

Healthy kidneys help to control how much vitamins and minerals are in your blood. When your kidneys aren't working well, you can have too much or too little of these nutrients. This can lead to problems with other parts of your body. Some problems with vitamins and minerals are very common among kidney patients. Keep this useful checklist handy and take it with you next time you shop for groceries. It will help guide your choices when it comes to high-phosphorus foods to avoid, and lower-phosphorus alternatives for you.

Make smart choices



Choose these...



And not these...

Lower-phosphorous items

- Fresh fruits and vegetables
- Rice milk, unenriched
- Breads
- Pasta
- Rice
- Fish
- Corn and rice cereals
- Soda without phosphate additives
- Home-brewed iced tea

Lower-potassium items

- Apples and apple juice
- Cranberry juice
- Canned fruit
- Strawberries
- Blueberries
- Raspberries
- Plums
- Pineapple
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Mustard greens
- Beans (green and wax)
- Broccoli (fresh)
- Spinach (raw)

Lower-sodium items

- Fresh or frozen fruits and vegetables
- Rice
- Noodles
- Cooked cereal without added salt
- Fresh red meat, poultry, seafood
- Frozen dinners with no more than 700 mg of sodium
- Olive oil and vinegar
- Air-popped popcorn

Higher-phosphorous items

- Dairy foods
- Beans
- Lentils
- Nuts
- Bran cereals
- Oatmeal
- Sodas and other drinks with phosphate additives
- Some bottled iced tea

Higher-potassium items

- Oranges and orange juice
- Cantaloupe
- Avocado
- Apricots
- Bananas
- Kiwis
- Raisins
- Potatoes
- Tomatoes
- Sweet potatoes
- Spinach (cooked)
- Beans (baked, kidney, lima, pinto)
- Salt substitutes that contain potassium
- Chocolate
- Milk
- Nuts/nut butters
- Coconut milk
- Yogurt

Higher-sodium items

- Bacon, corned beef, ham, hot dogs, luncheon meat, sausage
- Bouillon, canned and instant soups
- Canned tomato products, including juice
- Canned and pickled vegetables, vegetable juice
- Frozen meals with more than 700 mg sodium
- Frozen vegetables with sauce
- Olives, pickles, relish
- Pretzels, chips, salted crackers, salted nuts
- Salt and salt seasonings, like garlic salt
- Seasoning mix and sauce packets
- Soy sauce
- Salad dressings, bottled sauces, marinades
- Ready-to-eat boxed meals and side dishes
- Processed meats

The American Kidney Fund's vision is a world without kidney disease. Until that day comes, we believe that every kidney patient should have access to health care, and every person at risk for kidney disease should be empowered to prevent it. We carry out our mission-- helping people fight kidney disease and live healthier lives-- through an array of impactful programs and services.

[Learn more at KidneyFund.org](http://KidneyFund.org)

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