STOP High Phosphorus Foods

BRAN
WHOLE WHEAT BREAD
NUTS
COLAS
BAKING POWDER
DRIED BEANS & PEAS
PIZZA
CHOCOLATE
MILK PRODUCTS
PROCESSSED MEATS
TV DINNERS

To be used in conjunction with advice from a Registered Dietitian.
Low Phosphorus Foods

BEEF, PORK or LAMB (FRESH)
CHICKEN & TURKEY (FRESH)
FISH
WILD MEAT

COOKIE (PLAIN)
CRACKERS (SODA)
WHITE RICE
WHITE BREAD
WHITE NOODLES (PASTA)
CREAM OF WHEAT

CORN FLAKES
POPcorn
PIE (Apple, Berry, Lemon or Cherry)
FRESH FRUIT
VEGETABLES

JAM
COFFEE OR TEA
7 UP (non colas)
ORIGINAL RICE BEVERAGE

To be used in conjunction with advice from a Registered Dietitian.