



# High Phosphorus – Limit These Choices



**CHOCOLATE**  
LIMIT THESE CHOICES



**DAIRY**  
LIMIT CHOICES SUCH AS:  
Milk, cheese, ice cream,  
pudding, yogurt, etc.



**BEVERAGES**  
LIMIT CHOICES SUCH AS:  
Dark colas, beer,  
hot chocolate



**DRIED BEANS OR PEAS**  
LIMIT THESE CHOICES



**CONVENIENCE FOODS**  
LIMIT CHOICES SUCH AS:  
Mac & cheese, pizza,  
fried chicken



**NUTS, SEEDS, OR  
PEANUT BUTTER**  
LIMIT THESE CHOICES



**PANCAKES, WAFFLES  
OR BISCUITS**  
LIMIT THESE CHOICES  
Prepared or mixes



**PROCESSED MEATS**  
LIMIT CHOICES SUCH AS:  
Hot dogs, packaged meats



# Low Phosphorus – Better Choices



## DAIRY

Such as sour cream, whip topping, cream cheese



## FRUITS & VEGETABLES

Such as apples, blueberries, cranberries, cucumbers, lemons, lettuce, limes, onions, bell peppers



## FRESH MEAT, FISH, POULTRY, AND EGGS



## SWEETS & SNACKS

Such as cherry licorice, gum, hard candy, jelly beans, popcorn, sherbet, short bread cookies



## GRAINS

Such as rice or corn cereal, white rice, plain noodles, unsalted plain crackers



## BEVERAGES

Such as water, clear soda, root beer, freshly brewed coffee or tea

**ALWAYS CHECK THE LABEL TO MAKE SURE THERE ARE NO HIDDEN PHOSPHORUS ADDITIVES**