

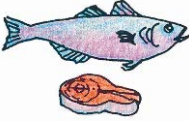
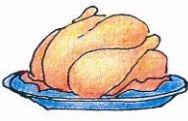

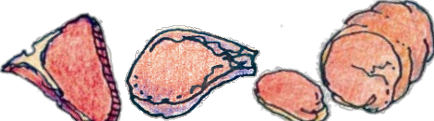






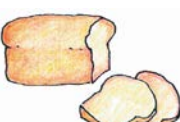
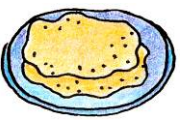



Phosphorus Foods

Ask your dietitian how many servings of phosphorus foods you should have from each group.



Choose


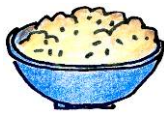








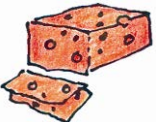

These foods are low in phosphorus.

 Fish	 Chicken or turkey	 Eggs	 Roast meat (beef, pork, lamb, moose, caribou, deer)		 White rice
 Unsalted soda crackers	 Cream of wheat	 Cold cereal (Rice Krispies [®] , Special K [®] , Corn Flakes [®])	 Bagel, made with white flour	 Pasta (white) or couscous	 Bread (white or 60% whole wheat)
 Pita, wraps, chapatti, roti (white or 60% whole wheat)	 Jam, jelly, honey	 Popcorn, unsalted	 Non-cola drinks (ginger ale, Sprite [®] , 7-Up [®])		



Limit

These foods contain phosphorus. They are okay to eat in small amounts.

 Dried beans, peas, lentils, baked beans (½ cup/125 mL per week)	 Brown or wild rice	 Nuts and nut butters (2 Tbsp/30 mL per day)		Limit to two servings per day		
 Tofu (½ cup/75 mL)	 Homemade pancakes, waffles, muffins, biscuits	 Rolled oats (¾ cup/175 mL per day)	 Chocolate (15 g per day)	 Milk (½ cup/125 mL)	 Yogurt (½ cup/125 mL)	 Pudding, not instant (½ cup/125 mL)
				 Block cheese (mozzarella, cheddar, Swiss) (1 oz/30 g)	 Ice cream (½ cup/125 mL)	

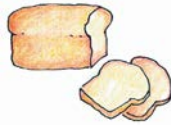


Avoid

These foods are high in phosphorus.



Bran and oat bran muffins



Whole grain, multigrain, dark rye breads



Whole grain cereals (All Bran[®], Raisin Bran[®], Shredded Wheat[®], Cheerios[®])



Pancakes, waffles and biscuits (instant)



Seeds (pumpkin, sunflower)



Processed cheese (Cheez Whiz[®], cheese slices, spreads, Kraft Dinner[®])



Fish with edible bones (sardines, canned salmon with bones)



Pizza



Organ meats (liver, heart, 3 oz)



Processed meat (hot dog, sausage, ham, salami, pepperoni)



Hot chocolate mix, cocoa, chocolate milk



Iced tea (Nestea Cool[®])



Cola and diet cola drinks (Pepsi[®], Coca-Cola[®])



Beer, stout



Phosphorus Binders

Phosphorus binders are medication you take if your blood phosphorus levels are too high.

- Common phosphorus binders are calcium carbonate (Tums[®]) and Renagel[®].
- **Remember to take your phosphorus binders if they have been prescribed for you.**