

## Vitamin and Mineral Rich Grocery List



Maintaining your dialysis regimen is vital for your health, but it may also remove some of your vitamin C, B vitamins, zinc, and other nutrients. This is why your body may need an extra nutrition boost to store energy, build muscle, and maintain a good quality of life.

Use the below shopping the list to choose foods that can help you meet your vitamin and mineral needs:

- ☐ **Broccoli**  
(fresh or frozen)
  - ☐ **Brussels**  
Sprouts (fresh or frozen)
  - ☐ **Carrots**  
(fresh or frozen)
  - ☐ **Green peas**  
(fresh, frozen, or canned  
with no added salt)
  - ☐ **Chickpeas**  
(dried or canned with  
no added salt)
  - ☐ **Oatmeal**
  - ☐ **Peanut butter**  
(check for no added sugar  
and low or no added salt)
  - ☐ **Eggs**
  - ☐ **Chicken**  
(without the skin)
  - ☐ **Canned tuna**
  - ☐ **Canned sardines**

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