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NUTRITION INFORMATION

The foods listed can be enjoyed by people with diabetes and kidney disease.

As of August 2012, these foods fit the guidelines.

Please be aware that companies can change ingredients at any time. The dietitians who made this list take no responsibility for changes to food products, labels or ingredients.

This guide is not to replace the advice of your health care professional. If you have questions about any food, please check with your renal dietitian. For a non-diabetic shopping list, please ask your dietitian.

If you are limiting your fluids, remember to follow the guidelines provided by your renal dietitian.

Your Dietitian:

Phone Number:

Not sure where to shop for certain brand names?

Some foods listed in this document have brand names that are only found at certain stores. We have attempted to provide a list of the stores that carry the brands we suggest, but it is not comprehensive and will likely change over time. Be sure to check your local grocery stores, as well as natural and health food stores, for these product lines. This list is not an endorsement or promotion of these companies by the BC Renal Agency.

Brand Name	Where You Can Find It
Dairyland®	Save-On-Foods, Overwaitea, PriceSmart foods
Eating Right™	Safeway
Foremost	Extra Foods, Superstore, nofrills®
Island Farms	MarketPlace IGA, Thrifty Foods™
Jersey Farms	Extra Foods, Superstore, nofrills®, Thrifty Foods, Costco
Lucerne®	Safeway
no name®	Extra Foods, Superstore, nofrills®
President's Choice®	Extra Foods, Superstore, nofrills®
Western Family™	Save-On-Foods, Overwaitea, PriceSmart foods
Ziggy's Internationale	Extra Foods, Superstore, nofrills®

HOW TO READ A NUTRITION LABEL

What is not always on a label

Potassium and phosphorus are NOT always listed on a label. If potassium or phosphorus are not listed, the food item may still contain these ingredients.

“Low sodium” or “reduced sodium” foods may have added potassium. The potassium should be listed on the label in this case.

Another way to check if a food is high in potassium or phosphorus is to check the ingredient list. The first three ingredients in the list will be the highest amount in the food.

Phosphorus additives

Phosphorus can be found as an additive in many processed foods and drinks. These additives move very quickly into the blood and can increase your phosphorus levels.

Learn to read food labels and know the ingredients. Manufacturers can change the ingredients in a product at any time, so it is important to check labels often.

Avoid foods containing phosphorus additives.

These can be identified on the ingredient list by the term “phosph” as part of a word. Examples:

- **Coca Cola Classic™**: Ingredients: water, sugar/glucose-fructose, caramel colour, **phosphoric acid**, natural flavour, caffeine.
- **Aunt Jemima Original Pancake and Waffle Mix™**: Ingredients: wheat flour, corn flour, sugar, monocalcium **phosphate**, dextrose, sodium bicarbonate, salt, dried egg yolk, glucose solids, modified corn starch, color.
- **High Liner Frozen Cod Fish Fillets™**: Ingredients: cod, water, sodium **phosphate**.

Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	440		
Fat / Lipides	19 g	29 %	
Saturated / Saturés	4 g	21 %	
+ Trans / Trans	0.2 g		
Cholesterol / Cholestérol	35 mg		
Sodium / Sodium	860 mg	36 %	
Carbohydrate / Glucides	53 g	18 %	
Fibre / Fibres	4 g	16 %	
Sugars / Sucres	6 g		
Protein / Protéines	15 g		
Vitamin A / Vitamine A		45 %	
Vitamin C / Vitamine C		4 %	
Calcium / Calcium		20 %	
Iron / Fer		20 %	

FAT

- Total daily fat no more than 60 g
- Reduce daily saturated fat to less than 15 g
- Keep trans fat to “0”

SODIUM

- Aim for less than 25% for a meal
- Aim for less than 10% for snacks and cereals
- Aim for 2300 mg or less of sodium per day

CARBOHYDRATES

- Includes fibre, starch and sugars
- Aim for 45-60 g of carbohydrates per meal
- Look for higher fibre foods

