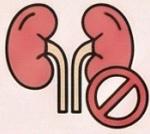
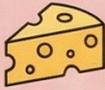


HIGH PHOSPHORUS FOODS

(≥200 mg/serving)



CAUTION: High Intake Risk. Portion control and label checking are vital. Additive "PHOS" is highly absorbed. Values based on Kidney Kitchen guidelines.

 Dairy/Cheese Bombs (serving size → P) 	 High-P Cereals/Grains (serving size → P) 
<ul style="list-style-type: none"> • American cheese (1 oz) → 211 mg • Ricotta, part-skim (½ cup) → 225 mg • Evaporated nonfat milk (½ cup) → 250 mg 	<ul style="list-style-type: none"> • All Bran (½ cup) → 339 mg • Bran flakes (1 cup) → 209 mg • Raisin Bran (1 cup) → 259 mg • Oat bran muffin (1 medium) → 424 mg
Meat & Seafood (serving size → P) 	Meat & Seafood (serving size → P) 
<ul style="list-style-type: none"> • Beef bottom round (3 oz) → 217 mg • Liver, beef (3 oz) → 392 mg • Sardines with bone (3 oz) → 420 mg 	<ul style="list-style-type: none"> • Sardines with bone (3 oz) → 420 mg • Salmon, canned with bone (3 oz) → 280 mg • Salmon, fresh cooked (3 oz) → 235 mg • Tuna (light, in oil) (3 oz) → 265 mg
 Beans/Legumes & Processed Foods (serving size → P)  	Sneaky High & 'PHOS' Additives (serving size → P) 
<ul style="list-style-type: none"> • Refried beans (½ cup) → 400 mg • Soybeans (½ cup) → 206 mg • Macaroni & cheese (1 cup): <ul style="list-style-type: none"> ◦ mix → 400 mg ◦ homemade → 322 mg • Instant pudding (½ cup): <ul style="list-style-type: none"> ◦ chocolate → 350 mg ◦ vanilla → 279 mg • Cheeseburger, plain (1) → 312 mg • Trail mix (½ cup) → 282 mg 	<ul style="list-style-type: none"> • Cocoa mix sugar-free, made with milk (1 cup) → 255 mg • ADDITIVE 'PHOS' ALERT! Packaged/processed foods with ingredients like: <ul style="list-style-type: none"> - phosphoric acid - sodium phosphate - pyrophosphate, etc. * <i>Inorganic phosphate additives are highly absorbed.</i>

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