



Supermarket Savvy

NEWSLETTER

Kidney-Friendly Foods

Finding kidney-friendly foods at the supermarket can be difficult. The current trends of whole grains, fortification, soy, and high fiber may not be recommended for a person with chronic kidney disease (CKD).

Kidneys are bean shaped organs that remove waste material and keep your body chemically balanced. They excrete a dietary protein called urea, as well as sodium, potassium, and phosphate, which can build up in the body if kidney function is impaired. Following a kidney-friendly diet can not only help you feel better, it can also help you avoid complications of renal disease such as fluid overload, high blood potassium, bone disease, and weight loss.

Identifying foods that are low in sodium, potassium, and phosphate is not easy. Only sodium is required to be listed in the Nutrition Facts Box of prepared foods. Potassium and phosphorus are not required although more and more food and beverage products are listing the potassium amount. Phosphate or phosphorus is rarely listed. To limit phosphate in your diet, you need to limit high phosphorus foods and those containing phosphate additives, which you will find listed in the ingredient statement.

The following foods are examples of kidney-friendly foods because they are lower in sodium, potassium, and phosphorus.



Healthy Choice All Natural Entrees

FREE OFFER

Healthy Choice has gone gourmet with their new line of All Natural Entrees. Rather than steak and potatoes, you will find chunks of veggies and grains in meals such as Pumpkin Squash Ravioli, Portabella Spinach Parmesan, Sweet Asian Potstickers, and Tomato Basil Penne. The 'All Natural' means that you won't find any artificial flavors or colors, which also means no phosphorus containing ingredients.

Healthy Choice has put a concerted effort into providing potassium amounts on many of their labels. The All Natural Entrees list a potassium level between 220 and 480 mg per serving. You can find the phosphorus level for all Healthy Choice items on a **Nutrition Information Chart** found on their new **Health Professional Website**. The phosphorus levels for the All Natural entrees range from 150 to 250 mg per serving. The sodium ranges from 350 to 600 mg.

A good choice for a kidney-friendly meal is the Sweet Asian Potstickers, a vegetarian dish served on a healthy bed of whole-grain rice and covered with a sweet Asian-style sauce. This meal provides 380 calories with 8 g of protein and 6 g of fiber, with only 560 mg of sodium, 220 mg of potassium, and 150 mg of phosphorus.

Healthy Choice All Natural Entrees - Sweet Asian Potstickers

Nutrition Facts

Serving Size: 1 meal (10 oz)

Servings Per Container: 1

Calories 380 Calories from Fat 45

% Daily Value

Total Fat	4.5g	8%
Saturated Fat	1g	13%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	560mg	25%
Potassium	220mg	6%
Total Carb.	75g	25%
Dietary Fiber	6g	24%
Sugars	19g	
Protein	8g	

Vitamin A 30% • Vitamin C 0%
Calcium 4% • Iron 6%
Phosphorus 15%

HEALTHY CHOICE ALL NATURAL ENTREES

Rating	***
Claims	Smart Choice Check
Allergens	Wheat, soy, sesame
\$	\$3.50/meal
Distribution	SM, ND
www.healthychoice.com	

FREE SAMPLE OFFER

Offer: Coupon for a Free Healthy Choice All Natural Meal
Contact: healthpro@conagrafoods.com
Subject: SUPERMARKET SAVVY Offer
Expiration: January 31, 2010

Our mission statement

To provide objective, balanced, and science based information on new food products, health issues, food labels, trends, and educational resources.

Key to information boxes

Rating

- *** Recommended
- ** Recommended (see 'Cons')
- * Not Recommended

Distribution

- SM = Supermarkets
- H/N = Health/Natural Food Stores
- GS = Gourmet & Specialty Stores

DC = Drug & Convenience Stores

CS = Club & Super Stores

ND = Nationally Distributed

RD = Regionally Distributed

SD = Spotty Distribution

TM = Test Market

IO = Internet Order

FS = Food Service

NA = Information not available at the time of publication

FREE OFFER = Link to obtain Free Sample Offer

= Editorial comments

inside

Kidney-Friendly Foods 1-6, 10
Potassium Tip Sheet7
Phosphorus Tip Sheet8
Kidney-Friendly	
Supermarket Tips9
Renal Resources10

Thanks to **Camilla Chou**, Texas Women's University Dietetic Intern, and **Melissa Hendricks**, University of Houston Dietetic Intern, for assistance on researching Kidney-Friendly Foods.