PUTTING IT ALL TOGETHER

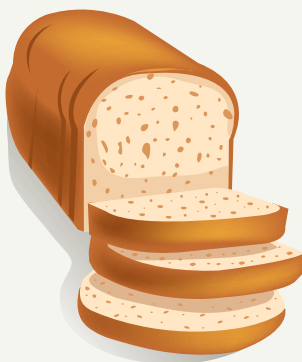
1. Check the serving size. Is your serving the same amount?
2. Does the carbohydrate count fit into your meal plan? Remember a balanced meal should include 3 to 4 food groups. Does this meal/snack fit in with your meal plan?
3. Is this a high fibre choice? Better choices have at least 4 grams per serving.
4. Sodium – does it fit for a snack or a meal? The label listed above would be high for a meal but can be worked into a meal plan if you limit sodium the rest of the day.
5. Phosphorus – not listed on this label. Check the ingredient list for phosphorus additives.
6. Check in with your heart. Keep saturated fat to no more than ¼ of the total fat and avoid trans fats.

Does this meal/snack item work for you?



TIP:

Foods marked with an asterisk (*) are better choices for blood sugar control.



FOODS YOU CAN EAT

STARCHES

TIP:

Breads with sprouted grain, whole grain, or multigrain may be higher in potassium and phosphorus. Please see the list below for high fibre breads that are good choices. As well, the foods marked with an asterisk (*) are better choices for blood sugar control.

HIGHER FIBRE BREADS

COUNTRY HARVEST™

- Seven Grain
- Twelve Grain
- Vitality™ 100% Whole Wheat
- Vitality™ Multigrain

DEMPSTER'S®

- WholeGrain™12 Grain
- Healthy Way® with ProCardio recipe™ 100% Whole Grain Wheat

SILVER HILLS™

- Little Big Bread™
- Marvelous Multi™
- Steady Eddie™
- Gluten Free Chia Chia™

BREADS

BAGELS

- Dempster's® Original
- Olafson's® Broadway Classic™ Original
- Olafson's® Brooklyn Breakfast™: Original and Whole Wheat

BAGUETTE/DINNER ROLLS

White, whole wheat*, French, Italian, light rye*, sourdough*

BREAD

Whole wheat, white, French, sourdough

*see list on page 3 for higher fibre breads

BREADCRUMBS**BREADSTICKS (unsalted)****CROISSANTS****ENGLISH MUFFINS**

- Oroweat®: Sourdough*, Extra Crisp
- President's Choice® Original

HAMBURGER/HOT DOG BUNS

White or whole wheat

MUFFIN MIXES

- President's Choice® Organics™: Apple Cinnamon, Oatmeal
- Dr. Oetker Added Touch™: Fat Free Carrot, Fat Free Lemon Poppy Seed
- Dr. Oetker Organic, Apple Cinnamon (Save-On-Foods organic section)
- no name®: All Purpose, Oatmeal

PITA BREAD

- Byblos Pita Pockets: Greek, whole wheat, white
- Olafson's® Original Greek Style Pita

TACO SHELLS**TORTILLAS**

- Casa Mendosa™ Whole Wheat Tortillas
- Stonehedge Farms Tortillas: white, yellow corn
- Old El Paso® Flour Tortillas
- President's Choice® Soft Flour Tortillas (Ancient Grain)

CEREALS

- *Corn Bran Squares™ (higher sodium)
- Corn Chex® (higher sodium)
- Cornflakes
- Crispix Krispies®
- Crispy Rice Nature's Path™
- *Kashi® Squares Berry Blossom
- Kashi® Squares Honey Sunshine
- Kashi® 7 Grain Honey Puffs
- Kashi® 7 Whole Grain Puffs
- *Life® Multigrains™
- Puffed Rice
- Puffed Wheat
- Quaker® Life® Original
- *Quaker® Muffets®
- Rice Chex® (higher sodium)
- Rice Krispies® (higher sodium)
- *Shredded Wheat
- Special K® (higher sodium)
- *Weetabix®

**TIP:**

Cereals higher in fibre will help keep you full longer and can help you with your blood sugar control. Higher fibre cereals may be higher in potassium and phosphorus.

