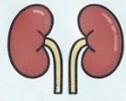


LOW PHOSPHORUS FOODS (≤ 100 mg/serving)



Friendly Choices for Your Kidneys! Portion size is key.
Values based on AKF Kidney Kitchen guidelines.

 Fruits (generally "safe zone") (serving size \rightarrow P) 	 Fruit Juices (serving size \rightarrow P) 	 Vegetables (serving size \rightarrow P) 
<ul style="list-style-type: none"> • Apple (1 medium) \rightarrow 10 mg • Applesauce ($\frac{1}{2}$ cup) \rightarrow 9 mg • Apricot (1 medium) \rightarrow 7 mg • Blueberries ($\frac{1}{2}$ cup) \rightarrow 8 mg • Strawberries ($\frac{1}{2}$ cup) \rightarrow 16 mg • Raspberries ($\frac{1}{2}$ cup) \rightarrow 8 mg • Grapes ($\frac{1}{2}$ cup) \rightarrow 11 mg • Grapefruit ($\frac{1}{2}$ fruit) \rightarrow 11 mg • Orange (1 medium) \rightarrow 18 mg • Pineapple ($\frac{1}{2}$ cup) \rightarrow 6 mg • Peach (1 medium) \rightarrow 12 mg • Plum (1 medium) \rightarrow 7 mg 	<ul style="list-style-type: none"> • Apple juice (1 cup) \rightarrow 17 mg • Cranberry juice ($\frac{1}{2}$ cup) \rightarrow 3 mg • Grape juice ($\frac{1}{2}$ cup) \rightarrow 5 mg • Orange juice ($\frac{1}{2}$ cup) \rightarrow 20 mg • Pineapple juice ($\frac{1}{2}$ cup) \rightarrow 10 mg 	<ul style="list-style-type: none"> • Cabbage ($\frac{1}{2}$ cup) \rightarrow 8 mg • Lettuce ($\frac{1}{2}$ cup) \rightarrow 7 mg • Cucumber ($\frac{1}{2}$ cup) \rightarrow 11 mg • Green beans ($\frac{1}{2}$ cup) \rightarrow 21 mg • Carrots ($\frac{1}{2}$ cup) \rightarrow 24 mg • Cauliflower ($\frac{1}{2}$ cup) \rightarrow 22 mg • Broccoli ($\frac{1}{2}$ cup) \rightarrow 29 mg • Tomatoes (1 medium) \rightarrow 30 mg • Mushrooms, raw ($\frac{1}{2}$ cup) \rightarrow 37 mg • Sweet potato, baked (1 medium) \rightarrow 97 mg
 Grains & Starches (serving size \rightarrow P) 	 Milk/Dairy & "Extras" (low-P picks) (serving size \rightarrow P) 	 Snacks/Beverages/Condiments & Protein (serving size \rightarrow P) 
<ul style="list-style-type: none"> • White bread (1 slice) \rightarrow 24 mg • Rye bread (1 slice) \rightarrow 40 mg • Pumpernickel bread (1 slice) \rightarrow 57 mg • Cornflakes (1 cup) \rightarrow 14 mg • Rice Krispies (1 cup) \rightarrow 37 mg • White rice ($\frac{1}{2}$ cup) \rightarrow 37 mg • Spaghetti ($\frac{1}{2}$ cup) \rightarrow 28 mg • Egg noodles ($\frac{1}{2}$ cup) \rightarrow 55 mg 	<ul style="list-style-type: none"> • Butter/margarine (1 tbsp) \rightarrow 3 mg • Cream cheese (1 tbsp) \rightarrow 15 mg • Feta cheese (1 oz) \rightarrow 94 mg • Parmesan cheese (2 tbsp) \rightarrow 80 mg • Rice milk, unenriched ($\frac{1}{2}$ cup) \rightarrow 60 mg • Soy milk, unenriched ($\frac{1}{2}$ cup) \rightarrow 60 mg • Sherbet ($\frac{1}{2}$ cup) \rightarrow 38 mg • Vanilla ice cream ($\frac{1}{2}$ cup) \rightarrow 69 mg 	<ul style="list-style-type: none"> • Coffee/Tea (1 cup) \rightarrow ≤ 5 mg • Club soda (12 fl oz) \rightarrow 0 mg • Root beer (12 fl oz) \rightarrow 0 mg • Popcorn (1 cup) \rightarrow 24 mg • Pretzels (10 twists) \rightarrow 68 mg • Tortilla chips (1 oz) \rightarrow 69 mg • Honey (1 tbsp) \rightarrow 1 mg • Jelly/Jam (1 tbsp) \rightarrow 1 mg • Oil (1 tbsp) \rightarrow 0 mg • Black-eyed peas, canned ($\frac{1}{2}$ cup) \rightarrow 84 mg • Brazil nut (1 nut) \rightarrow 36 mg • Macadamia nuts (10-12) \rightarrow 56 mg • Pecans (20 halves) \rightarrow 79 mg • Walnuts (14 halves) \rightarrow 98 mg

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