

RENAL (LOW PHOSPHORUS DIET)

CONTROLLING PHOSPHORUS IN YOUR DIET

Limit the following Dairy products to only 1 cup per day in Total.

**Milk, Yogurt, Pudding or Custards
Creamed Soups made with Milk
Ice Cream or Frozen Yogurt**

Avoid Hard Cheeses

Protein:

Keep Meat portions to 3 ounces at a meal,
(No bigger than a deck of cards).

Avoid these High PHOSPHORUS Rich Foods:

Drinks: Cola Soft Drinks
Vegetables: Dried Peas, Beans and Lentils
Other Foods: Whole Grain Breads, Crackers or Cereals
Organ Meats
Peanuts (Nuts and Seeds)
Chocolate

What You Can Have: Low and Moderate Phosphorus Rich Foods:

Drinks: Low: Cranberry Juice, Apple Juice,
Pineapple Juice, Grape Juice, Grapefruit Juice, Pear
Nectar, Peach Nectar, Tea, Coffee, Kool-Aid
Vegetables: Low: Green Beans, Alfalfa Sprouts, Asparagus, Beets,
Cooked Carrots Eggplant, Peas, Bell Pepper, Cauliflower, Cole
Slaw, Corn, Lettuce, Okra, Onion, Radishes, Rutabaga, Summer
Squash, Zucchini.
Other Foods: Refined Breads, Cereals and Crackers.
Candy (without nuts, chocolate,), Marshmallows, Sugar,
Honey, Jams, Marmalades, Syrup, Cool Whip, Non Dairy Coffee
Creamers, Cream Cheese, Broth Based Soups
Fruit Sherbert and Ice Popsicles