HOT CEREALS**CREAM OF RICE****ROLLED OATS**

- Quick cooking rolled oats
- Compliments Regular Instant Oatmeal
- President's Choice® Instant Oatmeal
- Quaker®: Instant Oatmeal, Original

**TIP:**

Cereals with sugar less than 7 g per serving and with fibre more than 4 g per serving are better choices. The choices above with [*] fit these guidelines.

OTHER STARCHES

BARLEY*

COUSCOUS (avoid packaged seasoned mixes)

PASTA (avoid packaged seasoned mixes)

Dried

- All plain types
- Catelli® Healthy Harvest® Whole Wheat Pasta*
- Catelli® Smart™ Pasta*

Fresh (NO spinach or flavoured)

- Olivieri® linguine, fettuccine, beef tortellini
- Western Family™ linguine, fettuccine, beef tortellini
- Ziggy's Internationale™ linguine, fettuccine, beef tortellini

RICE

White or brown*, parboiled* (converted) (avoid packaged seasoned mixes)

RICE NOODLES



TIP:

Most foods contain some potassium. A large portion of a low potassium food can make it a high potassium food.

1 serving = 1 medium fruit or ½ cup

If using canned fruit, drain juice and discard to decrease fluid and potassium. If you do not need to restrict potassium in your diet, you may be able to eat a wider variety of fruit. Check with your dietitian.



TIP:

Fruits higher in fibre have an *, they have more than 2 g fibre per serving (½ cup or 1 piece of fruit)

FRUITS

Apple, with skin*

Applesauce

Apricots (1 fresh or canned, 4 halves)

Blackberries*

Blueberries, fresh or frozen*

Boysenberries*

Casaba melon

Cherries (10)

Coconut, fresh (1 piece 2" x 2" x ½")*

Crabapples*

Cranberries

Currants (red, white or black)*

Figs (fresh, 1 medium)

Fruit cocktail (canned in juice)

Gooseberries

Grapefruit*

***Some people have medication that should**

NOT be taken with grapefruit. Check with your pharmacist.

Grapes (15)

Kumquat (5)*

Lemon

Lime

Loganberries (frozen)*

Longans (15 fresh)

Lychees (10 fresh)

Mandarin orange (canned or 1 medium fresh)

Maraschino cherries

Passion fruit

Peach

Pear (½ fresh or canned)*

Pear, Asian (1 medium)*

Persimmon (American)

Pineapple

Plums (1 fresh or 3 canned)

Pomegranate (½ medium) (pomegranate juice is high in potassium)

Prickly pear*

Quince

Rambutan (canned in syrup or 2 fresh)

Raspberries*

Rhubarb*

Strawberries*

Tangerine

Watermelon



WARNING:

People on dialysis should NOT eat starfruit, also called carambola.

VEGETABLES

Alfalfa sprouts
 Arugula (raw)
 Asparagus (cooked, not canned)*
 Bamboo shoots (canned)
 Bean sprouts
 Beans, green*
 Beans, yellow*
 Beets (canned, not pickled)*
 Bitter melon (balsam pear)
 Broccoli (½ cup raw or 1/3 cup cooked)
 Cabbage, green
 Cabbage, napa (sui choy)
 Cabbage, red
 Cabbage, savoy
 Carrots*
 Cauliflower
 Celery, fresh
 Celeriac (celery root), cooked
 Chayote
 Corn, fresh, frozen or low sodium canned*
 Cucumber
 Dandelion greens, raw
 Eggplant
 Endive
 Fennel bulb, fresh
 Fuzzy squash (moo qua)
 Gai lan (Chinese broccoli)
 Grape leaves, canned (5 leaves)
 Jicama, raw
 Kale, cooked
 Leeks
 Lettuce (butter, leaf, iceberg, romaine)
 Mushrooms*, fresh or canned, not cooked
 Mushrooms, Shitake (4)*
 Mushrooms, Enoki (raw)
 Mustard greens, frozen cooked*
 Nopales (cactus leaves), cooked
 Onions
 Okra
 Peas and carrots, frozen mix*
 Peas, green*
 Peppers, red, green, yellow, orange
 Peppers, hot chili or jalapeno
 Pumpkin, canned



TIP:

Most foods contain some potassium. A large portion of a low potassium food can make it a high potassium food.

