

## Grocery Shopping Tips

“Season vegetables with ginger, garlic, Mrs. Dash or salt-free lemon pepper seasoning instead of adding salt.”



### Fruits and Juices

#### Look for:

- High fiber: berries, apples with skin, pears
- Unsweetened, frozen fruits
- Apple, cranberry, grape and raspberry juice; peach or pear nectar

#### Smart Shoppers Know:

- Using fresh fruits soon after purchase provides maximum nutritional value; wash well before eating.
- When not in season, frozen berries are less expensive than fresh.
- Fruit nectars are higher in sugar, but lower in potassium than fruit juices.
- Read all labels and avoid any that have added calcium.
- Limit all liquids, including fruit juice, to stay within your fluid restriction.
- All fruits have potassium. Select from the low - medium potassium list and limit your portions to ½ cup.

### Vegetables (fresh and frozen)

#### Look for:

- High fiber: broccoli, cabbage, carrots, corn, green peas, okra
- Plain, frozen vegetables without sauces

#### Smart Shoppers Know:

- Fresh vegetables are low in salt and fat.
- Cleaned, pre-cut, low-potassium vegetables are a handy, low-calorie snack.
- Pre-wash, pre-cut vegetables and bagged iceberg or romaine lettuce reduce meal preparation time.
- Season vegetables with ginger, garlic, Mrs. Dash or salt-free lemon pepper seasoning instead of adding salt.
- All vegetables have potassium. Select those from the low – medium potassium list and limit your portions to ½ cup.

## Grocery Shopping Tips

“Cook healthy by broiling, grilling and roasting meats; these cooking methods drain the fat.”

### Red Meat

**Look for:**

- Lean, well-trimmed cuts of beef, lamb and pork: flank steak, round steak, roasts, sirloin, tenderloin, loin or chops
- 85% to 95% lean ground beef

**Smart Shoppers Know:**

- A 3-ounce portion of meat is about the size and thickness of a deck of cards.
- Cook healthy by broiling, grilling and roasting meats; these cooking methods drain the fat.
- Avoid liver and other organ meat, as they are very high in phosphorus and cholesterol.
- Limit processed meats such as bologna, salami, hot dogs and pepperoni. They are high in phosphorus and salt.

### Poultry

**Look for:**

- All types of poultry including chicken, turkey and game hens
- Fresh ground chicken or turkey to use as a low-fat substitute for ground beef

**Smart Shoppers Know:**

- Chicken nuggets, patties, and some turkey rolls are highly processed and contain a lot of salt and phosphorus.
- Poultry skin contains most of the fat. Buy skinless parts or remove the skin of cooked poultry before eating.
- Whole or split chickens are often less expensive than parts.
- Some poultry products are “injected” with high sodium and high-phosphate solutions. Be sure to check the label before purchasing.

### Fish

**Look for:**

- Fish without breading, stuffing or other added ingredients to help control your fat, salt and phosphorus intake
- Water-packed, low or no-salt added canned fish for less fat and fewer calories
- Salmon, tuna, mackerel, sea trout, bluefish and herring, which contain heart-healthy omega-3 fatty acids

## Grocery Shopping Tips

“Read all labels and avoid any products that have added calcium or phosphate additives.”

### Smart Shoppers Know:

- Frozen, locally caught fish is usually less expensive than fresh fish that has been shipped from far away. Chunk light tuna costs less than solid white or albacore tuna and is just as healthy.
- Smoked fish is high in sodium and phosphorus.
- Cocktail sauce and tartar sauce are both high in salt and should be used sparingly.

### Dairy Products and Eggs

#### Look for:

- Cream cheese, sour cream and cottage cheese without phosphate additives
- Unfortified rice milk
- Soy milk – check with your dietitian for specific brands that are lower in phosphorus and potassium
- Non-dairy coffee creamers – check with your dietitian for specific brands

### Smart Shoppers Know:

- Low-fat and fat-free cream cheese contain more phosphorus than the full-fat versions, so buy the real thing and use sparingly.
- Read all labels and avoid any products that have added calcium or phosphate additives.
- 1 egg or ¼ cup of egg substitute is equal to a 1-ounce serving of protein.  
Egg substitutes are a great way to increase the protein in your diet without getting the cholesterol of the egg yolk, but buying a dozen eggs and simply removing the yolk is less expensive.

