



## My foods to choose

The foods you choose are important to help you feel your best. Use this list of 100+ great food choices as a quick reference guide and shopping list. Depending on your dialysis treatment and overall health, your potassium needs will vary. It's important to talk to your dietitian to learn more about good food choices and how you can eat the foods you love.

### Protein:

*Serving size: ½ cup or 3-5 ounces, cooked*

- Beans
- Beef
- Chicken
- Edamame
- Eggs (whole or egg whites)
- Fish
- Lamb
- Lentils
- Pork
- Tofu
- Turkey
- Veal
- Wild game

*All-natural, fresh meat is best. Low-sodium, frozen or canned meats (rinsed) are also acceptable. Limit cured & deli meats. Beans, edamame & lentils are higher in potassium.*

### Bread, Cereal & Grains:

*Serving size: 1 slice, 1 piece or ½ cup*

- Bagel (half)
- Bread loaf
- Cereal
- Corn tortilla
- Couscous
- English muffin (half)
- Old-fashioned or steel-cut oatmeal
- Pasta
- Pita (half)
- Quinoa
- Rice
- Rice cakes
- Slow-cook cream of wheat
- Slow-cook grits

### Fruits:

*Serving size: 1 small piece or ½ cup*

- Apple
- Blueberries
- Cherries
- Dried fruits (apples, blueberries, cherries, coconut, cranberries)
- Grapes
- Lychee
- Pear
- Persimmon
- Pineapple
- Plum
- Raspberries
- Strawberries
- Tangerine
- Watermelon

*Choose fresh, canned or frozen fruits. If dried, only ¼ cup.*

Foods listed are based on USDA nutrient database averages. For additional details, talk with your dietitian.

## Vegetables:

*Serving size: ½ cup fresh or cooked or 1 cup raw leafy*

- Asparagus
- Bean sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Corn
- Cucumber
- Eggplant
- Greens or wax beans
- Greens (collard, mustard, turnip)
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Peas (green, sugar snap, snow)
- Peppers (green, red, yellow, jalapeño)
- Radish
- Rutabaga
- Spinach (raw)
- Squash (spaghetti, yellow)
- Turnips
- Water chestnuts

## Fluids:

*Serving size: 4 ounces*

- 100% fruit juice (apple, cranberry, grape, pineapple)
- Fresh-brewed coffee
- Fresh-brewed tea (black, herbal)
- Fresh-squeezed lemonade
- Nectars (apricot, guava, mango, papaya, peach, pear)
- Soda (club, lemon-lime)
- Water (sparkling, tap)

## Desserts & Snacks:

*Serving size: 1 piece, ⅛ pie or ½ cup*

- All-natural fruit leather
- Animal crackers
- Apple sauce
- Frozen fruit bars
- Fruit cocktail
- Homemade desserts (such as fruit pie, cobbler)
- Italian ice
- Nuts, seeds & natural nut butters (2 tablespoons)
- Rice Krispies treats
- Sherbet
- Unsalted snacks (crackers, pita chips, popcorn, pretzels, tortilla chips)

## Dairy:

*Serving size: 1 slice or ½ cup*

- Cheese (natural—brick, brie, caraway, cheddar, cheshire, colby, gjetost, goat, monterey, mozzarella, muenster, Neufchatel, ricotta, swiss)
- Cottage cheese
- Greek yogurt
- Milk & milk substitutes (unenriched almond, rice, soy)

## Condiments, Fats & Seasonings:

*Serving size: varies*

- Black pepper
- Cream
- Cream cheese
- Dried and fresh herbs
- Garlic
- Homemade gravy
- Honey
- Hot sauce
- Jam/jelly
- Ketchup
- Lemon & lime juice or zest
- Mayonnaise/sandwich spread
- Mustard
- Oils (canola, olive, safflower, vegetable)
- Onion
- Pico de gallo
- Salsa
- Sour cream
- Sweet & sour sauce
- Sweet pickles
- Unsalted butter/margarine
- Vinegar



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*Serving size: 1 small piece or ½ cup*

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- Apricot
- Avocado
- Banana

- Blueberries
- Breadfruit
- Cantaloupe
- Cherries
- Dried fruits (apples, blueberries, cherries, coconut, cranberries)
- Grapes
- Guava
- Honeydew
- Jackfruit
- Kiwi
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion fruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plantain/platano
- Plum
- Pomegranate
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- Sapodilla
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## Vegetables:

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- Asparagus
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- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chinese cabbage
- Corn
- Cucumber
- Eggplant
- Green or wax beans
- Greens
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radish
- Rutabaga
- Spinach
- Squash (all types)
- Tomato
- Tomato products (low-sodium juice, paste, puree, sauce)
- Turnips

- Water chestnuts
- Yams
- Yucca/cassava
- Zucchini

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