

PHOSPHORUS FOOD REFERENCE GUIDE

Essential Resource for Renal Nutrition Management

Low Phosphorus (Safe Choice)

Food Item	Portion
White Bread/Rice	1 Cup
Apples/Berries	1 Medium
Egg Whites	2 Large
Cabbage/Cauliflower	1/2 Cup
Popcorn (Unsalted)	2 Cups
Sherbet	1/2 Cup

High Phosphorus (Limit/Avoid)

Food Item	Portion
Whole Grains/Bran	1/2 Cup
Dairy/Cheese	1 oz / 1 Cup
Nuts & Seeds	1/4 Cup
Lentils/Beans	1/2 Cup
Dark Colas	12 oz
Organ Meats	3 oz

Quick Tips for Management

- **Check Labels:** Avoid ingredients with "PHOS" (e.g., Sodium Tripolyphosphate).
- **Leaching:** Soak potatoes and root vegetables to reduce mineral content.
- **Portion Control:** High protein foods are naturally higher in phosphorus.