

## 2019 Mark Brody Memorial Food Drive

Recommended foods for dialysis patients

	<u>Stores</u>
<b>Barilla</b> Protein Plus pasta	Wal-Mart, Carrs, Fred Meyers
<b>Valley Fresh</b> 100% Natural canned chicken	Wal-Mart, Carrs, Fred Meyers
<b>Kroger</b> natural premium chicken breast chunk in water (please check carefully, there are similar looking packages w/added phosphorous)	Fred Meyers
<b>Kirkland Signature</b> canned pink salmon	Costco
<b>Kirkland Signature</b> canned sockeye salmon	Costco
<b>Chicken of the Sea</b> solid white albacore tuna (boldly states "just tuna, water and sea salt!")	Wal-Mart, Carrs, Fred Meyers
<b>Chicken of the Sea Chunk Light</b> premium tuna in water	Wal-Mart, Carrs, Fred Meyers
<b>Season Brand</b> Skinless & Boneless Sardines in pure olive oil	Amazon
<b>Kirkland Signature</b> cut green beans	Costco
Canned carrots	Wal-Mart, Carrs, Fred Meyers
Canned peas	Wal-Mart, Carrs, Fred Meyers
Canned corn	Wal-Mart, Carrs, Fred Meyers
<b>Treetop</b> organic applesauce (no sugar added)	Wal-Mart, Carrs, Fred Meyers
<b>Kroger</b> classic applesauce (not for diabetics)	Fred Meyers
<b>Dole</b> pineapple tidbits	Wal-Mart, Carrs, Fred Meyers
<b>Kirkland Signature</b> diced peaches in juice	Costco
<b>Kroger</b> lite yellow cling peach halves	Fred Meyers
Canned Apricots	Wal-Mart, Carrs, Fred Meyers
<b>Del Monte</b> Lite Canned pears	Wal-Mart, Carrs, Fred Meyers
<b>Old El Paso</b> green chiles	Wal-Mart, Carrs, Fred Meyers
<b>Blue Diamond</b> Almond Breeze Almond milk	Wal-Mart, Carrs, Fred Meyers

<b>Kroger</b> Honey Crisp Medley with Almonds	Fred Meyers
<b>General Mills</b> Rice Chex	
<b>Essential Everyday</b> Honey Oats & Flakes with Strawberries cereal	
<b>Malt O Meal</b> Oat Blenders Honey cereal	
<b>Post</b> Honey Bunches of Oats with real Strawberries cereal	
<b>Post</b> Honey Bunches of Oats	
Old fashioned oats	
<b>Simple Truth</b> Chickpeas	Fred Meyers
<b>Simple Truth</b> Lentils	Fred Meyers
<b>Simple Truth</b> Red beans	Fred Meyers
<b>Simple Truth</b> Nutrition or Protein Bars	Fred Meyers
<ul style="list-style-type: none"> <li>• Fudge Graham flavored</li> <li>• Double Chocolate flavored</li> </ul>	
<b>Zone perfect</b> nutrition bars	Wal-Mart, Amazon
<ul style="list-style-type: none"> <li>• Chocolate peanut butter</li> <li>• Chocolate mint</li> <li>• Cinnamon roll</li> <li>• Strawberry yogurt</li> </ul>	
<b>Power Crunch Bars - 1.4-Ounce Bars - 12 count</b>	Target
<ul style="list-style-type: none"> <li>• Peanut Butter Crème</li> <li>• Salted Caramel</li> <li>• French Vanilla Cream</li> </ul>	
<b>Premier Protein Shakes - 11 fl oz bottles</b>	Costco/Wal-Mart
<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Vanilla</li> </ul>	
<b>Bob's Red Mill All Natural Whey Protein</b>	Amazon

**Please avoid** any foods that have added phosphorous (look for ingredients that have **phos**\_\_\_\_\_ in the name), tomatoes, citrus, potatoes, high sodium items.....