

# Your Phosphorus (Phosphate) Food Guide

## High Phosphorus Foods

Choose these foods **less often**:



### Milk and Alternatives

Milk (includes 1%, 2%, skim and whole milk — **limit up to 1 cup per day**

Cheese Whiz™, Processed cheese slices, Velveeta cheese™

Block cheeses (cheddar/mozza) - **limit to 1 ounce per day**

Ice cream, yogurt, cooked milk pudding —  
**Up to ½ cup 1-2 times per week**

Instant milk puddings — very high

Cream soups made with milk

Non dairy creamers (check ingred),  
Flavoured specialty coffees

### Meats and Alternatives

**(check ingredient lists \* of) :**

Processed meats (bologna, ham, sausage, bacon, salami, wieners, Klik), breaded meat products, sardines, organ meats (kidney, liver)

Peanut butter — **up to 4 tbsp per week**

Dried beans or peas (e.g. white beans, black beans, split and chick peas, lentils)

Nuts and seeds (all)

## Lower Phosphorus Choices

Choose these foods **more often**:



Rice milk (Rice Dream™), SILK™ soy milk, SILK™ True Almond, Almond Fresh™

Cream cheese, Brie cheese, Low sodium or dry curd cottage cheese, Neufchatel, soft goat cheese

Sorbet, sherbet, pudding made with a non-dairy beverage, Amande yogurt

Cream soups made with water

Roasted meats (chicken, turkey, beef, pork, lamb, wild meat), salmon, tuna, eggs

Pea butter (peanut butter substitute)  
Jam, jelly, honey (or diet versions)

Green or wax beans, green peas

Unsalted popcorn, pretzels or corn chips

\*Check ingredient lists for words with letters “phosph” such as sodium phosphate, calcium monophosphate, phosphoric acid, etc.

## High Phosphorus Foods

Choose these foods **less often:**



### Grain Products

100% whole wheat breads, multigrain breads

Crackers , snack foods (Ritz™, Cheezies) - **check ingredient lists\***

Brown rice, wild rice or flavoured rice mixes

Kraft Dinner™ or other packaged pasta and sauces

All Bran™, Granola , Shredded Wheat™ (2 biscuits)

Oatmeal—keep to once a day

Pancakes, waffles, cakes, muffins, baked products (made from commercial mixes or store bought)

### Beverages and Other Foods

Pepsi™, Coca-Cola™, Dr. Pepper™, other cola sodas (diet versions included)

Bottled or powdered drink mixes — **check ingredient lists\***

Beer

Jell-O™ and jelly powders  
Chocolate bars, chocolate desserts, chocolate milk, hot chocolate

## Low Phosphorus Choices

Choose these foods **more often:**



60% whole wheat, cracked wheat, sourdough, light rye, white bread

Unsalted soda crackers or other types with less than 5 % sodium & no phosphate ingredients

White rice, basmati rice, barley, couscous

Homemade boiled macaroni with grated melted cheese

Rice Krispies™, Cornflakes™, Special K™, Puffed rice, Cheerios (multigrain)™ (for more choices talk to your dietitian)

Cream of Wheat™ (original and whole grain), cornmeal (degermed)

Homemade pancakes, waffles, cakes, muffins ( no bran, little or no nuts added)

Sprite™, 7-Up™, Gingerale™, Grape, Soda, Root Beer, Fresca™, Zevia™, plain carbonated water

Homemade ice tea (made with tea bags)

Wine, spirits

Jelly beans, hard candy, gum drops, plain cake or sugar cookie

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