

Some High Phosphorus Foods

- Milk
- Cheese
- Yogurt
- Ice Cream
- Beer, Cola, Milk-based Coffee and Chocolate Drinks
- Chocolate
- Bran
- Brown Rice, Wild Rice
- Whole Grain Breads, Cereals & Crackers
- Corn Tortillas
- Pancakes, Waffles, Biscuits
- Pizza
- Avocado
- Nuts, Seeds, Nut Butters
- Dried Beans & Peas
- Corn & Peas
- Processed Meats such as: Hot Dogs, Sausage, Turkey Sausage, Bologna
- Organ Meats
- Sardines

Note: The above list does not include all foods high in phosphorus. Portion size also plays a role in the amount of phosphorus you get from foods. Consult your dietitian and doctor to provide specific recommendations based on your individual needs.

Some Low Phosphorus Foods

- Certain brands of Nondairy Creamers, Rice Milk (unenriched), Soy Milks
- Cream Cheese, Sour Cream
- Soda-Lemon-Lime, Grape, Strawberry, Cream Soda, Root Beer, Homemade Iced Tea, Homemade Lemonade, Hot Apple Cider, Cranberry Juice
- Gelatin, Popsicles, Sherbet, Sorbet
- Jellybeans, Fondant, Gumdrops, Hard Candy
- Unsalted Popcorn or Pretzels
- Sugar Cookies, Shortbread Cookies, Vanilla Wafers, Lemon Cake, White or Yellow Cake, Angel Food Cake
- Jam, Jelly, Honey
- Margarine, Butter
- Corn or Rice Cereals, Refined Wheat Cereals
- Cream of Wheat, Cream of Rice, Grits
- French, Italian or White Bread
- White Rice, Pasta, Couscous
- Fresh or Fresh Frozen Meat, Fish and Poultry (compared to processed)
- Fruits such as: Apples, Berries, Grapes, Plums, Pineapple, Canned Pears, Peaches, Fruit Cocktail
- Vegetables such as: Green Beans, Cabbage, Carrots, Cauliflower, Eggplant, Summer Squash, Bell Pepper, Cucumber, Lettuce, Onion, Radish

Note: Even if food is considered low in phosphorus, portion size also plays a role in the amount of phosphorus you get from foods. Consult your dietitian and doctor to provide specific recommendations based on your individual needs.