



Shop smart. Eat well. Feel confident.

**A lower phosphorus
food shopping guide**

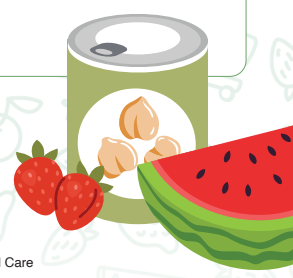


**Work with your dietitian to create a
personalized meal plan that's right for you.**

My Notes

Use this space to write down low-phosphorus foods that
aren't in this brochure or questions for your dietitian.

**After you've worked with your dietitian to
create the meal plan that's right for you, this guide
can help make grocery shopping easier!**



SHOP SMART

Not all phosphorus is created equal

- Phosphorus is found in many foods, but it's not all the same
- Knowing the difference can help you make better choices when you're shopping, making a meal, or eating out



Organic (natural) phosphorus is found in *natural foods* and is less easily absorbed by the body



Inorganic (added) phosphate is in many *processed foods* and is much more readily absorbed by your body

Nutrition Facts

Serving Size 6 crackers (28g)
Servings Per Container About 10

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 180mg 8%

Potassium 110mg 3%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

INGREDIENTS: WHOLE WHEAT, SUGAR AND/OR

PALM OIL, DISODIUM PHOSPHATE, SALT

Find the hidden phosphorus on food labels

- Phosphorus is not listed on the Nutrition Facts table
- You'll need to read the list of ingredients to find it
- Limit processed foods with phosphate additives if possible

Look for ingredients that have "PHOS" in their name (for example, monosodium phosphate, dicalcium phosphate, phosphoric acid)

Follow your dietitian's guidance and be sure to check labels!

EAT WELL

Tips to help you succeed

Once you get the hang of it, eating a kidney-friendly diet with fewer processed foods will be satisfying!

Tips to help simplify food shopping



Make a list in advance



Shop along the outer walls for fresh produce and healthy proteins



Read food labels carefully to find ingredients that contain "PHOS"



Cook at home with natural ingredients

FEEL CONFIDENT

Customize your grocery list with help from your dietitian

Foods in the lists that follow are lower in phosphorus and organized by grocery store department to make shopping easier.

- Follow your dietitian's recommendations on foods and serving sizes
- Check food labels to find ingredients with "PHOS" in their name. Keep in mind that phosphorus content can vary by brand

Remember, your dietitian is your main source for guidance on what foods are right for you.



Check food labels to find ingredients that contain "PHOS."
Work with your dietitian on foods and serving sizes.

OUTER WALLS



Meat and Seafood



MEAT ♦

Beef (80% lean, ground) Chicken

Turkey*

*Contains more than 250 mg of potassium per serving.

SEAFOOD ♦

Oysters
Scallops

Shrimp

Tuna (light,
packed in water)



Other Proteins

DELI ♦

Limit shopping at the deli counter if possible.
Processed meats and cheeses are usually high
in phosphorus.

Look for prepackaged deli meats that have an
ingredient list you can check for phosphate additives,
or ask the person at the deli counter if they can show
you labels for the foods they're serving.

SOY ♦

Tofu (fresh, water packed)

Produce



VEGETABLES

Asparagus
Broccoli
Cabbage
Carrots
Corn

Cucumber
Green beans
Lettuce
Mushrooms
Okra

Onion
Peas
Pepper
Squash

FRUITS

Apple
Berries (blueberries,
raspberries, strawberries)
Cherries
Cranberries

Grapes
Grapefruit
Nectarine
Orange or
tangerine

Peach
Pear
Pineapple
Plum
Watermelon

♦ Good source of protein.



Check food labels to find ingredients that contain "PHOS."
Work with your dietitian on foods and serving sizes.

OUTER WALLS



Dairy Section



MILK-BASED PRODUCTS

Butter
Buttermilk

Half and half
Milk

Sour cream
Yogurt

PLANT MILKS

Almond milk
(unenriched)

Rice milk
(unenriched)

NATURAL CHEESES

Cheddar
Cottage cheese
Cream cheese

Feta
Mozzarella
Parmesan

Swiss

EGGS ♦

Eggs

Egg substitute

♦ Good source of protein.





Check food labels to find ingredients that contain "PHOS."
Work with your dietitian on foods and serving sizes.

**CENTER
AISLES**



Bread

Bagel
Bread (white, multigrain,
rye, pumpernickel)

Bun

English
muffin

Rice and Pasta



Egg noodles

Pasta

Rice
(white or brown)



Cereals

Corn flakes

Crisped rice

Hot cereals
(cream of wheat, grits,
oatmeal)

Shredded wheat

Toasted
oat rings

Crackers



Graham

Saltines

Whole wheat



Canned and Dry Goods

Black beans*

Black eyed peas*

Chickpeas/
garbanzo beans

Kidney beans*

Lentils*

Lima beans*

Navy beans*

Northern
beans*

Pinto beans*

*Contains more than 250 mg of potassium per serving.

Frozen Foods



Frozen fruits
and vegetables
(see produce list; avoid
added ingredients
or sauces)

Sherbet

Sorbet

◆ Good source of protein.



Check food labels to find ingredients that contain "PHOS."
Work with your dietitian on foods and serving sizes.

**CENTER
AISLES**



Spreads, Toppings, and Condiments

Honey
Jelly/jam
Ketchup
Lemon or
lime juice

Mustard
Oil (olive, sunflower,
avocado)
Peanut butter ◆
Salad dressing

Syrup
Vinegar
(balsamic, white
wine, red wine,
rice wine, apple
cider)



Snacks

UNSALTED SNACKS

Nuts ◆
Popcorn
(homemade)

Pretzels

Tortilla chips

SWEETS

Gelatin desserts

Hard candies

Jelly beans

Beverages



NATURAL BEVERAGES

100% fruit juice
(apple, cranberry,
grapefruit, pineapple)

Coffee (fresh-brewed)
Tea (fresh-brewed)

Water
(tap, bottled,
or sparkling)

SODAS

Club soda
Lemon/lime
soda

Prebiotic soda

Root beer

◆ Good source of protein.