Pros: Moderate in sodium (560 mg), an excellent source of fiber (6 g), low in potassium (220 mg) and phosphorus (150 mg).

Cons: None

✿ Although whole grain rice is on the high phosphorus list, the total phosphorus for this meal is within our recommended limit of 250 mg of phosphorus per meal.

FYI **ConAgra New Web Site for Health Professionals**
[StartMakingChoices.com/Health Professionals](http://StartMakingChoices.com/HealthProfessionals) is the new ConAgra web site designed specifically to help health professionals with counseling tools, access product information, read research conducted by ConAgra, and learn about future webinars. For renal patients, the **Nutrition Information Chart** includes levels of potassium and phosphorus for many of their brands—Healthy Choice, Hunt's, Orville Redenbacher Smart Pop, Pam, Egg Beaters, Kid Cuisine, and Peter Pan.



MRS. DASH SEASONINGS

Rating ***
Claims Sodium free
Allergens None
\$ \$2.99/2.5 oz
Distribution SM, ND
www.MrsDash.com

Mrs. Dash Seasonings

Seasonings are a problem for a low sodium and potassium diet. If you turn to a salt substitute in order to lower the sodium in your diet, you will find that most salt alternatives substitute potassium for sodium to get a salty taste.

Mrs. Dash Seasoning Blends provide flavor to everything from seafood to salad and meat to mixed vegetables without sodium and just a small amount of potassium (5 mg per ¼ teaspoon) in the mix. They contain no phosphorus containing ingredients.

Their newest seasoning mixes are Fiesta Lime and Caribbean Citrus. Create healthy Mexican meals that are salt free and flavorful with the Mexican Blend. The Caribbean Citrus Seasoning makes any meal a tropical experience.

Mrs. Dash Seasoning Blends are available in 15 different varieties. Mrs. Dash also has a line of fast-acting 10-minute Marinades that are also salt-free and flavor-full. All Mrs. Dash products are made with a blend of 15 herbs and spices and a touch of real fruit essence.

Pros: Sodium and phosphate free with just a small amount of potassium (5 mg).

Cons: None

✿ Mrs. Dash Seasonings and Marinades are perfect for a kidney-friendly diet. Find easy recipes on the **Mrs. Dash website**.



FYI **Sodium**
 Salt or sodium is a problem for many people but for a renal patient it is especially important. Renal patients may be restricted to 1000 mg of sodium per day while the general recommendation is 2400 mg per day. High consumption of sodium can increase your blood pressure, which is a risk factor in heart disease and stroke. Therefore it is very important for renal patients to limit their sodium consumption by eliminating added salt and choosing low sodium foods.

Mrs. Dash Seasonings - Fiesta Lime	
Nutrition Facts	
Serving Size: ¼ tsp (0.7g)	
Servings Per Container: 97	
Calories 0	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 5mg	0%
Total Carb. 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%



Meals for Life


This line of 3 frozen entrees was developed specifically for dialysis and diabetic patients and lists the phosphorus and potassium levels right on the front of the package. Unfortunately, other than a few health and natural food stores they are only available by Internet order.

The owner of Meals for Life says that these meals were developed under the supervision of a registered renal dietitian and formulated with the help of the Food Science Department at the University of Nebraska. The nutrient criteria for each meal are 1/3 of their recommended levels for renal patients—sodium (666 mg), potassium (666 mg), and phosphorus (333 mg). The turkey entrée is a little high in sodium at 720 mg.

The 3 entrees are Turkey on Cranberry Rice, Chicken and Bow Tie Pasta, and Beef & Onion on Linguine. You can purchase these meals on line at Meals-for-Life.com. They come in cases of 5 or 7 meals and you can select any combination of flavors.

Pros: Designed for renal patients - sodium, potassium, and phosphorus are moderate.

Cons: Not available in supermarkets. Need to be ordered on-line.

 Marielina Figueroa, RD, CDE, a clinical dietitian in a major medical center in Los Angeles, consulted on the development of these meals and recommends them for her patients on dialysis.

