□ Cran-raspberry juice	☐ Tea (not canned	☐ Angel food cake
Cranberry juice	or bottled)	☐ Chewing gum
Grape juice	Condiments	☐ Hard candies, gummy
Grapefruit juice		bears, jelly beans
Lemon juice	BBQ sauce	(no nuts or dried fruit)
Lemonade	Chili sauce	□ Lemon cake□ Lorna Doone® cookies
☐ Lime juice	Corn syrup	Marshmallows
Limeade	□ Cornstarch□ Cream cheese	Rice Krispies Treats®
Papaya nectar	Dry tapioca	☐ Vanilla wafers
Pear nectar	Honey	☐ Yellow cake
Pineapple juice	Jam	
Other	□ Jelly	Other groceries
□ Club soda	Ketchup	
□ Coffee	☐ Margarine	
Cream soda	■ Marmalade	
Fresca®	■ Mayonnaise	
Ginger ale	☐ Miracle Whip®	
Grape soda	■ Mustard	
Lemon-lime soda	Steak sauce	
☐ Sprite®☐ 7UP®	Sugar	
☐ Mello Yello™	Sugar substitute	
- MEIIO LEIIO	■ Taco sauce	



These foods tend to have higher levels of potassium than other foods on this list.
 Please consult your dietitian or healthcare provider for appropriate portion sizes and individualized food choices.



This grocery list is intended to be used as a tool to help you track your low phosphorus grocery purchases. Please consult your healthcare provider or dietitian to be sure that you are making the food choices that are right for you.

Protein	Dairy/dairy alternatives	☐ English muffins
Meats Beef Chicken Lamb Pork Turkey Veal Wild game Seafood Fish (fresh or frozen) Shellfish Tuna (canned in water, low sodium) Eggs (any size) Egg substitutes Egg Beaters Scramblers Tofu	 Milk (limit to ½ cup/day) Nondairy creamer Coffee-mate® Coffee Rich® Nondairy dessert topping Cool Whip® Milk alternatives Almond milk Nonenriched soy milk Rice Dream® 	 ☐ Flour tortillas ☐ French ☐ Hamburger/ hot dog buns ☐ Italian ☐ Melba toast ☐ Pita bread ☐ Rice cakes ☐ Rye ☐ Sourdough ☐ White ☐ Bread sticks (plain)
	Cereal/grains Bagels Blueberry Egg Raisin White Bread Dinner/hard rolls	Cold cereal Corn Chex® Corn Pops® Crispix® Double Chex® Fruity Pebbles® Honey Smacks® Kellogg's Corn Flakes® King Vitaman®





Cereal/grains cont'd.	□ Teddy Grahams®	☐ Figs (canned or fresh)
 □ Kix® □ Quaker® cereal Puffed Rice □ Quaker® cereal Puffed Wheat □ Rice Chex® □ Rice Krispies® Avoid: cereals with nuts, dried fruit, granola, or bran Hot cereal □ Cream of Rice® 	(not chocolate) Unsalted pretzels Unsalted saltine crackers Wheat Thins® Hint of Salt Miscellaneous Couscous Egg noodles Lightly salted popcorn Macaroni Spaghetti White rice	 □ Fruit cocktail □ Grapefruit □ Grapes □ Lemons □ Limes □ Mandarin oranges □ Mulberries □ Passion fruit □ Peaches □ Pears □ Pineapple □ Plums
□ Cream of Wheat®□ Farina®□ Grits	Fruit Apples Applesauce	RaspberriesStrawberriesTangerines
 □ Malt-o-Meal® Crackers (unsalted) □ Animal crackers □ Better Cheddars □ Graham crackers (not chocolate) □ Low Sodium Ritz® Crackers □ Oyster crackers □ Rusk 	Apricots (canned, not dried) Blackberries Blueberries Boysenberries Cherries Clementine oranges Cranberries Cranberry sauce (canned)	Vegetables Alfalfa sprouts Arugula Asparagus Bamboo shoots Bean sprouts Beans (green or waxed) Bell peppers (green, red, or yellow)





Vegetables cont'd.	Rhubarb	□ Dill
☐ Cabbage	☐ Shallots	☐ Dry mustard
☐ Carrots	☐ Spaghetti squash	☐ Extracts of almond/
☐ Cauliflower	Spinach	maple/orange/
☐ Celery	☐ Summer squash	peppermint
☐ Chili peppers	☐ Turnip greens ^a	Fennel
☐ Chives	☐ Turnips	☐ Fresh garlic
☐ Collard greens ^a	■ Water chestnuts	☐ Garlic powder
Cucumbers	Watercress	Ginger
☐ Eggplant	Zucchini	Horseradish
☐ Endive	Camadana	□ Marjoram
☐ Escarole	Something to season	☐ Mrs. Dash® salt-free
Garlic	Allspice	seasoning mixes
Hominy	□ Basil	□ Nutmeg
☐ Kale	☐ Bay leaf	Oregano
Leeks	□ Caraway seeds	□ Paprika
Lettuce	☐ Cardamom	☐ Parsley
☐ Mushrooms	☐ Celery seed	☐ Parsley flakes
☐ Mustard greens ^a	☐ Chili powder	☐ Pepper
Okra	Chives	Rosemary
Onions	☐ Cilantro	☐ Saffron
Pea pods/peas	Cinnamon	□ Sage
Pimientos	Cloves	☐ Sesame seeds
Potatoes ^a	☐ Cumin	□ Tarragon
Radishes	Curry	□ Thyme
□ Kuuisiies		



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