

STAGE 4 CKD: PHOSPHORUS GUIDE

Consult with your renal dietitian before making dietary changes.

CHOOSE (Low Phosphorus) ☺

White Bread / Sourdough

Rice or Corn Cereal

White Rice / Couscous

Unsalted Popcorn

Fresh Fruits (Apples, Berries)

Green Beans / Carrots

Liquid Non-dairy Creamer

Light Sodas (Ginger Ale, Sprite)

LIMIT (High Phosphorus) ☹

Whole Wheat / Multi-grain Bread

Bran or Oat Cereals

Brown Rice / Wild Rice

Organ Meats / Processed Deli Meats

Dairy (Milk, Cheese, Yogurt)

Dried Beans / Lentils / Nuts

Dark Colas / Dr. Pepper

Chocolate / Caramels

The "PHOS" Rule: Look for "PHOS" in the ingredient list on food labels (e.g., Sodium Triphosphosphate). These chemical additives are absorbed 100% by the body and are highly dangerous for Stage 4 Kidney Disease.

Printable Medical Template - Renal Nutrition Reference