

LOW PHOSPHORUS REFERENCE

Kidney-Friendly Dietary Guide

Proteins

Choose (Low)

Egg Whites
Fresh Chicken
Fresh Turkey
Cod / Tilapia

Limit (High)

Organ Meats
Sardines
Processed Deli Meat
Salmon / Carp

Dairy & Substitutes

Choose (Low)

Rice Milk (Unfort.)
Almond Milk
Sorbet
Cream Cheese

Limit (High)

Milk (All types)
Yogurt
Cheese / Custard
Ice Cream

Grains & Starches

Choose (Low)

White Bread/Rice
Sourdough
Couscous
Popcorn (Unsalted)

Limit (High)

Whole Wheat Bread
Brown Rice
Bran Cereals
Oatmeal

Produce

Choose (Low)

Apples / Berries

Grapes

Cauliflower

Green Beans

Limit (High)

Dried Fruits

Avocados

Dark Leafy Greens

Potatoes

Important Tip: Check for Additives

Avoid products containing "**PHOS**" in the ingredients list (e.g., Sodium Tripolyphosphate, Phosphoric Acid). These chemical additives are absorbed at a much higher rate by the body.

This chart is for educational purposes only. Always consult with a registered renal dietitian or physician before making dietary changes.