

HIGH PHOSPHORUS FOOD REFERENCE

Common foods to limit or avoid

Note: This list identifies foods typically containing high levels of organic and inorganic phosphorus. Consult a dietitian for specific milligram limits.

Dairy & Substitutes

Dairy Products Milk, Cheese, Yogurt, Custard, Ice Cream

Plant Milks Enriched Oat/Soy milk with phosphate additives

Proteins & Legumes

Organ Meats Liver, Sweetbreads, Kidney

Legumes Lentils, Chickpeas, Soybeans, Black beans

Processed Meats Deli meats, Hot dogs, Bacon (with additives)

Grains & Nuts

Whole Grains Bran, Oatmeal, Whole wheat bread, Wild rice

Nuts & Seeds Pumpkin seeds, Sunflower seeds, Cashews, Almonds

Beverages & Others

Drinks Dark colas, Beer, Canned iced teas

Miscellaneous Chocolate, Molasses, Baking powder, Pizza

Always check ingredient labels for "PHOS" to identify hidden additives.