



My **CKD GROCERYGUIDE.**

Take
ME DURING
YOUR GROCERY
SHOPPING
TRIPS

SUPPORTING YOU THROUGH YOUR LIFE WITH CKD.

FOLLOWING AN ADAPTED PROTEIN DIET

For people with chronic kidney disease (CKD), a switch to a reduced protein diet is highly recommended. By limiting the amount of protein in your daily meals, your kidneys are not overworked.

A diet change does not have to be boring or tasteless. With some creativity an adapted protein diet can be enjoyable and yummy.

To help you stay consistent, keep in mind that there are some essential rules when preparing food or eating out.

- ✓ WATCH YOUR PROTEIN INTAKE
e.g. limit meats, eggs, legumes, dairy products, soy products, nuts and seeds
- ✓ CONSUME LOW AMOUNTS OF SODIUM
e.g. salt, processed food
- ✓ MINIMIZE PHOSPHATE AMOUNTS
e.g. found in seafood, cereals, chocolate, processed food
- ✓ MAINTAIN SUFFICIENT CALORIES TO GET YOU THROUGH THE DAY

ENJOY THESE FOODS

1 23 amount (g) of protein/100g serving
 1 23 amount (kcal) of calories/100g serving



Smart shopping tips:
 Shop for seasonal fruits & vegetables. Check for hidden sodium or phosphate content. Use spices & herbs for more flavor.

FRUITS (RAW)

- apple 0.6 / 51
- pear 0.3 / 44
- berry 0.6 / 30
e.g. strawberry
- banana 1.2 / 81
- mango 0.7 / 57
- peach 1 / 33
- orange 0.8 / 36
- watermelon 0.5 / 31
- lychee 0.9 / 58
- pineapple 0.4 / 41

VEGETABLES (RAW)

- leafy greens 1.2 / 11
e.g. lettuce
- bell pepper 0.8 / 21
- cucumber 1 / 14
- carrot 0.7 / 30
- tomato 0.5 / 14
- white cabbage 1.2 / 24
- courgette 1.8 / 18
- potato 1.7 / 68
- mushroom 1 / 7

GRAINS

Review the label: Best to look for protein-reduced grains.

- rice 2.8 / 131
white, cooked
- pasta 5.5 / 169
cooked
- white bread 7.9 / 219
/ toast

FATS

- olive oil 0 / 899
- coconut oil 0 / 899
- avocado 1.9 / 190
- butter 0.6 / 744

LIMIT THESE FOODS

Values shown below represent protein (g)/100 g serving

LESS IS MORE.



DAIRY PRODUCTS

parmesan (36.2), gouda (25.3), cottage cheese (9.4), yogurt plain (5.7)



MEATS (GRILLED)

pork (33.9), chicken breast (32), beef (29.1)



FISH & SHELLFISH (BAKED)

tuna (24 g), salmon (20 g), prawn (19 g)



EGGS

e.g. scrambled (14.6)



LEGUMES (BOILED IN UNSALTED WATER)

bean (8.8), chickpea (8.4), lentil (7.6), pea (6.9)



NUTS

peanut (25.8), almond (21.1), cashew (17.7), walnut (14.7), hazelnut (14.1)



SEEDS

pumpkin seeds (24.4), sunflower (19.8), pine (14)



SOY PRODUCTS

tofu (8.1), soy milk 100 ml (2.4)