

LOW PROTEIN & PHOSPHORUS REFERENCE

FOOD CATEGORY	RECOMMENDED (LOWER)	LIMIT / AVOID (HIGHER)
Grains & Starches		
Cereals & Rice	White rice, Couscous, Corn grits	Brown rice, Wild rice, Bran cereals
Bread & Pasta	White bread, Sourdough, White pasta	Whole wheat bread, Whole grain pasta
Vegetables		
Fresh Produce	Green beans, Cauliflower, Cabbage, Eggplant	Spinach, Swiss chard, Potatoes (raw)
Alliums	Onions, Garlic, Leeks	Dried vegetable mixes with additives
Fruits		
Fresh Fruits	Apples, Berries, Grapes, Peaches	Bananas, Oranges, Kiwis, Nectarines

FOOD CATEGORY	RECOMMENDED (LOWER)	LIMIT / AVOID (HIGHER)
Preserved	Canned fruit (drained)	Dried fruits (Raisins, Prunes, Dates)
Proteins (Controlled Portions)		
Animal/Plant	Egg whites, Small portions of Chicken	Organ meats, Sardines, Lentils, Beans
Dairy Alts	Rice milk (unenriched), Almond milk	Cow's milk, Yogurt, Hard cheeses
Beverages & Snacks		
Drinks	Water, Ginger ale, Clear sodas	Colas (contain phosphoric acid), Beer
Snacks	Unsalted popcorn, Pretzels (low sodium)	Nuts, Seeds, Chocolate

** This chart is a general template. Consult with a renal dietitian for personalized portion sizes and specific nutritional requirements.*