

HIGH PHOSPHORUS ULTRA-PROCESSED FOODS

(≥200 mg/serving)



WARNING: High Intake Risk. Additive "PHOS" is highly absorbable. Check ingredient labels carefully. Values based on listed sources.

 Boxed/Instant Meals & Mixes (serving size → P) 	 Instant Desserts (serving size → P) 	 Packaged Snacks (serving size → P) 
<ul style="list-style-type: none"> • Macaroni & cheese (mix) (1 cup) → 442 mg (Source: Kidney Kitchen) • Kraft Macaroni & Cheese Dinner (unprepared; ~1 cup prepared) → 264.6 mg (Source: University Hospitals) 	<ul style="list-style-type: none"> • Instant pudding (prepared, 1/2 cup): - chocolate → 338 mg - vanilla → 280 mg (Source: Kidney Kitchen) • JELL-O instant chocolate pudding mix (powder) (1 NLEA serving) → 262.64 mg (Source: University Hospitals) 	<ul style="list-style-type: none"> • BBQ potato chips (1 bag) → 287 mg (Source: Kidney Kitchen) • Trail mix (1/2 cup) → 259 mg (Source: Kidney Kitchen) • Triscuits (crackers) (1 cup) → 221 mg (Source: Kidney Kitchen)
 Packaged Snacks (serving size → P) 	 Breakfast Cereals / Grain Products (serving size → P) 	 Fast Food / Ready-to-Eat Meals (serving size → P) 
<ul style="list-style-type: none"> • BBQ potato chips (1 bag) 1 cup) → 287 mg (Source: Kidney Kitchen) • Trail mix (1/2 cup) → 259 mg (Source: Kidney Kitchen) • Triscuits (crackers) (1 cup) → 221 mg (Source: Kidney Kitchen) 	<ul style="list-style-type: none"> • All Bran® (1 cup) → 713 mg (Source: Kidney Kitchen) • Raisin Bran® (1 cup) (Source: Kidney Kitchen) • Corn bread (packet of mix) → 1180 mg (Source: Kidney Kitchen) • Corn muffin (1 medium) → 321 mg (Source: Kidney Kitchen) • Oat bran (1 medium) → 425 mg (Source: Kidney Kitchen) 	<ul style="list-style-type: none"> • Cheeseburger, plain (1) → 297 mg (Source: Kidney Kitchen) • Chicken pot pie (1 pie) → 217 mg (Source: Kidney Kitchen) • Chili con carne with beans (1 cup) → 211 mg (Source: Kidney Kitchen)



TWO "RENAL-DIET REALITY CHECKS"

- Phosphorus is often **NOT** listed on labels unless added, so brand-to-brand phosphorus can swing a lot. (Source: Office of Dietary Supplements)
- If the ingredient list contains "**phos-**" (e.g., sodium phosphate, calcium phosphate, phosphoric acid), that phosphorus tends to be much more absorbable. (Source: National Kidney Foundation)

* Individual needs vary. Consult your healthcare provider or renal dietitian for personalized advice. Sources: Kidney Kitchen, University Hospitals, Office of Dietary Supplements, National Kidney Foundation.