

PHOSPHORUS FOOD GUIDE

Renal Care Dietary Reference

Low Phosphorus (Choose)

Food Category	Best Options
Grains	White bread, Rice, Couscous
Fruits	Apples, Berries, Grapes
Vegetables	Cauliflower, Peppers, Onions
Protein	Egg whites, Chicken (fresh)
Beverages	Water, Light Ginger Ale

High Phosphorus (Limit)

Food Category	Avoid/Limit
Grains	Whole wheat, Bran, Oatmeal
Dairy	Cheese, Milk, Yogurt
Protein	Organ meats, Sardines, Beans
Snacks	Chocolate, Nuts, Seeds
Beverages	Dark Colas, Beer, Cocoa

Quick Tip: Look for "PHOS" on ingredient labels. Phosphorus additives found in processed foods are absorbed 100% by the body, unlike naturally occurring phosphorus.

** This chart is a general template for educational purposes. Consult a renal dietitian for a personalized nutrition plan.*