## Low Phosphorus Foods

### Foods Recommended on a Low Phosphorus Diet

**Proteins**
- 3-4oz portions fresh or frozen meat, turkey, fish & seafood
- ½ cup portion beans, lentils, legumes or tofu
- 1-2 tablespoons nut butter
- 1-2 eggs

**Dairy**
- Rice milk
- Almond milk
- Natural cheeses like mozzarella, Swiss, goat or cheddar

**Grains**
- Whole Wheat Bread & Pasta
- Brown Rice
- Oatmeal, cream of wheat & grits
- Whole grain cold cereals (bran flakes, cheerios, wheat Chex®)

**Fruits & Vegetables**
- All fruits & vegetables are naturally low in phosphorus!
  - The exception is beans, lentils and legumes. Check out recommendations for these in "proteins"

**Desserts**
- Sherbet or sorbet
- Fruit crisp or pie
- Homemade cookies or cake
- Fruit

**Drinks**
- Water!
- Clear soda
- Homemade unsweetened iced tea

### Foods NOT Recommended on a Low Phosphorus Diet

**Proteins**
- Processed meat (deli meat, bacon, sausage, hot dogs, corned beef, salami)
- Breaded or fried meats
- Organ meats (liver, kidney)
- Meat, fish and chicken from fast food restaurants

**Dairy**
- Large amounts of cow's milk
- Processed cheese like Velveeta®, American or Cheez-Whiz®
- Milk substitutes with phosphate additives

**Grains**
- Grain products with artificial phosphorus. Look out for:
  - Flavored rice/pasta mixes
  - Bread/cake/muffin/pancake mixes
  - Macaroni & Cheese
  - Commercially made cornbread, muffins and other baked goods

**Fruits & Vegetables**
- Breaded or fried vegetables
- Vegetables with creamy sauces
- Vegetables or fruits in frozen/canned prepared food
- Dried fruit with added phosphorus

**Desserts**
- Ice cream or pudding
- Commercially made cakes, cookies, pies with artificial phosphorus

**Drinks**
- Cola
- Drinks with artificial phosphorus

---

All information is intended for educational purposes only and should not be used as a replacement for medical advice.