

| LOW PHOSPORUS | MEDIUM PHOSPHORUS | HIGH PHOSPHORUS |
|-------------------------------|-------------------------------|-------------------------------|
| ACCEPTABLE | LIMIT | AVOID |
| DAIRY/ALTERNATIVES | DAIRY/ALTERNATIVES | DAIRY/ALTERNATIVES |
| <50 mg/serving | 50-150 mg/serving | >150 mg |
| Cottage cheese- dry -1/4 cup | Limit to 1 serving/day | Milk, canned(evaporated, non- |
| Cream cheese - 1Tbsp | 1 serving is ½ cup per day | fat) - ½ cup |
| Creamer -1 Tbsp | unless indicated | Provolone cheese -1 oz |
| Half & Half -1 Tbsp | Milk (Skim, 1% or 2%- | Ricotta cheese -½ cup |
| Neufchatel cheese -1 oz | Chocolate, Soy) - ½ cup | Swiss cheese -1 oz |
| Parmesan -1Tbsp | Creamed Cottage cheese | Processes Cheese |
| Sour Cream -1Tbsp | -¹/4 cup | (slices & spreads) -1 oz |
| Sherbet -½ cup | Cream soups - ½ cup | Milkshake -1 cup |
| Whipping Cream -1Tbsp | Ice Cream - ½ cup | Yogurt -½ cup |
| Rice Dream Original® -8oz | Block Cheese-3 oz/wk - 1 oz | Rice Dream Enriched® -1 cup |
| | Brie Cheese-1 oz - 1 oz | |
| | Feta Cheese-1 oz - 1 oz | |
| | Mozzarella cheese - 1 oz | |
| FATS | | |
| All are low in phosphorus | | |
| CEREALS/GRAIN | CEREALS/GRAINS | CEREALS/GRAINS |
| <50 mg/serving | 50-80 mg/serving | >80 mg |
| Corn flakes® - ½ cup | Frosted Mini Wheats® | /serving |
| Golden Grahams® -½ cup | -½ cup | All Bran ® -½ cup |
| Cheerios ®(all kinds) - ½ cup | Oatmeal Crisp® with | Bran Flakes ® -½ cup |
| Cream of Wheat -½ cup | Almonds -½ cup | Oat Bran - ½ cup |
| Frosted Flakes® - ½ cup | Oatmeal-½ cup limit to/ | Raisin Bran® - ½ cup |
| Froot Loops® -½ cup | week | Life Cereal® - ½ cup |
| Rice Krispies® -½ cup | Total Cereal® -½ cup | Fibre One ® - ½ cup |
| White Bread -1 slice | Shredded Wheat® -½ cup | Wheat germ - ½ cup |
| Rye Bread - 1 slice | Bannock-1 slice/day - 1 slice | Kashi Golean Crunch® - ½ |
| Raisin Bread - 1 slice | Breads whole wheat | cup |
| White bun or roll - each | or multi-grain -1 slice | Bagels (3 ½ inches) - 1 bagel |
| Couscous -½ cup | Crackers, whole wheat | Biscuits - 1 biscuit |
| Crackers - 5 crackers | -5 crackers | Muffins (from mix)-1 muffin |
| Pasta - ½ cup | English muffins, plain - 2oz | Cornbread -2 oz piece |
| Rice-white - ½ cup | Pita - 1 large | Pancakes/Waffles |
| | Pancakes from scratch | -from mix - each |
| | -1-4" diameter | -frozen - each |
| | Pasta, whole wheat - ½ cup | Pita, whole wheat - 1 large |
| | Rice- brown - ½ cup | Tortilla Chips - more than 15 |
| | - wild - ½ cup | |
| | Tortilla - 1-8" diameter | |
| | Tortilla Chips -15 chips | |
| | | |

To be used in conjunction with advice from Registered Dietitian





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







Phosphorus Exchange List-Patient Handout June 2011

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.