MEALS FOR LIFE

Rating ***

Claims Renal friendly

Allergens Milk, soy, almonds

\$ \$6.99/meal

Distribution IO, H/N, SD

www.meals-for-health.com

Meals for Life - Beef & Onion on Linguine	
Nutrition Facts	
Serving Size: 1 Meal (340g)	
Servings Per Container: 1	
Calories 410	Calories from Fat 130
% Daily Value	
Total Fat 14g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 470mg	20%
Potassium 440mg	12%
Total Carb. 46g	15%
Dietary Fiber 6g	20%
Sugars 4g	
Protein 25g	
Vitamin A 15%	Vitamin C 8%
Calcium 8%	Iron 25%
Phosphorus 219 mg (25%)	

FYI

Phosphorus Additives

Phosphorus is found naturally in foods such as dairy products, meat, fish, poultry, soy, nuts, dried beans and peas, and whole grains although only about 60% is absorbed. The larger problem for a renal patient is the phosphorus added to processed foods, which is 100% absorbed. Both the extent of usage of phosphorus additives and the amount per serving have increased about 10 to 15% over the past 20 years reported Theresa Kuracina, MS, RD, CDE with the U.S. Public Health Services.



Rice Dream Vanilla Frozen Dessert


Have you given up frozen desserts because milk is high in phosphorus? You can still have a frozen dessert similar to ice cream and keep your phosphorus level low.

Rice Dream produces a line of dairy alternatives made from rice that are similar to milk products. Their frozen desserts include basic flavors as well as creative gourmet blends like Chocolate Caramel Chai, Supreme Sweet Peach Pie, Vanilla Gingersnap, and Vanilla Hazelnut Fudge. In addition, they have Chocolate Caramel Chai Bars and Vanilla Hazelnut Fudge Bars. Rice Dream desserts are not low in fat (7 to 9 g per ½ cup) but they are low in sodium, potassium, phosphorus and calcium.

Rice Dream also manufactures shelf-stable milk alternatives that are low in sodium, potassium, and phosphorus but not all are low in calcium—some are calcium fortified. Rice Dream Original Classic and Vanilla Classic are not fortified with calcium. Be sure to check the Nutrition Facts to make sure that the variety you buy is low in calcium. Many Rice Dream products are either made with organic ingredients or are USDA certified organic.

Pros: Low in sodium, potassium, phosphorus, and calcium. Organic

Cons: Frozen desserts are high in fat similar to regular ice cream.

 Rice Dream Desserts are not as creamy as regular ice cream but tasty in their own way.

Rice Dream Vanilla Frozen Desserts	
Nutrition Facts	
Serving Size: ½ cup (80g)	
Servings Per Container: 4	
Calories 160	Calories from Fat 70
% Daily Value	
Total Fat 8g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carb. 26g	9%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%



RICE DREAM VANILLA FROZEN DESSERT

Rating **

Claims Gluten, lactose, & dairy-free, Organic

Allergens None

\$ \$3.49/32 oz

Distribution SM, H/N, ND, IOL

www.tastethedream.com



SESMARK SAVORY MINI RICE CRACKERS

Rating ***
Claims Lightly salted
Allergens Soy
\$ \$3/49/5.25 oz
Distribution SM, H/N, SD, IO
www.sesmark.com

Sesmark Savory Mini Rice Crackers

Rice crackers and snacks are a kidney-friendly choice for people with chronic kidney disease. This particular rice cracker is especially good because it is made with white rice flour rather than brown rice flour. Brown rice is touted on most rice snacks because it is a whole grain. Unfortunately, it contains 4 times more phosphorus than white rice flour.

Sesmark Savory Mini Rice Crackers are lightly salted (150 mg of sodium) and low in fat (1.5 g). The label is very clean with no phosphorus containing ingredients. Sesmark also manufactures a line of regular rice crackers but they are made with brown rice flour. Be sure to stick with plain crackers and stay away from those that incorporate nuts, seeds, cheese, or exotic flavors. These may be higher in sodium, potassium, and phosphorus.

Pros: Low in phosphorus, potassium, fat and sodium.

Cons: No fiber.

✿ These tiny, bite sized crackers are great for grabbing on the go, and with almost 40 crackers per serving, they are a nutritious and filling snack.

FYI

Potassium

Potassium is necessary for the body to keep a normal water balance between the cells and body fluids. Normal kidney function will remove potassium through urination. If your kidney is not functioning properly, the potassium is not removed and it builds up in the blood. High potassium can cause irregular heartbeats and can even cause the heart to stop if the potassium level gets too high.