1 serving = 1 medium vegetable or ½ cup

If using canned vegetables, drain liquid and discard to decrease fluid.

If you do not need to limit potassium in your diet, you may be able to eat a wider variety of vegetables. Check with your dietitian.

Radicchio, raw
 Radish, raw
 Seaweed, kelp, raw
 Seaweed, nori (½ oz)
 Seaweed wakame, raw
 Shallots, raw*
 Snow peas, cooked*
 Spinach, raw
 Squash, crookneck, cooked
 Squash, scallop, cooked
 Squash, spaghetti, cooked
 Squash, zucchini, raw
 Tomatillos, raw (1 medium)
 Turnip, cooked
 Turnip greens, cooked*
 Water chestnuts, canned
 Watercress, raw
 Winter melon (don qua), cooked



TIP:

Vegetables with an * are higher in fibre. They have more than 2 g of fibre per serving (½ cup).

LOW SODIUM CANNED VEGETABLES

CORN*

- Del Monte® No Salt Added
- President's Choice® Blue Menu™ No Added-Salt
- Western Family™ Unsalted

PEAS *

- Green Giant™ 1/3 less salt
- President's Choice® Blue Menu™ No Added-Salt
- Western Family™ Unsalted

GREEN BEANS

- President's Choice® Blue Menu™ No Added-Salt
- Western Family™ Unsalted

STARCHY VEGETABLES high in carbohydrates

CORN

POTATO

TIP:

DOUBLE BOIL POTATOES TO LOWER THE POTASSIUM

1. Peel, cube or slice potatoes.
2. Add double the amount of water.
3. Bring to boil, then drain water.
4. Add fresh water, finish cooking and drain again.

*Potatoes are high in potassium; if you choose to have potatoes, double boil and keep to ½ cup portion.

MEAT & ALTERNATIVES (protein)

BEEF

CHICKEN

Avoid “seasoned” which means phosphorus and sodium-added

READY-TO-SERVE ROASTED CHICKEN

(higher in sodium)

DUCK

EGGS

- Fresh eggs, all types
- Naturegg™ Break-Free Omega Pro™
- Naturegg™ Break-Free™
- Egg Beaters®
- Egg whites (low in phosphorus)
- Naturegg™ Simply Egg Whites™



TIP:

Limit your intake of smoked and processed meats/fish as they are higher in sodium.

Check labels and avoid products with added phosphorus (e.g. frozen chicken breasts, some frozen seafood and fish).

Avoid eating fish such as herring, mackerel and sardines. The bones are high in phosphorus.

FRESH FISH

Watch for frozen and previously frozen fish—some have added phosphorus.

CANNED TUNA AND SALMON

Low sodium is a better choice.

Read the label to avoid added phosphorus. Eat without edible bones—they are high in phosphorus.

- Clover Leaf® low sodium tuna
- Western Family™ low sodium tuna
- Gold Seal® low sodium salmon
- President’s Choice® no-salt-added salmon

GAME MEAT

LAMB

PEANUT BUTTER (higher in potassium)

PORK

SEAFOOD

Watch for frozen and previously frozen seafood—some have added phosphorus.

TOFU

Firm tofu has more protein than soft.

TURKEY

- McLean Organic Foods™ Meats Turkey Grillers

VEAL

DAIRY PRODUCTS

Cheeses and buttermilk are high in salt. Some low sodium cheeses (hard) can have added potassium—read the label. Dairy products are high in phosphorus. Limit to 1–2 servings per day or as recommended by your dietitian. **1 serving = ½ cup milk, ½ cup yogurt or 1 oz cheese**

These foods did not have added phosphorus at the time of review.

