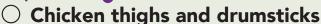


Seasonal Shopping List for Dialysis

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



Carrots

Artichokes

Strawberries

Kale

- Asparagus
- Broccoli
- Rhubarb
- Apples
- Cauliflower

Fall

- Chicken thighs and drumsticks
- Turkey
- O Pork shoulder
- Ground beef Grapes
- () Pears Cranberries
- Cauliflower
- Brussels sprouts
- Parsnips
- **○** Celery
- Sweet potatoes

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

Summer

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

Winter

- Lean ground beef
- Pork shoulder
- Grapes
- Kale
- Squash





- Apples
- Spinach
- **○** Carrots



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 vegetables8-12 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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