

PHOSPHORUS MANAGEMENT

Dietary Guide for Kidney Health

Grains & Starches

- White bread, Sourdough
 - White rice, Couscous
 - Refined pasta
 - Corn or Rice cereals
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Protein & Dairy

- Egg whites
 - Fresh beef, chicken, or turkey
 - Unsalted popcorn
 - Rice or Soy milk (unfortified)
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Fruits & Vegetables

- Apples, Berries, Grapes
 - Green beans, Cauliflower
 - Carrots, Zucchini
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Grains & Starches

- Whole wheat, Bran, Rye
 - Brown rice, Quinoa
 - Oatmeal
 - Granola
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Protein & Dairy

- Milk, Yogurt, Cheese
 - Organ meats, Sardines
 - Nuts, Seeds, Peanut butter
 - Lentils, Beans
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Processed Foods

- Dark Colas
 - Fast food / Processed meats
 - "Enriched" bakery items
 - Chocolate
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Note: Check labels for "PHOS" additives. Phosphoric acid, Sodium tripolyphosphate, and Hexametaphosphate are highly absorbable. Consult with a Renal Dietitian for specific goals.