Other dairy products have added phosphorus and manufacturers may change the ingredient list at any time. Please check the label often.



TIP:

To lower the amount of fat in your diet, choose low fat milk and yogurt (1% or skim) and lower fat cheese (less than 20% MF).

BUTTERMILK (higher in sodium)**CHEESE**

- Brie
- Brick (hard)
- Camembert
- Cottage cheese – lower sodium choice; Lucerne® 2% No-Added Salt
- Cream cheese (this is lower phosphorus choice)
- Goat cheese (soft)
- Ricotta cheese

COFFEE CREAM

Dairyland®
 Foremost
 Lucerne® Creamo
 Island Farms

HALF AND HALF

- Dairyland®
- Foremost
- Lucerne®
- Island Farms

MILK**SOUR CREAM** (lower in phosphorus)

- Dairyland® Fat-Free
- Jersey Farms No-Fat
- Lucerne® Regular
- Lucerne® Low-Fat
- Island Farms Regular

YOGURT

- Plain, fruit, frozen
- Greek yogurt (higher in protein)

WHIPPING CREAM

- Whipped cream in the ready-to-use spray can (this is a lower phosphorus choice)
- Lucerne®
- Western Family™
- Gay Lea

DAIRY ALTERNATIVES

These dairy alternatives can be used in place of milk. Look for non-enriched; they do not have phosphorus added to them but are similar in potassium.

- Almond Breeze® beverage (Original Unsweetened or Vanilla Unsweetened)
- Pacific Foods® Organic Almond Non-Dairy beverage (vanilla and original)
- Silk® Soy Beverage (Unsweetened, Vanilla, Light)
- So Nice™ Natural
- So Nice™ Non-Dairy Soy Yogurt (peach, vanilla, strawberry)

**TIP:**

The dairy alternatives below are lowest in protein, phosphorus and potassium and can be used more liberally. Try instead of milk in cooking, baking or on cereal.

- Rice Dream™ beverage (vanilla and original)
- Pacific Foods® Organic Almond Non-Dairy beverage (unsweetened)

DRINKS AND JUICES

These foods did not have added phosphorus at the time of review. Other drinks have added phosphorus and manufacturers may change the ingredient list at any time. Please recheck the label often.

Drinks that have little or no effect on your blood sugar:

CAF-LIB

CASCADE ICE

- Blueberry Watermelon
- Cranberry/Pomegranate
- Orange/Mango
- Pink Grapefruit
- Pomegranate
- Raspberry/Black Current
- Strawberry/Lemonade
- Wild Berry

CLUB SODA

- President's Choice®
- Schweppes™

COFFEE (regular, decaffeinated)

- Aim for 2 cups or less a day

CREAM SODA

- Diet Crush™
- Diet Fanta®

CRANBERRY JUICE - DIET

- Ocean Spray®

.

DIET RITE™

- Red raspberry
- Tangarine SF

FRESCA®

- Natural Grapefruit

GINGER ALE- DIET

- Diet Canada Dry™
- Diet President's Choice®
- Diet Western Family®

HOMEMADE ICED TEA

(no sugar added or sugar alternative)

HOMEMADE LEMONADE

(no sugar added or sugar alternative)

ICED TEA (bottled)

- Zero Natural Lemon Nestea®
- Green Tea Zero Nestea®
- Diet Lemon Tea Snapple®

ICED TEA POWDER MIX - DIET

- Nestea® packets (with Splenda)

MIO (water flavour)

ORANGE - DIET

- Diet Crush™

PRESIDENT'S CHOICE®

- Light Cranberry Cocktail
- Diet Mango Sparkling Soda
- Diet Grapefruit
- Spritz-up
- Diet Ginger Ale
- Diet Cranberry
- Diet Lemonade

