

KIDNEY DIET: PHOSPHORUS GUIDE

Low Phosphorus (Choose)

FOOD CATEGORY	BEST OPTIONS
Proteins	Egg whites, Fresh chicken, Turkey
Dairy Alt	Rice milk, Almond milk (unenriched)
Grains	White bread, Sourdough, White rice
Vegetables	Green beans, Cauliflower, Cabbage
Beverages	Clear sodas, Lemonade, Water

High Phosphorus (Avoid)

FOOD CATEGORY	LIMIT/AVOID
Proteins	Organ meats, Sardines, Processed deli
Dairy	Milk, Cheese, Yogurt, Ice cream
Grains	Whole wheat, Bran, Oatmeal
Misc	Chocolate, Nuts, Seeds, Beans
Beverages	Dark colas, Beer, Cocoa drinks

Key Tip: Avoid foods with "PHOS" in the ingredient list (e.g., Sodium Tripoly**phosphate**). These additives are absorbed 100% by the body, whereas phosphorus in plant foods is only partially absorbed.