

Grocery List

Diet: Renal with Diabetic Limits

Bread

Quantity	Grocery Item
8 slice	Bread, Rye, Hi Fiber, reduced kcal

Dairy/Refrigerated

Quantity	Grocery Item
1.833 tablespoon	Butter, Light w/no added salt
0.25 Cup	Cheese, Gorgonzola
2 Cup	Cheese, Mozzarella Part Skim
0.5 Ounces	Cheese, Parmesan, dry grated - Romano, grated
0.5 Cup	Egg Substitute
1 Each	Egg, Whole
1 cup	Fat Free Half and Half Cream
0.667 Cup	Milk, Lowfat, 1% fat w/added vitamin A
2 ounces	Yogurt, Greek Non Fat

Frozen

Quantity	Grocery Item
12 Ounces	Fish, Halibut, Atlantic & Pacific, raw
16 Ounces	Vegetable, Beans, Italian, Frozen

Meat

Quantity	Grocery Item
16 Ounces	Beef, Flank Lean Trimmed
12 ounces	Beef, Ground (95% lean)
10 ounces	Chicken, Breast Boneless
2 ounces	Ham, prosciutto
16 ounces	Pork, Tenderloin Lean
6 Ounce	Sausage, Kielbasa
1.5 Pound	Turkey, Ground Raw

Packaged

Quantity	Grocery Item
1 Cup	Beans, Black, Canned
0.25 cup	Breadcrumbs, Seasoned
3 Tablespoon	Cheese, Parmesan, dry grated, reduced fat
0.733 Tablespoon	Dijon Mustard
1 teaspoon	Flour, Wheat or White, All Purpose
1 Cup	Grain, Rice, Brown, Long grain
1 Cup	Grain, Rice, White, Long grain, Parboil, enriched, ckd
0.25 Teaspoon	Herb, Basil, Ground
1 teaspoon	Herb, Rosemary, Dried
1 ounces	Honey
0.667 ounces	Lemon Juice, Bottled
3 Tablespoon	Mustard, Dijon
0.25 Cup	Nuts, Almond Sliced
18 Teaspoon	Oil, Olive
1.5 Tablespoon	Oil, Vegetable or Olive
1.5 Cup	Rice, white, cooked, instant
1.75 tsp	Salt
2.25 cup	Soup, Chicken Broth Low Sodium
1 Teaspoon	Spice, Ancho Chile Powder
3.5 tsp	Spice, Black Pepper
0.25 teaspoon	Spice, Chili Powder
0.25 tsp	Spice, Cumin, Ground
5 teaspoon	Spice, Paprika
0.5 teaspoon	Spice, Red Pepper
1.5 Teaspoon	Sweet, Sugar, granulated, white
1 Can	Vegetable, Tomato Diced Canned
16 ounces	Vegetable, Tomato, Red Canned, No Added Salt
17 Tablespoon	Vinegar, balsamic

9 Teaspoon	Vinegar, rice
12 oz	Water

Produce

Quantity	Grocery Item
18 Cup	Fruit, Grapes, raw
6 Fruit	Fruit, Pear Raw
2 Tablespoon	Herb, Basil, fresh
0.43 Cup	Herb, Cilantro Raw
4 Teaspoon	Herb, Garlic, Raw
1 Teaspoon	Herb, Oregano, Ground
1 Tablespoon	Herb, Parsley, Raw, Chopped
2 Teaspoon	Spice, Mrs. Dash
178 Ounces	Vegetable, Asparagus Fresh
3 Cup	Vegetable, Beans, String, Green, raw
1 Each	Vegetable, Cabbage Head
7 Cup	Vegetable, Carrots
6 Each	Vegetable, Corn on Cob, sm/med, ckd w/o fat or salt
0.25 Cup	Vegetable, Green Onion
2.65 Cup	Vegetable, Onions
1 Tablespoon	Vegetable, Onions, chopped, raw
1 Cup	Vegetable, Onions, Vidalia, raw
0.25 Cup	Vegetable, Onions, Young Green, raw
1 Cup	Vegetable, Pepper, Green
1 Cup	Vegetable, Pepper, Sweet, Red, raw
2 tablespoons	Vegetable, Shallots, peeled, raw
2 Cup	Vegetable, Zucchini, slices