

# CKD PHOSPHORUS FOOD GUIDE

Kidney-Friendly Dietary Reference

## Low Phosphorus (Choose Often)

Food Group	Best Choices
Grains	White bread, Sourdough, Rice cereals, Grits, Couscous
Protein	Egg whites, Fresh chicken, Turkey, Fresh fish
Dairy Alt.	Rice milk (unenriched), Almond milk, Sorbet
Vegetables	Carrots, Cauliflower, Cabbage, Green beans
Beverages	Water, Ginger ale, Lemon-lime soda, Apple juice

## High Phosphorus (Limit/Avoid)

Food Group	Limit Intake
Grains	Whole wheat, Bran, Oatmeal, Brown rice
Protein	Organ meats, Sardines, Processed deli meats
Dairy	Milk, Cheese, Yogurt, Ice cream, Pudding
Other	Lentils, Nuts, Seeds, Chocolate, Dark colas
Additives	Look for "PHOS" on ingredient labels

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*Note: This is a general guide. Portion sizes and individual lab values are critical for CKD management. Always consult with a Renal Dietitian or Nephrologist before making significant changes to your diet.*