

LOW PHOSPHORUS ULTRA-PROCESSED FOODS

(≤100 mg/serving)



Convenient Choices. Check labels for portion sizes and additives. Values based on *Kidney Kitchen* guidelines.

 Soft Drinks & Packaged Beverages (serving size → P)	 Breakfast Cereals (packaged) (serving size → P)	 Packaged Snacks (serving size → P)	
<ul style="list-style-type: none"> • Cola soda (12 fl oz) → 33.5 mg • Dr. Pepper (12 fl oz) → 41 mg • Club soda (12 fl oz) → 0 mg • Lemon-lime soda (12 fl oz) → 0 mg • Orange soda (12 fl oz) → 0 mg • Root beer (12 fl oz) → 0 mg • Root beer (12 fl oz) → 0 mg • Cocoa mix, made with water (6 fl oz) → 89 mg 	<ul style="list-style-type: none"> • Corn Flakes[®] (1 cup) → 9 mg • Cheerios[™] (1 cup) → 100 mg • Cherries[™] (1 cup) → 50 mg • Malt-O-Meal[®] (3 Tbsp dry + 1 cup water) → 59 mg 	<ul style="list-style-type: none"> • Potato chips, plain (1 oz) → 43 mg • Pretzels (10 pretzels) → 77 mg • Tortilla chips (1 oz) → 66 mg • Granola bar, plain/soft (1 bar) → 64 mg • Popcorn (1 cup) → 29 mg 	
 Crackers (packaged) (serving size → P)	 Packaged Packaged Desserts (serving size → P)	 Processed Meats / Ready-to-Eat (serving size → P)	 Canned/Ready Soups (serving size → P)
<ul style="list-style-type: none"> • Graham crackers (4 crackers) → 26 mg • Saltines (5 crackers) → 15 mg • Ritz (5 crackers) → 43.7 mg 	<ul style="list-style-type: none"> • Pudding, snack pack (1 container): <ul style="list-style-type: none"> - chocolate → 55 mg - tapioca → 58 mg - vanilla → 40 mg • Toaster pastries, fruit (1 pastry) → 47 mg • Doughnut (1 medium) → 53 mg 	<ul style="list-style-type: none"> • Hot dog (1 frankfurter) → 67 mg • Salami (3 slices) → 52 mg 	<ul style="list-style-type: none"> • Chicken noodle soup, canned (1 cup) → 88 mg • Beef stew, canned (1 cup) → 82 mg

* Individual needs vary. Consult your healthcare provider or renal dietitian for personalized advice. Source: Kidney Kitchen.