



Seasonal Shopping List for Dialysis

To help stretch your grocery budget,
try shopping seasonally for kidney-friendly foods!

Below you will find foods separated by seasons when prices are expected to be lowest and/or sales are common. Talk to your dietitian by incorporating these foods into your diet.

Spring



- ☐ Chicken thighs and drumsticks
- ☐ Asparagus
- ☐ Broccoli
- ☐ Rhubarb
- ☐ Apples
- ☐ Cauliflower
- ☐ Carrots
- ☐ Kale
- ☐ Artichokes
- ☐ Strawberries

Summer



- ☐ Chicken
- ☐ Berries
- ☐ Peaches
- ☐ Green beans
- ☐ Ground beef
- ☐ Plums
- ☐ Peas
- ☐ Tomatoes

Fall



- ☐ Chicken thighs and drumsticks
- ☐ Turkey
- ☐ Ground beef
- ☐ Pears
- ☐ Cauliflower
- ☐ Parsnips
- ☐ Sweet potatoes
- ☐ Pork shoulder
- ☐ Grapes
- ☐ Cranberries
- ☐ Brussels sprouts
- ☐ Celery

Winter



- ☐ Lean ground beef
- ☐ Pork shoulder
- ☐ Grapes
- ☐ Kale
- ☐ Squash
- ☐ Pears
- ☐ Apples
- ☐ Spinach
- ☐ Carrots

All Year Long

- ☐ Low sodium canned or dried beans, peas, and lentils
- ☐ Frozen produce (especially when they are off-season)
- ☐ Brown rice and whole grain pasta

365
DAYS



Tips

When food goes on sale, stock up on produce and meat when prices are low and freeze a large portion if you have freezer space available to prolong the shelf-life.



Freezer storage times:

- o Uncooked meat 4-12 months
- o Ground meat 3-4 months
- o Fruits and vegetables 8-12 months

Keep cool during hot months by pureeing kidney-friendly fruits and freezing them in popsicle molds; or enjoy on frozen grapes or berries.



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