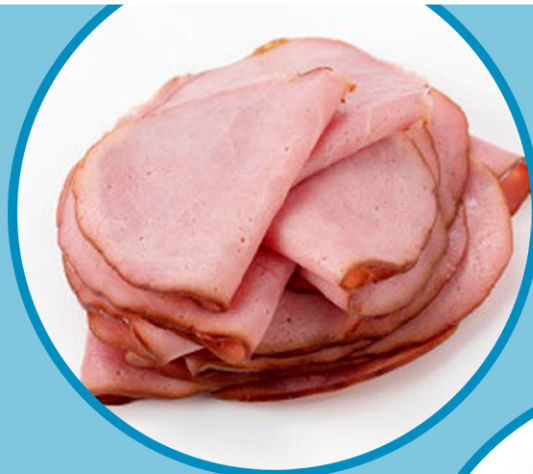


Phosphorus

Choose the Right Foods

Instead of...



Processed Meat



Canned Fish With Bones



Ice Cream or Frozen Yogurt



Nuts and Seeds



Colas, Flavored Water, Bottled Teas

Choose this...



Fresh Meat
without phosphate additives



Fresh Fish or Poultry



Sherbet or Fruit Pops



Unsalted Popcorn



Homemade Lemonade, Grape Soda, Ginger Ale

Talk with your doctor and dietitian before making changes to your diet.