

Phosphorus

Choose The Right Foods

Instead of this...

Choose this...

Processed Meat
(deli slices, hot dogs)



Fresh Meat
(without phosphate additives)



Cow's Milk
(all types)



Unsweetened Rice Milk or Almond Milk



Ice Cream or Frozen Yogurt



Sherbet or Fruit Pops



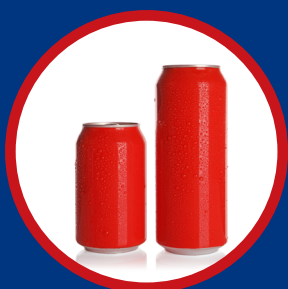
Nuts and Seeds



Unsalted Popcorn or Pretzels



Colas, Flavored Water, Bottled Teas



Homemade Lemonade, Lemon-Lime Soda, Ginger Ale



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

For more information or to file a grievance, please contact:

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