PRESIDENT'S CHOICE® Free and Clear

- Black Cherry
- Golden Peach
- Tangerine Lime

ROOT BEER

- A&W™ diet
- Mug™ diet
- Western Family® diet

7-UP® - DIET

SPRITE® - DIET

SPRITE ZERO®

TRUE™ LIME CRYSTALLIZED LIME

- Packets, non sweetened

TRUE™ LEMON

WATER

WESTERN FAMILY®

- Diet Citron Lime
- Diet Sparkling Grapefruit
- Diet Tonic
- Diet Root Beer
- Diet Ginger Ale

Limit these drinks as they contain some carbohydrate which can increase your blood sugars:

CRANBERRY COCKTAIL - LOW CALORIE

- Ocean Spray® Cranberry Cocktail
- Ocean Spray® CranGrape
- Ocean Spray® CranRaspberry

PRESIDENT'S CHOICE® BLUE MENU™

- Apple
- Cranberry Delight
- Light White Cranberry
- Cranberry Raspberry
- Cranberry Cocktail
- Ruby Red Grapefruit

RW KNUDSEN®

- Just Cranberry

**TIP:**

Regular pop is high in sugar and should only be used to treat LOW blood sugars.

DRINKS THAT HAVE SUGAR (naturally occurring or added sugar) will affect your blood sugar.

Limit these drinks and juices to ½ cup a day or to treat LOW blood sugars:

APPLE JUICE

CRANBERRY (lower in potassium)

CRANBERRY COCKTAIL

- CranRaspberry
- CranGrape
- CranBlueberry (lower in potassium)

FIVE ALIVE

GRAPE JUICE (canned, bottled)

KOALA SPRINGS

- Kiwi Lime
- Grapefruit

PINEAPPLE JUICE**RW KNUDSEN® SPRITZERS**

- Lemon-Lime
- Jamaican-Style Lemonade
- Red Raspberry
- Tangerine
- Black Cherry

SANTA CRUZ ORGANIC®

- Lemon Lime
- Root Beer
- Ginger Ale

SOUP & BROTH

REDUCED SODIUM CHICKEN BROTH

HARVEST SUN™

- Organic low-sodium vegetable bouillon cubes

CAMPBELL'S® NO SALT ADDED READY TO USE BROTH

- Beef
- Chicken

KITCHEN BASICS® UNSALTED

(available at Safeway)

- Beef, chicken or vegetable

PACIFIC® ORGANIC

- Low sodium free-range chicken broth
- Low sodium beef broth

PRESIDENT'S CHOICE® BLUE MENU™

- No added salt beef broth
- No added salt chicken broth
- Chicken and rotini

TREATS



TIP:

These treats may be used as snacks or a dessert in moderation. Better choices have 10 g or less of sugar per serving.

Each choice listed is equal to one carbohydrate choice or 15 g carbohydrate based on the serving size listed on the package.

CEREAL BARS

- Kashi® Soft-Baked – Ripe Strawberry, Blackberry Graham
- Nature's Path® Organic Crispy Rice Bar: Berry Strawberry™
- Western Family™ Blueberry and Strawberry

GRANOLA BARS

(limit chocolate, yogurt-coated and nuts)

- Nature Valley® Crunchy (Apple Crisp, Oats n' Honey, Cinnamon) (½ package or 1 bar)
- Nature Valley® Crunchy Chocolate (contains very little chocolate)
- Nature Valley® Fibre Source (Apple Cobbler)
- Kashi® Cherry Dark Chocolate (has very little chocolate)
- President's Choice® Blue Menu™ Chewy Cranberry Apple

EATING RIGHT™ LOW SODIUM PRETZELS

(Safeway brand)

LOW SODIUM TORTILLA CHIPS

- President's Choice® Blue Corn
- Que Pasa™
- Thrifty's™, No Salt
- Western Family™

POPCORN

- Air-popped—try with just butter/margarine, limit added salt
- Orville Redenbacher's® Smart Pop!® microwave
- President's Choice® 100 Calories Mini Bag Popping Corn
- President's Choice® Blue Menu™ Butter Flavour Microwave Popping Corn
- President's Choice® Blue Menu™ Natural Flavour Microwave Popping Corn