Potassium is mainly found in fruits and vegetables such as avocados, bananas, legumes, and tomatoes. Compared to phosphorus, potassium is easier to limit because it's usually found in natural sources. Generally, patients are given a 2000 mg potassium restriction per day.

Sesmark Savory Mini Rice Crackers - Mini Rice Crackers

Nutrition Facts

Serving Size: 40 crackers (30g)	
Servings Per Container: about 5	
Calories 130	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carb. 25g	8%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%



LUNDBERG BROWN RICE COUSCOUS

Rating ***
Claims Whole grain
Allergens None
\$ \$2.49/6.0 to 10 oz
Distribution H/N, ND
www.lundberg.com

Lundberg Brown Rice Couscous

What makes this couscous kidney-friendly is that it is made from rice rather than wheat. Even though it is made from brown rice, it is still lower in phosphorus than regular wheat based couscous.

Lundberg Couscous is made from rice that is crushed into tiny granules, then fire-roasted to add a subtle nutty flavor. All 4 varieties—Plain Original, Roasted Garlic & Olive Oil, Mediterranean Curry, and Savory Herb—are made with certified organic brown rice and contain no trans fat, wheat, gluten, or artificial ingredients, which means no phosphorus containing ingredients.

Roasted Brown Rice Couscous qualifies as a “heart healthy” food because it is made with whole grain brown rice, which was recently added by the FDA to a list of whole grains that “may reduce heart disease and some cancers as part of a diet of other plant foods, and one that is low in total fat, saturated fat, and cholesterol.” Eating just one serving of Roasted Brown Rice Couscous is equivalent to almost your entire recommended daily whole grain serving (45 g).

Pros: Low in sodium (0 mg), potassium, and phosphorus. Organic and whole grain.

Cons: The sodium and potassium of the flavored varieties is higher.

✿ Choose the Plain Original and add your own non-sodium and potassium flavorings and sauces.

Lundberg Brown Rice Couscous - Plain Original Couscous

Nutrition Facts

Serving Size: 45g (dry)	
Servings Per Container: about 6	
Calories 150	Calories from Fat 10
% Daily Value	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 35g	12%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%





Quaker Quakes Rice Snacks

Are you missing the salty snacks because they are too high in sodium and have added phosphorus ingredients? Quaker Quakes Rice Snacks are the perfect kidney-friendly snack—crisp, slightly salty, made with low potassium and phosphorus rice flour, and they have no added phosphorus ingredients.

The Kettle Corn flavor is the lowest in sodium (110 mg) with the cleanest ingredient statement. The other flavors—Cheddar Cheese, Caramel Corn, Apple Cinnamon, Chocolate, Ranch, Sour Cream, BBQ, Honey Nut, and Nacho Cheese—are higher in sodium and contain added potassium and sodium ingredients as well as high fructose corn syrup and 2 artificial sweeteners—sucralose and acesulfame potassium.

Pros: Low in sodium (110 mg), potassium, and phosphorus.

Cons: Some flavors are high in sodium (230 mg).

🌸 Try the Kettle Corn or Apple Cinnamon for the lowest in sodium. Stay away from those that contain cheese, chocolate, and nuts.

QUAKER QUAKES RICE SNACKS

Rating	***
Claims	Low fat and calories
Allergens	Soy, milk
\$	\$2.19/3.5 oz
Distribution	SM, ND
www.quakericesnacks.com	

Quaker Quakes Rice Snacks - Kettle Corn Rice Snacks

Nutrition Facts	
Serving Size: 7 mini cakes (15g)	
Servings Per Container: about 7	
Calories 60	Calories from Fat 5
% Daily Value	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carb. 13g	4%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

FYI Phosphorus

Phosphorus is the second most common mineral in the body, after calcium. Phosphorus is absorbed in the small intestines and about 85% is stored in the bones. Phosphorus plays a role in energy storage and use, building strong bones and teeth, maintaining a normal pH balance, activity of enzymes and hormones, and building of cell membranes.

According to the Food and Nutrition Board, phosphorus intake has increased significantly over the past 20 years. Much of this increase is attributed to phosphorus-containing food additives in processed foods. Renal patients may need to limit phosphorus to less than 1000 mg per day and take a phosphate binder with each meal.



