



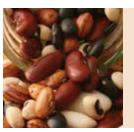
CHOCOLATE LIMIT THESE CHOICES



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

