

Choosing Low Phosphorus Foods

The best way to ensure you are choosing low phosphorus foods is to start by choosing fresh or fresh frozen foods whenever possible.

Quick Tips

1. Choose clear soft drinks or make iced tea and lemonade from scratch.
2. Use natural cheeses such as Swiss, cheddar, mozzarella, or cream cheese instead of processed cheeses (American Cheese, Velveeta®, Cheese Wiz®).
3. Make pancakes, waffles, biscuits and muffins from scratch instead of buying mixes or frozen products.
4. Choose longer cooking oatmeal and cereals over instant.
5. Drink smaller amounts of milk or choose milk alternatives like unenriched rice or almond milk.
6. Read the ingredients list on all packaged foods and avoid foods made with phosphate additives.
7. Ask for nutrition information at fast food restaurants. Most fast food is high in phosphorus additives.
8. If prescribed a phosphorus binder, make sure to take it when you eat.



High Phosphorus Foods to Limit

Convenience meals, pre -packaged and canned foods often have additional additives and preservatives making them higher in phosphorus. The phosphorus in these foods is absorbed much easier than if it is naturally found in foods like plants, dry beans, meats and fresh dairy products.

Meats

- Bacon
- Breaded Chicken & Nuggets
- Breaded Meats
- Hot Dogs
- Luncheon meats
- Sausage



Beverages

- Beer
- Bottled Iced Teas
- Colas- dark colored
- Drink mixes
- Fountain Lemonade & Teas
- Hawaiian Punch® or Kool Aid®
- Propel® Fitness Water



Ready to Prepare and Prepared Foods

- Biscuit/Pancake Mixes
- Cheese Curls
- Cheese Wiz
- Cornbread Mix
- Pizza, frozen and restaurant
- Macaroni and Cheese
- Most Fast Foods
- Instant Pudding Cups
- Muffin Mix
- Noodle or rice mixes
- Ramen Noodles