Amy's Thai Stir-Fry

Amy's is one of the few companies that have tested some of their products for potassium and phosphorus. They also were very adamant that they do not use any of the phosphorous containing ingredients commonly used in prepared foods such as sodium phosphate or phosphoric acid. However, phosphorus does naturally occur in some of the ingredients used in several of their products. But even the items that contain high phosphorus ingredients such as beans, tofu, and brown rice had nutrient levels within our range for a kidney-friendly entrée, which are less than 700 mg of potassium and sodium and less than 250 mg of phosphorus.

We chose Amy's Thai Stir-Fry to review because it is made with organic ingredients including jasmine rice and an assortment of low phosphorus and potassium organic vegetables—onions, broccoli, red and yellow peppers, cabbage, and zucchini. The entrée does contain a small amount of tofu, which is on the high potassium list. This kidney-friendly meal has 420 mg sodium, 340 mg of potassium, and 140 mg phosphorus. Other benefits are that it contains less than 30% fat calories (11 g) and has 5 g of fiber.

Pros: Low in potassium (340 mg) and phosphorus (140 mg) and moderate in sodium (420 mg). Organic ingredients.

Cons: Does contain some tofu. High in saturated fat (7g).

🌸 Amy's entrees are always a delight—they taste great and are good for you.

AMY'S THAI STIR-FRY

Rating	***
Claims	Organic
Allergens	Soy
\$	\$4.99/9.5 oz
Distribution	SM, H/N, ND
www.amys.com	

Amy's Thai Stir-Fry	
Nutrition Facts	
Serving Size: 1 meal (269g)	
Servings Per Container: 1	
Calories 310	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	17%
Potassium 340mg	17%
Total Carb. 45g	15%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 8g	
Vitamin A 45%	Vitamin C 45%
Calcium 4%	Iron 4%

(continued on page 10)

Kidney-Friendly Tips for Reducing Potassium

Potassium is necessary for the balance of water between cells and body fluids. Normal kidney function will remove potassium in the urine, so that it does not build up in the blood. Too much potassium in your blood can be dangerous to your heart. All foods contain some potassium, but some are higher than others.

Tips for following a Low Potassium Diet:

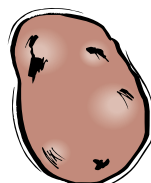
- ❖ Avoid salt substitutes because many contain potassium. Use only herbs and spices or seasoning mixes that do not contain potassium.
- ❖ Limit fruits and vegetables to 4 servings (1/2 cup) a day. Choose low potassium fruits and vegetables.
- ❖ Limit milk products to 1/2 cup a day. This includes milk, buttermilk, yogurt, and ice cream.

Choose foods low in potassium –

	Less than 200 mg	More than 200 mg
Fruit 1 medium or 1/2 cup raw	Apples, Apricots, Blackberries, Blueberries, Cherries, Cranberries, Figs, Grapefruit, Grapes, Lemon, Lime, Pineapple, Plums, Strawberries, Raspberries, Tangerine, Watermelon	Avocado, Bananas, Cantaloupe, Dates, Dried Fruit, Honeydew Melon, Mango, Nectarine, Pomegranate Prunes, Papaya, Raisins
Juice 1/2 cup	Apple juice, cranberry juice	Orange Juice, Tomato Juice, Prune Juice
Nuts	None	All
Beans/ Legumes 1/2 cup cooked	None	Red Beans, White Beans, Lima Beans, Garbanzo Beans, Black Beans, Baked Beans, Lentils, Split Peas
Dairy 1 cup	Dairy Alternatives - Rice	Milk, Cheese
Seasonings	Herbs, Spices, Salt (sodium chloride)	Salt substitutes (potassium chloride), Molasses
Vegetables 1/2 cup cooked 1 cup raw	Arugula, Cabbage, Carrots, Cauliflower, Collards, Corn, Cucumbers, Eggplant, Jicama, Leeks, Lettuce (iceberg), Mustard greens, Onions, Peppers (sweet), Turnips	Artichoke, Asparagus, Beets, Cabbage, Corn, Lettuce (Boston), Mushrooms, Okra, Parsnips, Potato*, Pumpkin, Rutabagas, Spinach, Sweet Potato*, Tomato
Grains	Oatmeal, Rice, Pasta	None

*Specially Prepared Low Potassium Potatoes (white or sweet):

1. Peel and cut into small pieces
2. Cover completely with water and soak in the refrigerator for at least 4 hours.
3. Drain well, rinse and drain again.
4. Cook in a large amount of fresh water.
5. Drain and mash, fry, or serve plain



