

AVOID Foods High in Phosphorus (greater than 160 mg per serving):

MEATS: Fish & Seafood (3 oz.) - Bass, Catfish, Clams, Cod, Crab (real and imitation), Flounder, Halibut, Orange Roughy, Pollack, Salmon (canned with bones), Sardines (canned with bones), Scallops (breaded and fried - 4 to 6 pieces), Shrimp (Breaded and Fried - 10 to 11 pieces), Swordfish, Trout, Tuna (canned in oil); Lamb (3 oz); Liver (3 oz); Pork (3 oz); Turkey (3 oz); Veal (3 oz)

STARCHES: Bulgar (1/2 cup); Cornbread (prepared from dry mix) - 1 piece; Golden Grahams (3/4 cup); Frosted Mini-Wheats (1 cup); Kellogg's Raisin Bran (1 cup); Lentils, cooked (1/2 cup); Post Shredded Wheat (1 cup); Trail Mix (1/2 cup).

DAIRY: Buttermilk (8 oz); Chocolate Milk (8 oz); Chocolate Pudding - instant (4 oz); Egg Nog (8 oz); Milk (8 oz.); Milkshakes (8 oz); Ricotta Cheese (1/2 cup); Swiss Cheese (1 oz); Yogurt (8 oz)

WATCH OUT FOR Foods Moderately High in Phosphorus (110-160 mg per serving):

MEATS: Bacon (2 slices); Beef (3 oz); Chicken (3 oz); Chicken Pot Pie (one small); Fish and Seafood (3 oz) - Lobster, Oysters, Perch, Steamed Shrimp, Tuna (canned in water)

STARCHES: Biscuits (one 4-inch biscuit from recipe); Waffle (one from mix); Pancake (one from mix); Cheerios (1-1/4 cup); Wheaties (1 cup); Wheat CHEX (1 cup); Oatmeal (1 cup)

DAIRY: Cheddar Cheese (1 oz.); Cottage Cheese (1/2 cup); Custard (1/2 cup); Fat-free Cream Cheese (2 Tbsp.); Mozzarella Cheese (1 oz.); Provolone Cheese (1 oz.); Pudding - instant, made with milk (1/2 cup)

DRIED BEANS & PEAS: Baked Beans (1/2 cup); Black-eyed Peas (1/2 cup); Black Beans (1/2 cup); Chili Beans (1/2 cup); Garbanzo Beans (1/2 cup); Kidney Beans (1/2 cup); Lima Beans (1/2 cup); Pinto Beans (1/2 cup); Refried Beans (1/2 cup)

NUTS: Almonds (22 nuts); Cashews (18 medium nuts); Pecans (20 halves); Pumpkin Seeds (50 seeds); Sunflower Seeds (50 seeds)

OTHER: Angel Food Cake (one piece); Beer (12 oz); Doughnut (one medium); Peanut Butter (2 Tbsp); Soy Milk (8 oz)

EAT Foods Low in Phosphorus (less than 110 mg per serving):

MEATS: Egg (one); Hot Dog (one); Sausage, fresh; Frozen Fish Sticks (two sticks)

STARCHES: Bagel (one); all Bread (one slice); Biscuit (one made from refrigerated dough); Croissant (one); all Crackers (four); Cereals, including: Cocoa Puffs (1 cup); Corn, Rice CHEX (1 cup); Corn Flakes (1 cup); Corn Pops (1 cup); Cream of Wheat (3/4 cup); Kix (1-1/3 cup); Rice Krispies (1-1/4 cup); Special K (1

cup); English Muffin (one); Pasta (1/2 cup); Noodles (1/2 cup); Rice (1/2 cup); Popcorn (1 cup); Tortilla (one)

All Vegetables are Low in Phosphorus

All Fruits are Low in Phosphorus

DAIRY: Brie (1 oz); Cream Cheese (2 Tbsp); Feta Cheese (1 oz); Ice Cream (1/2 cup); Half & Half (1/2 cup); Grated Parmesan Cheese (2 Tbsp); Sour Cream (2 Tbsp); Whipping Cream (1/2 cup)

NUTS: Macadamia Nuts (12 nuts); Peanuts (28 nuts); Walnuts (14 halves)

MISCELLANEOUS: Coffee (6 oz); Hard Candy; Jelly Beans; Iced Tea (8 oz); Non-dairy Creamer (1/2 cup); Ready-to-Eat Pudding (1/2 cup); Unenriched Rice Milk (8 oz); Snickers bar (one 2 oz bar); Tea (6 oz)