

# RENAL VEGETABLE PHOSPHORUS GUIDE

Reference Chart for Kidney-Friendly Nutrition

## Best Choices (Low Phos)

VEGETABLE	SERVING
Cabbage (Green/Red)	1/2 Cup
Cauliflower	1/2 Cup
Cucumber (Peeled)	1/2 Cup
Green Beans	1/2 Cup
Lettuce (Iceberg/Bibb)	1 Cup
Radishes	5 Medium
Onions	1/2 Cup
Bell Peppers	1/2 Cup

## Limit/Avoid (High Phos)

VEGETABLE	REASON
Potatoes (White/Sweet)	High Phos/Potas
Spinach (Cooked)	High Phos/Oxalate
Green Peas	High Phosphorus

**VEGETABLE****REASON**

Broccoli

Moderate/High

Mushrooms

Moderate/High

Brussels Sprouts

Moderate/High

Asparagus

Moderate Phosphorus

Artichokes

High Phosphorus

*Note: Serving sizes are based on cooked portions unless specified. Always consult with a renal dietitian before making significant dietary changes.*