

# RENAL DIET: PHOSPHORUS GUIDE

A reference for kidney health management

## CHOICE (Low Phosphorus)

FOOD GROUP	BEST OPTIONS
Grains	White bread, Rice, Couscous
Dairy Alt	Rice milk (unenriched), Soy
Protein	Chicken, Turkey, Egg whites
Snacks	Popcorn (unsalted), Pretzels
Beverage	Lemonade, Ginger ale, Water

## LIMIT (High Phosphorus)

FOOD GROUP	FOODS TO AVOID
Grains	Whole wheat, Bran, Oatmeal
Dairy	Cheese, Milk, Yogurt, Ice cream
Protein	Organ meats, Sardines, Beans
Snacks	Nuts, Seeds, Chocolate
Beverage	Cola, Dark sodas, Beer

**Pro-Tip:** Always check labels for "PHOS" ingredients (e.g., Sodium Tripolyphosphate). Additive phosphorus is absorbed 100% by the body, unlike naturally occurring phosphorus. Take phosphate binders as prescribed by your physician.

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Patient Name: \_\_\_\_\_ | Date: \_\_\_\_\_