

KIDNEY HEALTH: PHOSPHORUS GUIDE

Dietary Reference for Renal Wellness

Patient Name: _____ Date: _____

⚡️“ LOW PHOSPHORUS (PREFERRED)

White Bread / Sourdough

Rice or Corn Cereals

Popcorn (Unsalted)

Light Poultry (Skinless)

Fresh Fish

Egg Whites

Sherbet / Sorbet

Clear Sodas / Lemonade

⚡️— HIGH PHOSPHORUS (LIMIT)

Whole Wheat / Bran

Oatmeal / Granola

Dark Colas / Dr. Pepper

Organ Meats / Processed Deli

Cheese / Milk / Yogurt

Beans / Lentils / Nuts

Chocolate / Caramels

Beer / Ale

Clinical Note: Always check labels for "PHOS" additives (e.g., Sodium Tripolyphosphate). Additives are absorbed at a much higher rate than naturally occurring phosphorus. Consult your renal dietitian for specific portion sizes tailored to your lab results.

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