



LOW PHOSPHORUS ACCEPTABLE	MEDIUM PHOSPHORUS LIMIT	HIGH PHOSPHORUS AVOID
<p><b>MEATS/Alternative(protein)</b> <b>&lt;70 mg/serving</b></p> <p>Beef - 1 oz Chicken - 1 oz Pork - 1 oz Egg White - 1 large Tuna - 1 oz Turkey - 1 oz Salmon - 1 oz Shrimp - 1 oz</p>	<p><b>MEATS/Alternative(protein)</b> <b>70-120 mg/serving</b></p> <p><b>Serving is 1 oz unless indicated</b></p> <p>Whole Egg - 1 large (the egg yolk has the majority of the Phosphorus) Peanut butter - 2tbsp/day Sardines (2 rinsed) - 2 pcs. Tofu firm - ¼ cup</p>	<p><b>MEATS/Alternative(protein)</b> <b>&gt;120 mg/serving</b></p> <p>Wieners - each Liver - 1 oz Frozen seasoned chicken (wings, breast, thighs, drumsticks) Corn Dog -each Dried &amp; baked beans - ½ cup Dried peas/lentils - ½ cup Pizza (cheese) - 1/8 pc of 12" pie Soups made with beans</p>
<p><b>FRUITS &amp; VEGETABLES</b> <b>&lt;40 mg/serving</b></p> <p><b>All are low unless noted</b></p> <p>Dried Figs -each (note this fruit is high in potassium) Dried Prunes -each (note this fruit is high in potassium)</p>	<p><b>FRUITS &amp; VEGETABLES</b></p>	<p><b>FRUITS &amp; VEGETABLES</b> <b>&gt;40 mg/serving</b></p> <p>Avocados - 1 medium piece (note this fruit is high in potassium) Raisins - 1.5 oz box</p>
<p><b>OTHER &lt;10 mg/serving</b></p> <p>Baking Soda Chewing gum Coffee Cornstarch Cream of Tartar Crystal Lite® Fresca® Ginger ale Gum drops Jelly Beans Root beer-check label 7-up® Sprite® Tea Vinegar</p>	<p><b>OTHER 10-40 mg/serving</b></p> <p>After 8® Dinner mints- 5 mints Arrowroot® - 2 cookies Graham wafers - 2 wafers Oatmeal cookie -each Peanut butter cookie -each Popcorn -1 cup</p>	<p><b>OTHER &gt;40 mg/serving</b></p> <p>Baking Powder - 1 tsp. Beer regular - 12 oz Non-alcoholic - 12 oz Chocolate - 1 bar Colas-Pepsi® Coke®, Dr. Pepper® -12 oz Root Beer -check label Corn chips - bag Donuts - each Fruitopia® - 8 oz Granola Bar - 1 bar Nestea Cool® - 8 oz Nuts &amp; Seeds (all types)- 1 oz Pudding-<b>instant</b> - container Pudding-<b>made with milk</b> -½ cup Tang® - 8 oz</p>



Check the INGREDIENT LABEL

- manufacturers add phosphorus to certain convenience foods.
- if you see the words phosphate including: hexametaphosphate, tripolyphosphate, triphosphate, pyrophosphate or phosphoric acid on the label it has phosphorus added to it.

TIPS

- :Buy fresh meat products
- :Make pancakes, waffles, biscuits and breads from scratch.
- :Ask your Dietitian for recipes.

NOTE:

**High blood levels of phosphorus can cause bone disease, damage to your heart, blood vessels, lungs, eyes, skin and gums. You may have itchy skin, bone pain and/or red eyes. Limiting or not eating foods high in phosphorus can help control blood levels of phosphorus.**

