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.