

LEAD MAGNET · v2.0

The CKD-Friendly Grocery List

A pocket-sized guide to the foods that protect your kidneys — organized by aisle, with sodium, potassium, and phosphorus signals you can scan in under a minute.

How to use this list

Print it, fold it, take it to the store. The **Green column** is your everyday list. The **Amber column** is fine in normal portions for most stages of CKD. The **Red column** is best limited or replaced — especially if your labs show high potassium or phosphorus.

Always pair this with your labs.

Targets vary by CKD stage, dialysis status, and medications. Bring this list to your nephrologist or renal dietitian and let them personalize the Amber and Red columns to your numbers.

Produce

Green — eat freely	Amber — moderate portions	Red — limit
Apples, berries, grapes, pears, pineapple, plums	Bananas, oranges, melons, cherries, kiwi	Avocado (large servings), dried fruit, prune juice
Cabbage, cauliflower, cucumber, green beans, lettuce	Carrots, corn, peas, summer squash, zucchini	Potatoes (unsoaked), tomato paste, spinach (cooked)
Bell peppers, onions, garlic, mushrooms (white)	Sweet potato (small), broccoli, Brussels sprouts	Pickled vegetables, canned tomato sauce

Tip: Double-boil potatoes (cube, soak 2 hours, drain, boil in fresh water) to cut potassium roughly in half.

Proteins

Green — best choices	Amber — moderate	Red — limit/avoid
Fresh chicken or turkey (skinless, unbrined)	Lean beef, pork loin, fresh fish (salmon, cod)	Deli meats, bacon, sausage, ham, hot dogs
Eggs, egg whites	Greek yogurt (small), cottage cheese (low-sodium)	Processed cheese, American cheese slices
Tofu (firm), tempeh	Canned tuna in water (low-sodium, drained)	Smoked or cured fish, canned sardines in oil

Grains & starches

Green	Amber	Red
White rice, white pasta, sourdough, pita bread	Steel-cut oats, brown rice, quinoa (small servings)	Whole-grain bran cereals, instant rice/pasta mixes
Plain bagels, English muffins, tortillas (low-sodium)	Whole-wheat bread, multigrain crackers	Biscuit mixes, packaged seasoned rice (very high Na)

Dairy & alternatives

Green	Amber	Red
Unsweetened almond milk, unsweetened rice milk	Cow's milk (½ cup), Greek yogurt (small)	Oat milk (often high P), chocolate milk, condensed milk
Cream cheese (1–2 tbsp), sour cream (1–2 tbsp)	Plain cottage cheese (low-sodium variety)	Processed cheese slices, spray cheese

Pantry & condiments

Green	Amber	Red
Olive oil, vinegar, fresh lemon, herbs/spices	Mustard (small), mayonnaise (small)	Soy sauce, teriyaki, bouillon cubes, broth (regular)
Mrs. Dash, garlic powder, onion powder, paprika	Honey, maple syrup, jam (small)	Table salt, seasoned salt, 'lite salt' (KCl-based)
Unsalted nut butters (1 tbsp, occasional)	Canned beans (drained, rinsed; low-sodium)	Canned soups, ramen, boxed meals, frozen dinners

Beverages

Green	Amber	Red
Water, sparkling water, herbal tea, light coffee	Cranberry juice (small), apple juice (small)	Cola, dark sodas, sports drinks (high Na + phosphate)
Unsweetened almond milk, rice milk	Lemonade (homemade), iced tea (unsweetened)	Energy drinks, flavored bottled coffees

Read the label – every time.

Look for any ingredient with the letters **PHOS** (phosphate, phosphoric acid, sodium phosphate). These additives are 90–100% absorbed, far more than the phosphorus in whole foods. Aim for <140 mg sodium per serving and no PHOS additives.

Want a personalized version? The **Nutritional Blueprint (\$250)** turns this list into a meal plan built around your labs, medications, and food preferences. Book at nephronourish.com/work-with-me.