Kidney-Friendly Tips for Reducing Phosphorus

Tips for following a low phosphorus diet:

- ❖ Many foods rich in protein are also high in phosphorus such as meat, fish, dairy foods, and dried beans and nuts. By eating smaller portions of protein foods, you are eating less phosphorus.
- ❖ Look for hidden phosphorus on Ingredient Lists. You will find Ingredient Lists on the package near the Nutrition Facts Label. Look for 'PHOSH' in any form

	Choose-	Rather than-
Meat/Poultry	Lean Beef, Duck, Pork Loin, Lamb, Turkey, Chicken	High fat Beef, Pork, Veal Processed and enhanced meat
Fish	Clams (raw), Cod, Grouper, Oysters, Shrimp, Catfish, Crab, Lobster, Snapper, Tuna (water packed)	Calamari, Clams (cooked), Crab (Alaskan), Flounder, Haddock, Halibut, Salmon, Scallops, Sole, Tuna (in oil)
Dairy & Eggs	Butter, Cheese (brie, feta, blue, cheddar, mozzarella, provolone, Swiss), Cottage Cheese, Cream Cheese, Cream, Eggs, Ice Cream, Sherbet, Sour Cream, Rice Milk	Cow's Milk, Buttermilk, Cheese (parmesan, ricotta, processed American), Yogurt
Cereal	Corn, Rice, Barley, Farina, Hominy Grits, Oatmeal, Shredded Wheat, Wheat flakes	Whole Wheat, Bran
Starch	White Flour	Whole Wheat Flour
Rice	White Rice	Brown or Wild Rice
Beverages	Sodas (light-colored) Ice Tea (homemade)	Sodas (dark-colored) Ice Tea (bottled)
Desserts	Sherbet or Sorbet White or Angel Food Cake Vanilla Wafers	Ice Cream Chocolate Cake Oreos
Snacks	Popcorn, Rice Cakes	Potato Chips
Legumes ½ cup cooked	Peas (split), Peanuts (boiled), Soy Milk,	Lima Beans, Black Beans, Red Beans, Black-eyed Peas, White Beans, Garbanzo Beans
Fruits & Vegetables	Fresh, canned or frozen with no added salt, seasonings, or sauces	Dried vegetables and fruits. Seasoned, salted, or sauced fruits and vegetables
Flavors	Vanilla or lemon flavors	Chocolate anything

Phosphorus may be hidden in these foods -

Non dairy creamers	Baked potato chips, fries,	Canned seafood	Cottage cheese,
Egg substitutes	hash browns, potato flakes	Baking Powder	Cheese slices
Enhanced meat and poultry	Instant pudding	Calcium fortified products	Ice cream
Processed pasta	Cake mixes	Colas, iced teas, fruit punch	

Check Ingredient Statements for Phosphorus Additives -

Macaroni & Cheese

Ingredients: Wheat flour, cheese sauce mix (whey, milk fat, milk protein, salt, sodium **tripolyphosphate**, citric acid, **sodium phosphate**, lactic acid, **calcium phosphate**, yellow 5, yellow 6, enzymes, cheese culture).

Kidney-Friendly Supermarket Shopping Tips

If you have chronic kidney disease (CKD), you have been told to lower your intake of one or more of the following—protein, sodium, potassium, phosphorus, and calcium. This Tip Sheet will take through the aisles of the supermarket and point out the best food and beverage choices.

Before you go to the store:

- ❖ Meet with a renal dietitian who can help you determine the nutrients that you need to modify and develop a meal plan personalized to your specific needs.
- ❖ Make a grocery list of all the foods you will need to prepare one week of menus that follow your meal plan.

At the store:

- ❖ Check the Nutrition Facts Box for the amount of sodium, potassium, and calcium. Potassium is not a required nutrient but is often listed under sodium. Aim for a % Daily Value less than 10%.
- ❖ Check the Ingredient List for phosphorus containing ingredients. Try to stay away from foods listing any ‘phosh’ additives. If potassium is not listed, you can also check for potassium containing ingredients.
- ❖ Avoid processed foods to reduce your intake of sodium and phosphorus.
- ❖ Watch out for calcium fortified foods. Calcium is added to some fruit juices, breads, cereals, etc.

Start with the perimeter of the store where fresh foods are found.