### Butter and Margarine

#### Look for:

- Soft tub margarines or spreads made with liquid unsaturated oils like corn, safflower, sunflower or canola
- Liquid oil as the first ingredient on the label
- Butter substitutes for seasoning vegetables and popcorn

### Smart Shoppers Know:

- Regular butter and margarine have 100 calories per tablespoon; spreadables have 80 calories per tablespoon; whipped varieties have only 70 calories per tablespoon.

## Grocery Shopping Tips

“Packaged bread and rolls freeze well. Thaw in the refrigerator for best results.”

- Saturated fat and trans fats raise cholesterol. Both are found in fats that are solid at room temperature such as butter, some margarines and shortening.
- Unsaturated fats tend to lower cholesterol and are found in liquid oils like olive oil and canola oil.
- Diet whipped products contain more water and will tend to splatter when heated. Don't use them for cooking.

### Breads

#### Look for:

- Low-fat breads, rolls, muffins, bread sticks, bagels, and English muffins with less than 2 grams of fat per serving
- White or Italian bread which is lower in phosphorus whole grain varieties

#### Smart Shoppers Know:

- High fat breads include biscuits, croissants, doughnuts, and sweet rolls. A 4-inch croissant can contain as much as 4 teaspoons of butter.
- Commercially prepared biscuits and those prepared from a mix are higher in phosphorus than those prepared from scratch.
- Some low calorie breads are simply sliced thinner.
- It is best to choose breads and rolls that are not calcium-fortified.
- Packaged bread and rolls freeze well. If you find them on sale, buy extra and freeze. Thaw in the refrigerator for best results.

### Cereals

#### Look for:

- Corn and rice cereals, as they are lower in phosphorus than whole wheat or bran cereals
- Cream of wheat, farina or grits for those cold winter days
- Oatmeal; limit to 2 servings per week

#### Smart Shoppers Know:

- Compare portion sizes and calories listed on the packaging. Some cereal labels give  $\frac{1}{4}$  cup as a serving; others suggest  $1\frac{1}{4}$  cup.
- Eight grams of sugar per serving in a sweetened cereal equals 1 rounded teaspoon of sugar.
- People with diabetes should limit pre-sweetened cereals.

## Grocery Shopping Tips

"Anything that melts if you left it on your kitchen counter must be counted as part of your fluid intake for the day."

- Choose cereals that are not fortified with calcium.
- Check sodium content on the label. Some ready-to-eat and instant cereals may be high in sodium.

### Frozen Desserts

#### Look for:

- Frozen fruit or juice bars with no added sugar
- Pre-portioned items like popsicles to help control fluid intake
- Sorbets or fruit ices which have no fat or cholesterol

#### Smart Shoppers Know:

- Sherbet and sorbet have less phosphorus than ice cream and frozen yogurt.
- Popsicles and ice pops are great thirst quenchers in the summer, but tend to have a lot of sugar. Sugar can increase thirst just like salt. If you have diabetes or a problem with fluid control, look for diet versions that use sugar substitutes.
- Anything that melts if you left it on your kitchen counter must be counted as part of your fluid intake for the day.
- To check the label on individually portioned frozen desserts. The number of ounces per portion is the amount of fluid that the item contains.

### Frozen Dinners

#### Look for:

- Full meals with less than 600 mg of sodium and more than 18 grams of protein in a serving
- Dinners that do not contain cheese, cheese sauce, cream sauce, potatoes, tomato or marinara sauce

#### Smart Shoppers Know:

- Limit breaded and fried foods.
- Tomato-based products are high in potassium.
- Products containing cheese are high in phosphorus.

## Grocery Shopping Tips

"If canned vegetables are not reduced-sodium, a good rinse before cooking will get rid of some of the salt."

### Canned Soups and Vegetables

**Look for:**

- Reduced-sodium canned soups and vegetables without added potassium chloride
- Low-fat, low-sodium broth (without added potassium chloride) to use for soups, sauces and gravies

**Smart Shoppers Know:**

- If canned vegetables are not reduced-sodium, a good rinse before cooking will get rid of some of the salt.
- Soups with beans or cheese are high in phosphorus and should be avoided.

### COOKIES & CRACKERS

**Look for:**

- Melba toast, low-sodium white crackers, unsalted oyster crackers, graham crackers, unsalted pretzels
- Vanilla wafers, vanilla sandwich cookies, shortbread, ginger snaps, animal crackers

**Smart Shoppers Know:**

- Cookies made with chocolate, chocolate chips, nuts, coconut and peanut butter are high in phosphorus and/or potassium.
- Sugar-free cookies often have more fat than regular cookies.
- If you can see the salt on crackers or pretzels, they are too high in sodium. Look for lower salt varieties.