

# Kidney Friendly Pandemic Diet

## How can I get groceries and avoid crowds?

- Ask family or friends to shop for you.
- Order your groceries online for home delivery.
- If you have to shop, check stores for special shopping hours for at-risk people.



## How to Prepare

If there is a virus outbreak in your area, you need to stay home and avoid crowded places like grocery stores. It is important to plan ahead to have plenty of shelf-stable foods as well as kidney friendly produce, fresh water and medicine. Here are a few things to keep in mind:

- Wash your hands for at least 20 seconds with soap and water before preparing meals, and again before you start eating.
- Plan ahead to have healthy food in your home. It is especially important to eat well during stressful times.
- To reduce waste, use fresh foods first (meats, fruits, vegetables) before using up your canned and frozen foods.
- Include a protein food, a fruit and/or vegetable and a grain at each meal.

## Sample Meals

- Scrambled eggs, buttered toast with jam, frozen berries
- Oatmeal with honey, almond milk, canned peaches
- Tuna sandwich (rinsed tuna mixed with chopped onion, celery, cucumbers and mayonnaise), apple slices
- Pasta with chicken and broccoli (pasta sautéed in olive oil with herbs, broccoli, chicken and peppers), grapes
- Egg salad pita pocket (hard-boiled eggs mixed with celery, mayo, cucumber, low-sodium pita bread), mandarin oranges
- Low-sodium nut butter jelly sandwich, carrot and celery sticks

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## Kidney Healthy Foods

**Fruits (fresh, frozen or canned):** Apples, applesauce, berries, grapes, pineapple, peaches, pears, fruit cocktail and mandarin oranges. When buying frozen or canned, choose no added sugar if available.

**Vegetables (fresh, frozen or canned):** Broccoli, cauliflower, carrots, corn, green beans, mixed vegetables, mushrooms, peas, onions, cucumber, celery, cabbage, peppers, beets and zucchini. When buying frozen or canned, choose no added salt or low sodium options if available.

**Protein Foods: (fresh, frozen or canned):** Eggs, tofu, beans, nut butters, meats, poultry and seafood. Rinse canned beans, fish and chicken to remove sodium. Buy a low sodium option if available. Nutrition supplements like Nepro and protein bars are good choices too.

**Dairy:** "Original" unenriched almond milk, rice dream and soy milk. Canned, powdered or fresh milk.

**Grains:** Rice, pasta, cream of rice or wheat, dry cereal, oatmeal, grits, low-sodium crackers, graham crackers, bread, tortillas, pita bread and bagels. Read package labels to choose the lowest sodium options.

**Drinks:** Water, tea, coffee and juices (cranberry, apple, grape, pineapple, lemonade and limeade). Watch out for added sugars.

**Extras:** Butter, margarine, honey, jelly, jam, herbs, spices, cooking oil (olive/canola oil), mayonnaise and low-sodium snack foods.

**Non Grocery Items:** Hand soap, bath soap, dish soap, laundry soap, bleach, hand sanitizer, paper towels, toilet paper and tissues.



**PSKC is open. Please don't miss your dialysis appointments. Contact your Dietitian with any questions or concerns.**

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