Vegetables	Vegetables are low in sodium and phosphorus but may contain high levels of potassium. Choose low potassium vegetables— asparagus, broccoli, green beans, cabbage, carrots, cauliflower, corn, cucumbers, eggplant, jicama, leeks, iceberg lettuce, onions, peas, peppers, and spinach.
Fruits	Fresh fruits are also low in sodium and phosphorus but some contain high levels of potassium. Choose low potassium fruits— apples, apricot, blueberries, cherries, cranberries, grapes, grapefruit, lemon, lime, orange, peaches, pears, pineapple, plums, raspberries, strawberries, and watermelon.
Milk	Milk is typically high in potassium and phosphorus and should be limited to ½ cup per day. Try a rice milk alternative such as Rice Dream. Be sure to check the calcium level and buy one that is not calcium-fortified.
Cheese	Cheese is a milk product and should be limited as well. Look for cheese alternatives made from rice such as Galaxy Foods Rice Cheese. Look for low sodium cheese and make sure it is not fortified with calcium.
Meat/Poultry	Meats and poultry are high in protein and phosphorus. Choose lean cuts of beef, pork, lamb, turkey, and chicken because they contain less phosphorus than fattier cuts. Stay away from meats and poultry that has been enhanced with seasonings, marinades, or sauces. They may contain added sodium, potassium, and phosphorus. Limit your portion to 7 oz per day.
Fish/Seafood	Fish and seafood also contain phosphorus. Low phosphorus choices are clams, cod, grouper, oysters, shrimp, catfish, crab, lobster, snapper and tuna (water packed). Since fish and seafood are high protein foods, the portion needs to be part of the 7 oz per day including meat/poultry/fish/seafood.

(Continued on page 9)

Kidney-Friendly Supermarket Shopping Tips (Continued)

The interior of the store is a challenge because processed foods add sodium, potassium, and phosphorus ingredients. The word “Natural” on a processed food usually means that it does not contain any phosphorus additives but you need to check. Remember that added phosphorus has a higher rate of absorption (100%) than phosphorus naturally found in foods (60%).

Cereals	Since whole grains and bran are high in phosphorus choose corn or rice cereals—Rice Krispies, Corn Flakes, grits, oatmeal, shredded wheat, and wheat flakes. You should also avoid cereals fortified with calcium. Check the label for calcium and phosphorus ingredients.
Breads	This is another aisle where you need to avoid whole grains. Look for white bread, rolls, flour tortillas, bagels, and buns made with white flour. Check the label for phosphorus ingredients.
Pasta	Choose regular pasta made with refined flour. Stay away from whole grain pastas. Rice pasta is also a good choice. Prepared pasta side dishes will be high in sodium, potassium, and phosphorus.
Rice	White rice is lower in phosphorus than brown or wild rice. Processed and flavored rice dishes will be high in sodium, potassium, and phosphorus. Choose plain white rice and season yourself.
Frozen Meals	Look for meals that list potassium and do not contain any phosphorus ingredients. Choose meals that have less than 600 mg sodium and 700 mg potassium and don't contain any phosphorus ingredients. Next eliminate meals that contain high phosphorus foods like dried beans, soy, wild rice, or whole grains. Look for Healthy Choice All Natural Entrees or Amy's Frozen Entrees.
Fruits/Vegetables	Choose plain canned or frozen low-potassium fruits or vegetables. Avoid dried fruits and vegetables and those with added salt and in sauces.
Snacks	Look for snacks made from corn, rice and white flour. Rice chips and crackers, soda crackers, unsalted popcorn, rice cakes, or Melba toast are kidney-friendly choices. Snacks are usually high in sodium, so look for unsalted or low sodium products.
Seasonings	Avoid salt substitutes because they contain potassium. Look for herbs and spices and seasoning mixes that do not contain sodium or potassium. Mrs. Dash has a line of sodium-free and low potassium seasonings.
Oils	No kidney-adverse ingredients but use in moderation. Choose oils low in saturated fat—olive or canola oil.
Desserts/Sweets	For cookies choose shortbread, sugar cookies, vanilla wafers, ginger snaps, fig bars, and graham crackers. Kidney-friendly cakes are angel food, pound, lemon, and sponge. Check for phosphorus ingredients.
Beverages	Choose apple or cranberry juice; clear sodas; brewed tea or coffee, root beer and fruit-flavored drinks.

