

# DIALYSIS PHOSPHORUS GUIDE

*Quick Reference Food Chart for Kidney Health*

## CHOOSE MORE (Low Phosphorus)

<b>Food Group</b>	<b>Safe Options</b>
<b>Grains</b>	White Bread, Rice, Pasta, Couscous
<b>Proteins</b>	Egg Whites, Fresh Chicken, Turkey
<b>Dairy Alt.</b>	Rice Milk (Unenriched), Almond Milk
<b>Vegetables</b>	Green Beans, Carrots, Cauliflower
<b>Fruits</b>	Apples, Berries, Grapes, Peaches
<b>Snacks</b>	Unsalted Popcorn, Pretzels

## LIMIT OR AVOID (High Phosphorus)

<b>Food Group</b>	<b>Avoid / Limit</b>
<b>Grains</b>	Whole Wheat, Bran, Oatmeal
<b>Proteins</b>	Organ Meats, Sardines, Beans/Lentils
<b>Dairy</b>	Milk, Cheese, Yogurt, Ice Cream
<b>Beverages</b>	Dark Colas, Beer, Cocoa drinks
<b>Processed</b>	Deli Meats, Hot Dogs (Additives)
<b>Others</b>	Chocolate, Nuts, Seeds

**IMPORTANT:** Always check labels for "PHOS" ingredients (e.g., Sodium Tripolyphosphate). These chemical additives are absorbed 100% by the body. Consult your renal dietitian for personalized portion sizes and phosphate binder timing.

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