

RENAL DIET GUIDE

Phosphorus Management

Protein & Dairy

CHOOSE (Low)

Egg whites
Chicken, Turkey
Fresh fish
Rice/Soy milk

AVOID (High)

Organ meats
Sardines
Cheese, Yogurt
Cow's milk

Grains & Starches

CHOOSE (Low)

White bread/rice
Couscous
Corn cereal
White pasta

AVOID (High)

Whole wheat
Bran cereal
Oatmeal
Wild rice

Snacks & Additives

CHOOSE (Low)

Unsalted popcorn
Pretzels
Ginger ale
Honey/Jam

AVOID (High)

Chocolate
Colas (Dark)
Nuts/Seeds
Processed deli

*Check labels for "PHOS" additives.
Take binders as prescribed with meals.*