

RENAL PHOSPHORUS GUIDE

Kidney-Friendly Food Reference Chart

Low (<100mg) Medium (100-200mg) High (>200mg)

FOOD CATEGORY	RECOMMENDED (LOWER PHOS)	LIMIT / AVOID (HIGHER PHOS)
Proteins	Egg whites, Cod, Shrimp, Chicken (no additives)	Organ meats, Sardines, Processed deli meats
Dairy & Alt	Rice milk (unfortified), Sorbet, Brie, Swiss	Milk, Yogurt, Ice cream, American cheese
Grains	White bread, Sourdough, White rice, Couscous	Whole wheat, Bran, Oatmeal, Quinoa
Vegetables	Cauliflower, Cabbage, Green beans, Onions	Peas, Broccoli, Spinach, Asparagus
Snacks/Misc	Popcorn (unsalted), Hard candy, Jelly beans	Nuts, Seeds, Chocolate, Colas (dark soda)

Note: Phosphorus additives (found in processed foods) are absorbed nearly 100% by the body. Always check labels for "PHOS".