RICE CAKES

- no name® Unsalted
- Quaker®: Plain, Salt-Free, Lightly Salted, Apple Cinnamon, Caramel Corn, Butter Popped Corn

RICE WORKS® GOURMET BROWN RICE CRISPS

- Tangy BBQ, Sweet Chili

SUNCHIPS®

- Original

CRACKERS

CARR'S®

- Table Water® Crackers
- Table Water® Crackers with Cracked Pepper
- Table Water® Crackers Roasted Garlic and Herbs

GRISSOL® MELBA TOAST

- Original, No Salt, 60% Whole Wheat (*whole wheat melba toast is higher in fibre)

GRISSOL® CRISPY BAGUETTES

- Plain (7 pieces per snack)

HOLLAND RUSK CREAM CRACKERS

(limit to 2 rusks for snacks)

PREMIUM PLUS UNSALTED TOPS

PRESIDENT'S CHOICE®

- Organics™ Stoned Wheat Crackers
- Blue Menu™ Snack Crackers Wheat & Onion

QUAKER® RICE CAKES

- Plain, Salt-free, Lightly Salted

RICE CRACKERS

- Hot-Kid® Rice Crisps Natural
- Mr. Christie Original Rice Thins
- Sakata® Plain

STONED WHEAT THINS® 60% less sodium

WESTERN FAMILY™

- Soda Crackers Unsalted Tops

COOKIES

Sandwich/Filling Type

DARE® ULTIMATE™

- Strawberry Crème

OREO™ GOLDEN ORIGINAL SANDWICH COOKIES

PEEK FREANS

- Fruit Crème
- Lifestyle Selections™ Fruit Creme

Plain/Wafer Type

DARE® SIMPLE PLEASURES®

- Cinnamon Snaps
- Digestive
- Lemon Social Tea
- Oatmeal
- Social Tea
- Spice Snaps

HONEY MAID® GRAHAM CRACKERS

NO NAME® MARIA BISCUITS

PEAK FREANS

- Nice
- Shortcake
- Digestive

PEEK FREANS LIFESTYLE SELECTIONS™

- Shortcake
- Lemon Crisp No Sugar Added

PRESIDENT'S CHOICE®

- Butterfly Wing Cookies
- Dutch Butter Cookies
- English-Style Gingersnap Cookies
- Mini Chefs™ Teddy Bear Arrowroot Biscuits
- Mini Chefs™ Zookies™ Animal Crackers
- Mini Chefs™ Honey Crunch Cubs Graham Cookies

PRESIDENT'S CHOICE® BLUE MENU™ 100 CALORIE GINGER AND LEMON

PRESIDENT'S CHOICE® ORGANICS™

- All Butter Shortbread Fingers
- Oat and Honey

TEDDY GRAHAMS® (HONEY)

DESSERTS

If you choose to include dessert as a part of your meal, try a smaller portion of starch at your meal and/or increasing your activity.

CAKE MIXES

- Betty Crocker® Angel Food
- Dr. Oetker Organic Vanilla
- President's Choice®
- Safeway™ Yellow
- Safeway™ White

CHEESECAKE (NO CHOCOLATE OR NUTS)

CINNAMON ROLLS

- Baker Boy® Home-Style (Save-On-Foods)

COBS BREAD®

- Danish, lemon tart, butter tart

COOL WHIP, NON-DAIRY DESSERT TOPPING

FLAVOURED JELLY POWDER

noname® brand, **NOT** JELL-O® brand

FRUIT JUICE BARS

- DelMonte®
- Safeway™ brand

GELATO

- Del Monte® lemon
- President's Choice® lemon
- Mario's® Gelati sorbetto (lemon)

ICE CREAM/ICE MILK – Limit to 1 cup

MERINGUE

PIE

- Apple, blueberry, peach, lemon meringue, rhubarb

POPSICLES

RICE DREAM® NON-DAIRY FROZEN DESSERT

- Vanilla (non-enriched)

- Cookies n' Dream
- Strawberry

PRESIDENT'S CHOICE® BLUE MENU™ APPLE CRISP

RICE KRISPIES SQUARES® (original)

SHERBET

Lemon, lime, strawberry, rainbow, raspberry

SO DELICIOUS® SOY DESSERT, FROZEN

- Creamy Vanilla

STRUDEL

- Fruit-filled

SUGAR-FREE OPTIONS

DIET JELLY POWDER

DIET POPSICLES



TIP:

These foods did not have added phosphorus at the time of review. Other mixes and ready-to-eat prepared desserts and baked products may have phosphorus in them. Try to make your own desserts and baked goods.



