

# PHOSPHORUS FOOD GUIDE

Renal Nutrition Reference Chart

## LOW PHOSPHORUS (Choose Often)

FOOD CATEGORY	BETTER CHOICES
Grains	<b>White bread, Rice, Couscous</b>
Proteins	<b>Egg whites, Chicken, Turkey</b>
Dairy Alt	<b>Rice milk, Macadamia milk</b>
Vegetables	<b>Cabbage, Cauliflower, Peppers</b>
Fruits	<b>Apples, Berries, Grapes</b>

## HIGH PHOSPHORUS (Limit/Avoid)

FOOD CATEGORY	LIMIT THESE
Grains	<b>Whole wheat, Bran, Oatmeal</b>
Proteins	<b>Organ meats, Sardines, Beans</b>
Dairy	<b>Milk, Cheese, Yogurt</b>
Beverages	<b>Dark colas, Beer, Cocoa</b>
Snacks	<b>Nuts, Seeds, Chocolate</b>

**Note:** Check labels for "PHOS" additives. Phosphoric acid and sodium polyphosphate are highly absorbed by the body.