



The Kidney Dietitian

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Low Phosphorus Foods

	Foods Recommended on a Low Phosphorus Diet	Foods NOT Recommended on a Low Phosphorus Diet
Proteins	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Rice milk • Almond milk • Natural cheeses like mozzarella, Swiss, goat or cheddar 	<ul style="list-style-type: none"> • Large amounts of cow's milk • Processed cheese like Velveeta®, American or Cheez-Whiz® • Milk substitutes with phosphate additives
Grains	<ul style="list-style-type: none"> • Whole Wheat Bread & Pasta • Brown Rice • Oatmeal, cream of wheat & grits • Whole grain cold cereals (bran flakes, cheerios, wheat Chex®) 	<p>Grain products with artificial phosphorus. Look out for:</p> <ul style="list-style-type: none"> • Flavored rice/pasta mixes • Bread/cake/muffin/pancake mixes • Macaroni & Cheese • Commercially made cornbread, muffins and other baked goods
Fruits & Vegetables	<p>All fruits & vegetables are naturally low in phosphorus!</p> <p>The exception is beans, lentils and legumes. Check out recommendations for these in "proteins"</p>	<ul style="list-style-type: none"> • Breaded or fried vegetables • Vegetables with creamy sauces • Vegetables or fruits in frozen/canned prepared food • Dried fruit with added phosphorus
Desserts	<ul style="list-style-type: none"> • Sherbet or sorbet • Fruit crisp or pie • Homemade cookies or cake • Fruit 	<ul style="list-style-type: none"> • Ice cream or pudding • Commercially made cakes, cookies, pies with artificial phosphorus
Drinks	<ul style="list-style-type: none"> • Water! • Clear soda • Homemade unsweetened iced tea 	<ul style="list-style-type: none"> • Cola • Drinks with artificial phosphorus