

Renal Phosphorus Guide

LOW PHOSPHORUS (CHOOSE)

- White Bread & Sourdough
 - White Rice & Pasta
 - Rice or Corn Cereal
 - Fresh Fruits (Apples, Berries)
 - Green Beans & Carrots
 - Popcorn (Unsalted)
 - Light Sodas (Lemon-Lime)
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HIGH PHOSPHORUS (LIMIT)

- Whole Wheat & Bran
 - Oatmeal & Granola
 - Dairy (Milk, Cheese, Yogurt)
 - Dried Beans & Lentils
 - Nuts & Seeds
 - Dark Colas
 - Processed Meats (Deli)
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Note: This is a general reference template. Consult a renal dietitian for a personalized nutrition plan.