TIP:

Choose candy without nuts or chocolate.

FATS

BUTTER OR SALT-FREE BUTTER

MARGARINE (non-hydrogenated)

SALT-FREE MARGARINE (non-hydrogenated)

MAYONNAISE

MIRACLE WHIP

VEGETABLE OIL

Canola and olive oil are better choices.



TIP:

Try to limit to 1-2 tablespoons of added fat a day.

SALT-FREE SEASONINGS

CLUB HOUSE® LA GRILLE™ NO SALT ADDED

- Chicken Seasoning
- Steak Spice

FRONTIER™ ALL-PURPOSE SEASONING (SALT-FREE BLEND)

MCCORMICK® PERFECT PINCH™ SALT-FREE

- Garlic & Herb
- All Purpose

MRS. DASH® (ALL TYPES)

PRESIDENT'S CHOICE®

- No salt added

SPIKE® SALT FREE ALL PURPOSE

SALAD DRESSINGS

BOLTHOUSE FARMS®

- Raspberry Merlot Vinaigrette
- Tropical Mango Vinaigrette

LITEHOUSE®

- Balsamic
- Raspberry Walnut

PRESIDENT'S CHOICE® BLUE MENU™

- Raspberry Vinaigrette
- Honey Pear Vinaigrette
- Lemon Poppyseed

RENÉE'S GOURMET™

- Pear Guava
- Balsamic
- Honey Dijon
- Ravin' Raspberry
- Tangerine & Lime

SAUCES AND CONDIMENTS

CRANBERRY JELLY/SAUCE

HORSERADISH

HOT SAUCE

LIQUID SMOKE®

MINT JELLY/SAUCE

PEPPER JELLY

TABASCO® SAUCE

Note: some other hot sauces can be high in sodium.

VINEGAR

White, red wine, balsamic, apple cider

CONDIMENTS HIGHER IN SODIUM

BARBECUE SAUCE

BREAD AND BUTTER PICKLES

KETCHUP

MUSTARD

RELISH

SALSA

TARTAR SAUCE

WORCESTERSHIRE SAUCE

SPICES

Allspice
 Anise
 Artificial flavouring (rum, banana, etc.)
 Basil
 Bay leaves
 Caraway seeds
 Cardamom
 Celery seeds
 Chervil
 Chives
 Cilantro
 Cinnamon
 Cloves
 Coriander
 Cumin
 Curry powder
 Dill
 Extracts (vanilla, peppermint, etc.)
 Fennel
 Fenugreek
 Garlic powder
 Ginger
 Mace
 Marjoram
 Mustard (dry)
 Nutmeg
 Onion powder and flakes
 Oregano
 Paprika

Parsley
 Pepper, black
 Pepper, cayenne
 Pimentos
 Poppy seeds
 Poultry seasoning
 Rosemary
 Saffron
 Sage
 Savory
 Tarragon
 Thyme
 Turmeric

SUGARS and NO ADDED SUGAR ALTERNATIVES

These will increase your blood sugars; use in moderation.

HONEY

ICING SUGAR

JAM OR JELLY

LEMON SPREAD

MARMALADE

NO ADDED SUGAR JAM OR JELLY

NO ADDED SUGAR SYRUP

WHITE SUGAR

SWEETENERS

These do not increase your blood sugars.

EQUAL® (ASPARTAME)

SPLENDA® (SUCRALOSE)



TIP:

There are other natural sweeteners available; talk to your dietitian.