

RENAL-FRIENDLY PHOSPHORUS GUIDE

Reference Chart for Kidney Health Management

Choose More Often (Low)

Category	Food Items
Grains	White bread, Rice, Pasta, Couscous, Corn cereals
Protein	Egg whites, Fresh chicken, Turkey, Lean beef
Dairy Alt	Rice milk (unenriched), Almond milk, Non-dairy creamer
Vegetables	Carrots, Cauliflower, Green beans, Cabbage
Beverages	Water, Ginger ale, Lemon-lime soda, Apple juice

Limit or Avoid (High)

Category	Food Items
Grains	Whole wheat, Bran, Oatmeal, Brown rice
Protein	Organ meats, Sardines, Processed deli meats
Dairy	Milk, Cheese, Yogurt, Ice cream, Custard
Others	Lentils, Beans, Nuts, Seeds, Chocolate
Additives	Look for "PHOS" on ingredient labels

Important: Phosphorus additives (found in processed foods/sodas) are absorbed 100% by the body, whereas organic phosphorus from plants is only partially absorbed. Always consult your Renal Dietitian for a personalized meal plan.