SUPERMARKET SAVVY®

Editor/Publisher

Linda McDonald, MS, RD

Copy Editors

Tara Terry
Ginger Bertrand

Graphic Designer

Sue Gift
<http://sggraphics-sue.blogspot.com/>

ADVISORY BOARD

Amanda Archibald, RD
Arch Consulting

Shirley Chambers, MEd,
RD, LD, CDE
Memorial Hermann Katy
Hospital

Lisa Dorfman, MS, RD,
CSSD, LMHC
Food Fitness International,
Inc.

Sharon Smalling, MPH,
RD, LD
Clinical Dietitian Specialist,
Memorial Hermann Hospital

SUPERMARKET SAVVY™
published 10 times per year

Subscriptions:

Information & Resource

Service Member

1 year - \$89.00
2 years - \$158.00

Newsletter Subscription

1 year - \$34.50
2 year - \$59.00

Newsletter Site/Library License

Index

Amy's Thai Stir-Fry	5
ConAgra Health Professional Website	2
ConAgra Sodium Reduction ..	10
Healthy Choice All Natural.....	1
Kellogg Corn Flakes	10
Kidney-Friendly Supermarket Tips	8-9
Lundberg Couscous	4
Meals for Life	3
Mrs. Dash Seasonings.....	2
Phosphorus Additives	3
Phosphorus FYI.....	5
Phosphorus Tip Sheet.....	7
Potassium FYI	2
Potassium Tip Sheet.....	6
Prevalence of CKD	10
Quaker Quakes Rice Snacks..	5
Renal Resources.....	10
Rice Dream Frozen Desserts ..	3
Rice Krispies.....	10
Sesmark Rice Crackers.....	4
Sodium FYI.....	2

FYI

ConAgra to Cut Sodium by 20%

ConAgra Foods, Inc. has pledged to cut sodium from the food it manufactures by 20% in the next 5 years. This will affect as many as 20 brands and 160 varieties of products from Hunt's tomatoes to Chef Boyardee to Healthy Choice. Since 2006, Con Agra said it has removed at least 2 million pounds of salt from its products. The new pledge means an additional 8 million pounds of salt will be removed from American diets each year if the 2015 goal is met.

FYI

Kidney-Friendly Cereals

Rice and corn cereals are kidney-friendly if they are not fortified with calcium and don't contain phosphorus additives. Kellogg's Corn Flakes and Rice Krispies are good choices because they don't contain calcium or phosphorus ingredients and list the potassium level. Rice Krispies contains 30 mg potassium and Corn Flakes contain 25 mg. Kellogg's bran cereals contain up to 360 mg of potassium.

FYI

Prevalence of Chronic Kidney Disease (CKD)

The Kidney Association reports that around 26 million adults have CKD and many more are at risk. According to the US Census Bureau the US adult population is about 230 million. This means that about 11% of the adult population has CKD, which is about 1 out of every 9 adults. This is more than the number of people with diabetes.

Renal Resources

National Kidney Foundation

www.kidney.org

This is a great resource for professional resources and client information. Click on 'Patients' and then 'Nutrition, Diet' or 'Kidney Kitchen' for helpful information and recipes. Click on 'Professionals' and then 'Dietitians' for teaching tools and research.

National Kidney Disease Education Program (NKDEP)

<http://nkdep.nih.gov/index.htm>

Find resources for patients and professionals. Click on 'Resources' for useful brochures and fact sheets.

American Dietetic Association Renal Dietitians

<http://renalnutrition.org>

This is a member-only website. A great place to find professional networking and resources.

Davita Diet Helper

<http://www.davita.com/diet-and-nutrition/>

Davita runs dialysis centers but their website provides lots of good nutrition and diet information including a Diet Helper, Recipes, and a Blog to help you stick to your renal diet and network with other renal patients.

SUPERMARKET SAVVY™ (ISSN: 1094-2440) is published monthly by Linda McDonald Associates Inc., 11102 Lakeside Forest Lane, Houston, TX 77042. For subscription information and customer service call 1-888-577-2889 or email to info@supermarketsavvy.com. Copyright 1997 – 2009 by Linda McDonald Associates, Inc. All rights reserved. Linda McDonald Associates, Inc. makes this newsletter available to subscribers for their use, and assumes no responsibility for that use. This newsletter is not intended to provide advice on personal health matters, which should be provided by a qualified health care provider. No money or other compensation is accepted from food manufacturers for food reviews in this publication. We strive to remain completely independent and objective in our review of food products.

